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# Your Spiritual Guides

## Handbook

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### My Invitation....

*As Spiritual Beings in a Physical body, one of the most valuable connections we can have is with our Spiritual Teams, Guides, Teachers, and Loved Ones.*

*This free course is intended to help you begin safe connections in order to build relationships with your team in the Unlimited Worlds we call Spirit.*

*The relationships that I have formed with those in Spirit are what guided me through the ups and downs that Life brought.*

*I know their presence has incalculable value and want to introduce your Guides to you.*

*Listen because they bring information that enhances or expands your understanding, not because they have 'no physical body.'*

With Loving Blessings,

Sharon Riegie Maynard, Mystic Shawoman

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## The First Universal Law

### Personal Choice



The information in this course is based on Universal Laws and the knowledge that the Ancient Ones gave me as I stretched for deeper understanding beyond current models and concepts.

The first Law is Personal Choice. The Soul in a physical body suit, YOU, is the authority for their life. You are not at the whim of some "god", "universe", "higher power". Those in the realms of the unseen are available TO YOU. You choose, and then will open the way. Ask and You will receive. The word is first. Then, the steps for creations (or manifestations) come.

And so, this step is about YOU choosing the qualities required of those intelligent beings in the unseen worlds who come to guide you.

With this Law, realize that if you are approached by voices, sensations, presences of any kind from the unseen who speak as if they are commanding you, an authority beyond you, they are not in alignment with Universal Law. If they railroad their way in with a sense of grandeur, they are imposters and not of the Divine Family of Light. Simply make the Declaration: "These are NOT Acceptable", and they will be moved to their appropriate place.

Beings who are in integrity with the Law, may come to you with a gentle invitation. However, they will wait for your answer to their invitation before they enter your space. They will not push.

Your job is to take back power of authority over your life, your situations, your space, your thoughts, feelings, and choices. It is for you to clarify the qualities of those to whom you will "speak" or be open to. And then, to hold fast to that clarity.

### How do you set such value declarations?

With the power of your word!

Many use affirmations, and you may be familiar with that model of personal authority.

In the **TAG System of Transformation**, there is a more expanded process called "The **Reality Shift**". It begins with a **Reality Statement** written in personal, present tense form. And then, the **Reality Shift** brings Spiritual teams into play. The

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Shift also includes ways to let new feeling teach your body, a process to create the new pathways in your brain, and the downloading of codes for the highest expression of your **Statements**.

**Here are two statements that you can use as guides:**

- My Spiritual guides and teachers have the qualities of: \_\_\_\_\_
- My Spiritual guides and teachers live from the values of: \_\_\_\_\_

Complete those two statements or some that are similar.

Welcome to this Amazing Journey!

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## The Second Step

### Universal Law of Ask and Receive



The Law of Personal Choice is an integral part of the Earth plan.

There have been eons of discounting and labeling human life as difficult, hopeless, painful. In addition, women have been discounted, and in many ways, women were taught to be powerless.

**The truth is that YOU made a choice to incarnate at this time, into this body, into this family, with these challenges.** Unfortunately, the wisdom behind these choices made as you planned remains in the Spiritual worlds, seemingly hidden from you. You knew that you would be entering a world far denser, where memory of the Light regions would fade. You, an intelligent being, made a way to stay connected. Unfortunately, these ways have been discounted, and the **Spiritual beings** prepared to help transform and guide have been labeled as "Not Real". You now seem adrift with no manual.

**Personal Choice and Authority to ask is not about "if you believe it". It is about Divine Decree.** In this course, you will have the opportunity to apply these Laws and see what happens. You will become a researcher, a scientist to try on what some call "theory".

So, let's get to it with these steps:

1. Setting space: Set aside an hour of time. Declare that you are cocooned in the Space of Sacred Ground Sovereignty, and read the statements of the qualities and values of those who have permission to be in communication with you.
2. Be sure you have a notebook and pen/pencil with you.
3. Sense any mind chatter and imagine placing it into a Pink box of calm
4. Relax your mind by listening to music, reading an uplifting poem or quote, listen to a focusing meditation, or what works for you to shift from everyday mind to calm.
5. Now, invite in your Guides. Say whatever you need to say to them.

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6. Then ask One Question and listen as you would to hear someone on a phone call.

7. Write what appears: words, pictures, feelings, colors, smells, etc.

8. Stay in quiet Receptive Right Brain. Tell your Left Editing Brain to wait.

9. Once all of the words or feelings have been captured, read what you have received.

Discern if the words and feelings are those you would attribute to the values and qualities you set at the start of your connection.

If they are not in alignment, declare that this message giver is **NOT Acceptable**. Try again tomorrow.

If the words and feelings are in alignment with what you have declared, determine how to act on the information and observe the response.

This is a journey of building relationship with your Spiritual Guides and Inner Authority. Use your notebook for holding information and tracking your journey.

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## The Third Step

### Having the Strength and Tenacity



Now, moving forward:

You have laid the qualifications for your Spiritual Guides and begun a simple and powerful process.

A BIG Congratulations to you!

Moving from Novice to Mastery is a process that is building your Spiritual connections by setting time, repeating the steps and observing what shows up each time.

Why is repetition important? Because in addition to learning a new skill, you are building new muscle, a new fire for your life. Those who make it seem easy have "put in the time" of repetition: hitting doubts, feeling frustrated, and picking themselves up to use healing tools to transform any sabotage. Then, with Tenacity, repeating the conversation again.

This video gives you an idea of why repetition and spending time is valuable: <https://youtu.be/2IEolZd-y9Y>

### What you may discover:

- It is easy to capture words that roll through your "mind".
- You get sensations when you would rather get "pictures".
- You can't keep your 'mind' relaxed.
- You get sleepy.
- Pictures or snippets of picture come.
- You sense colors.

Another aspect of working with Spiritual Guides is that you are learning a new "language", one that is unique to you. What does sleepiness indicate? What do these colors represent? Are these pictures prophetic, or are they symbols? Symbols of what?

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In any new relationship you are learning about the "other" and learning about yourself in the presence of the "other". This is also true when working with those in the Spiritual worlds.

Remember the list that you made as you began this course? As you "discover" thoughts, feelings, or situation that are contrary to what is a stable, consistent communication with your Spiritual Guides, use the tools you know to "heal" an old pattern, "transform" stuck energy, and "remove" energy that causes doubt or sabotage.

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## Congratulation!

In this course, I have given you the basic application of Universal Laws in order for you to discover YOUR way of "hearing" your Spiritual Guides. There are many ways in which unseen energy vibrations can be discerned.



And there were multiple lifetimes in which working with the Unseen was very dangerous, especially for women. Don't be surprised if you feel blocked. Use the tools from this course (and those you already have) to transform your blockages and reaffirm how you choose to interact with the unseen.

This offering is the beginning. It will provide you with a path, a journey, that will enhance your life.

**Know that you are never alone.** The intention of this course is that you begin wending your way back to that Unlimited World which holds Your Magnificence. Once you have spent some time with these **three steps**, you will be ready to go deeper. Check in with me.

This is just a beginning place. There are more advanced tools, concepts, and models that I offer in various ways to support you on your journey.

Many blessings,

Sharon Riegie, Mystic Shawoman

As always, you can contact me at: [sriegie@yahoo.com](mailto:sriegie@yahoo.com)