



CRAFTING CLEAR INTENTIONS

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Why is this important?

I remember in my younger years, before I even realized I could build my own connection and pose questions to my Spirit Guide team directly, I used to visit psychics on occasion. My number one question was always: “Who is the love of my life and when will I meet him?” You know, I never receive a very clear answer, and I always left with the same question lingering in my mind.

Now, a number of years later from those days, I see that question from a different perspective. Why was the answer so elusive? I’ll tell you why! Although your Spirit Guide team is always here for you without judgment or conditions, there are boundaries to what they can and cannot do. Our life choices are governed by free will, and that’s something they cannot intervene with. Your Spirit Guides don’t truly know who your life partner will be because the actions and choices you make in life are what ultimately governs that. I go into more detail on this in my E-Book ***How to Connect with Your Spirit Guides***, which you can download for free on my website. [**CLICK HERE**](#)

When connecting with your Spirit Guides, the way you phrase your inquiry can greatly influence the clarity and quality of the guidance you receive. By formulating your questions thoughtfully, you not only strengthen your connection with your guides but also invite clearer, more insightful responses.

In this handout, I will review some guidelines to help you ask questions that align with their supportive role in your life, making your communication clearer and more effective and fostering a deep, trusting relationship with your Spirit Guides.

Be Clear and Specific

Don't be vague. There's a big difference between asking, "Show me what I need to know in my life" and "Show me what I need to know to help me progress in my career." See the difference? Think of it like throwing darts. When you play darts, your goal is to hit the center of the target — it's clear and specific. The same applies when you ask your question. If you aim for something specific, you'll be better able to apply the guidance you receive to that particular situation, making it more practical and useful in your life.

One Question at a Time

In line with the above recommendation, if you throw too many questions at your Guides at once, you risk confusion when the answers start coming in. You won't know which feedback corresponds to which question, making it harder to apply the guidance effectively.

Avoid Fortune Telling

No one can predict the future, not even your Spirit Guides. We are responsible for every creation in our lives. What matters most is the present moment, because the actions you take today shape your path in life. Instead of seeking specific future outcomes, focus on what actions you can take now to bring you into alignment with your goals and create the future you desire.

Me, Myself, and I

Be sure that your questions are focused on YOU. For ethical reasons, you can't ask your Spirit Guides about another person. Your Guides won't respond to these inquiries, and if you somehow receive an answer, trust me, it's not coming from them! Each of us is on our own unique journey and holds ultimate authority over our own life. You are here to learn your unique lessons, and others are here to learn theirs. You cannot meddle in the life of another, and your responsibility is to yourself. You can, however, ask about another person as it relates to your role and responsibility within that relationship.

Let's work through an example together. Suppose you have a strained relationship with your mother and you want to inquire about this:

DON'T ASK:

“Why is my mother so selfish all the time?”

“Will my mom ever change?”

DO ASK:

“What am I meant to learn from my relationship with my mother?”

“What actions can I take to improve the relationship with my mother?”

“I am having difficulty saying no to my mom, what actions can I take to help me feel more confident in setting boundaries with my her?”

In these examples, you are focusing on your own growth and actions. Asking questions like this brings the responsibility back to you and guides you in taking empowered action within the relationship. Your Spirit Guides are here to support you in navigating your own journey, not to interfere with someone else's.

Unattachment to Outcome

Stay open and unattached to the answers you receive. What comes through from your Spirit Guide team can often be unexpected, or it may be the harsh truth you've been avoiding! After all, we typically ask the question because we're seeking clarity on something we might not want to face! Growth and healing can be uncomfortable at times, and their responses may challenge you to go outside of your comfort zone. By letting go of expectations, you allow your Guides to bring through that which is for your best and highest good, even if the answer seems scary or isn't what you wanted to hear.

Ask for Clarity

It's perfectly okay to ask for clarification. Sometimes, I receive an answer from my Guides and have difficulty understanding how it fits with my initial question. They're always happy to explain it in a different way to help you understand, so don't be afraid to ask! You can simply say, "I'm not quite seeing the answer clearly—can you explain that to me in a different way?"

That being said, if you've asked the same question multiple times and continue to receive the same answer despite asking for clarification, it is likely that this is the full information your Guides are offering you at this moment. Ask yourself: Is there any resistance to the answer you are receiving? (See "Unattachment to Outcome" above). Or perhaps you can consider stepping away for a bit and revisit the guidance after a few days and to see if that offers a fresh perspective.

