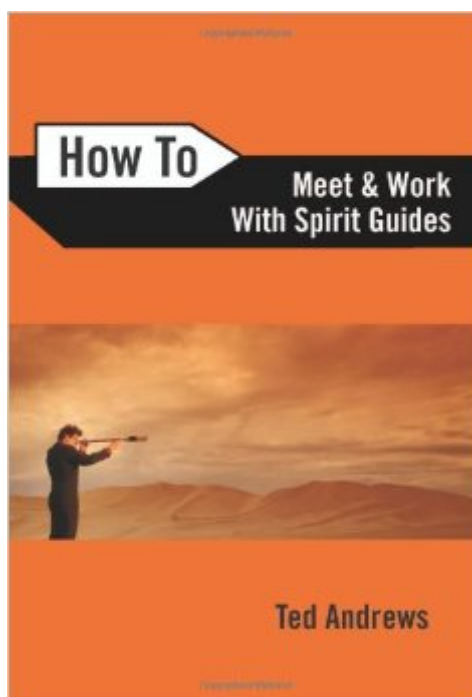


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# How To Meet And Work With Spirit Guides



## Synopsis

Each of us can benefit from contact with the spiritual realm, and we often do so without realizing it. Spirit guides serve many roles and take many forms of expression within our lives. They inspire creativity and insight, help open us to abundance, protect us, and serve as our companions. In *How To Meet and Work with Spirit Guides*, popular author Ted Andrews teaches you simple and effective techniques for establishing rapport with your angels and guides. Explore meditation, divination, fragrance, crystals, and other ways to connect with spirit helpers, and enjoy the many gifts and learning opportunities gained by working with: Guardian angels Spirit guides Loved ones in spirit Animal totems Nature spirits Fairies

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## Customer Reviews

What an addictive read, straightforward and easy to understand, dealing with the types of spirit guides, the middle pillar and mystic marriage exercises, fragrances that attract guides, a fascinating section on the guardian angels with their symbols, sounds and colours plus sections on nature spirits (those gorgeous little sprites, sylphs, salamanders & gnomes) and animal totems. I happened to be reading Robert Anton Wilson's *Cosmic Trigger Vol. 1* at the same time and found full confirmation there of at least one type of nature spirit. I found the book so engrossing that I didn't stop long enough to properly do the exercises so I cannot at this stage confirm whether they really work in establishing communication - once or twice I did get a feeling of otherworldliness though, when doing the mystic marriage. But merely reading it certainly raises one's awareness. This

volume is well illustrated to explain the exercises, energy bodies plus the aforementioned symbols of the archangels. Includes a bibliography for further reading. I recommend the book strongly since it encapsulates all the necessary information in one place, whereas other self-help books carry only bits and pieces.

I've read this book more than once and refer to it often. It contains an exercise for "The Mystical Marriage" which I think is a simple, excellent way to meditate and engage the help of our spirit Guides; understanding the spirit world; a simple guide to fragrances and colors; meeting our Guardian Angels, and so much more jam packed into a small easy to read/understand book.

I wish people would read books like these with an open mind or not at all. Quoting the Bible to knock a book like this is pointless. If the Bible is your one and only spiritual guidebook in life, then why are you reading this book in the first place? Spirit guides aren't evil spirits. If people can't tell the difference between a spiritual being who wants to help you from a spiritual being that wants you to do bad things, then how spiritual are you in the first place? Spiritual guides are meant to help us spiritually progress towards greater unconditional love, to keep us on the path we agreed to take with God's blessing. An evil spirit wants to distract us from that goal, to have us commit sin and do things that aren't in keeping with spiritual progress. Contacting your spirit guide is not for the spiritual newbie and should be handled with care. This book is a good intro for people wanting to do that. If you aren't interested in getting to know your spiritual guide, then by all means, read your Bible and don't even buy or review a book like this. No one's forcing you to read something that goes against your beliefs.

Andrews takes an excellent approach to explaining the Other Side, Spirit Guides, etc. He puts a realistic explanation to issues like the Etheric body and why things are the way they are. The only advice I would give is that if this the first book for someone getting into spirit contact, I would wait. Some of the discussions get a little too deep. I would not have understood a number of things in Andrews' book if I had not read other books before this one.

Hi! You'll love this book! I noticed after doing some of the exercises I started getting visions of things. I mean REALLY clear visions, too! I'm still learning; however, I know I can get better! Please read this book if you're looking to find a great friend and teacher to guide you through your life. :)  
Take care!

There are a lot of books on finding your spirit guides, but this is my personal favorite, and the one that makes most sense to me. He gets right to the point, and doesn't jabber on like a lot of the books do :) Very informative. Tells you the stones, herbs, colors, and astrology to help you, and he also shows you many ways to meet your spirit guide. i.e: Astral-Projection, meditation, and just to pay attention to the signs around you. I highly recommend this book to anyone!

Ted Andrew's book, the first I've read by the author, has a lot to offer a reader. It deals extensively with different types of spirit guides, including angels, and how to contact them. Andrews offers tips on how to facilitate contact, such as using incense and bathing in sea salts. I haven't attempted to contact my spirit guide yet, but I plan to soon. The only drawback to the book is that it doesn't explain meditation fully and left me somewhat confused. Andrews also discussed crystal ball gazing which was very interesting. I plan to research it further.

hard to rate - some is far out - but I found the section on animal guides to be just what I was looking for. Great visualization exercise. A lot of information for a very little money - a book worth getting

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