

Connecting with Spirit Guides

By Rene Bastarache, CI

NOTE: This script helps the listener connect with their spiritual guides and receive guidance and support from them.

SCRIPT STARTS HERE:

As you continue to breathe deeply, imagine a bright light surrounding you, protecting you and filling you with positive energy. Visualize this light growing brighter and brighter with each breath.

As you feel yourself becoming more relaxed and centered, visualize a beautiful garden in your mind's eye. It is a peaceful and serene place, filled with nature's beauty and the gentle sounds of nature.

Now imagine a path leading through the garden. As you walk down this path, know that you are being guided by your spirit guides towards the place where you will meet them.

As you continue to walk, feel a sense of love and peace surrounding you. Know that your spirit guides are with you, and that they are guiding you towards your highest good.

As you come to the end of the path, you see a clearing ahead. In the clearing, there is a circle of light. Approach this circle and step inside it.

As you step inside the circle, know that you are surrounded by your spirit guides. Take a moment to feel their presence and their love.

Now ask your spirit guides if they have any messages for you. Listen carefully and allow yourself to receive any guidance or messages that come through.

When you are ready, thank your spirit guides for their guidance and love. Know that they are always with you, ready to help and guide you whenever you need it.

Take a deep breath in, and exhale slowly. Know that you can return to this garden and connect with your spirit guides whenever you need to.

When you are ready, slowly open your eyes and come back to the present moment.

Remember to carry the love and guidance of your spirit guides with you throughout your day. Trust that they are always with you, guiding you towards your highest good.