Action Versus Insight

Wisdom and insight from your Spirit Guides are incredibly valuable and provide essential guidance on your path. However, the true power is unlocked when combined with practical steps. After all, what good is wisdom and insight if you're not channeling that energy into making positive changes in your life? Your Spirit Guides want you to feel empowered in your journey. That being said, it is also your choice to take action or not, and follow through with their suggestions or not.

For example, let's say I want to drive to the grocery store. There are several different driving routes I can take — some longer, some quicker, some more scenic — yet all will lead me to the same destination. Similarly, when we apply this to life and the goals we wish to achieve, whether for healing or personal growth, there are different paths we can take to reach our goals.

The key is that you are taking action in a forward direction in a way that feels right for you. Some people prefer to stretch their comfortable limits, while others prefer to take smaller steps in life. Neither approach is right or wrong; both are valid. Honor the path you walk, because that's what makes you unique.

CULTIVATING YOUR CONNECTION

The relationship you cultivate with your Spirit Guides is one of deep support and unconditional love. They are here for you no matter the choices you make or the path you choose to walk in life. However, being intentional in your relationship with them can help you make leaps and bounds on your life's journey. By crafting clear, focused, and intentional questions, you create a space for deeper clarity and actionable guidance that can positively influence your path in life. Trust in the process, honor your unique journey, and always know that your Spirit Guides are here to help you navigate your life with unwavering love and support.

On the next page, you'll find sample questions for various areas of life that you can use as a starting point for your own inquiries. Here's a fun exercise that I invite you to try out: write a question for your Spirit Guides on a piece of paper and carry it with you in your pocket. You can do this first thing in the morning, keeping the question in your pocket throughout your day, or set aside a block of time to take an intentional walk to connect with your Guides. As you do this, stay open and receptive to the insights and guidance that may come through. This practice not only helps you deepen your connection with your Spirit Guides but also helps strengthen your intuitive muscles.



SAMPLE QUESTIONS

Here is a small handful of sample questions to get you started. A good rule of thumb is to formulate your questions to begin with: WHAT, HOW, or WHY. In general, avoid questions that have a Yes or No answer, and always avoid SHOULD questions.

~Career and Purpose~

How can I find more fulfillment and meaning in my current career?

What steps can I take to manifest my ideal job or career?

What are my hidden talents?

What is preventing me from reaching my goal of [Insert Goal]?

~Relationships~

How can I improve my communication with [Name]?

How can I release any anger I feel towards [Name]?

What actions can I take to open my heart to finding love in my life?

~Personal Growth~

What steps can I take to release the pattern of [Insert Pattern]?

What beliefs and ideas did I inherit from my family that do not serve my highest good?

What do I need to understand about the pain/resentment/fear/etc I'm holding onto from [Insert specifics regarding a certain experience]?

~Physical Health and Well-Being~

What's blocking me from being able to heal?

What can I do to feel less anxious?

What emotional blockages are affecting my physical well-being?



LET'S CONTINUE THIS JOURNEY TOGETHER!

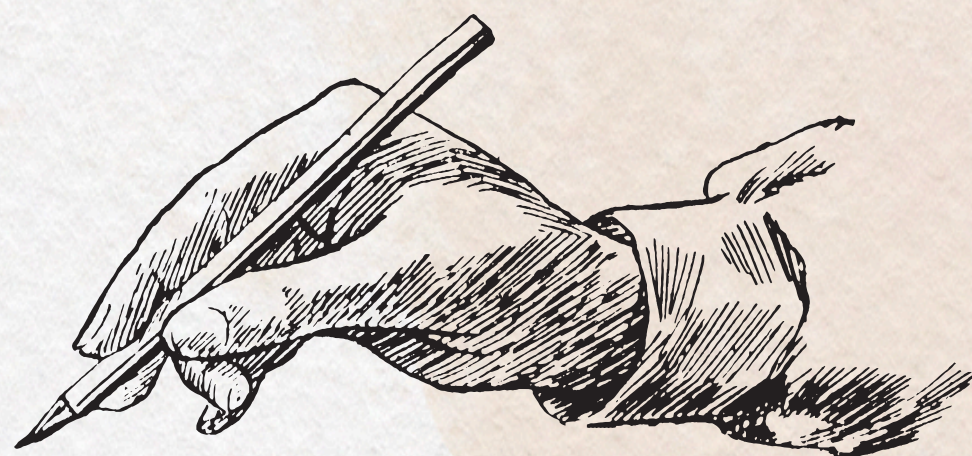
Thank you so much for taking the time to read through this handout. I am truly honored to be part of your healing journey and am excited to continue supporting you in whatever way feels right for you.

If you feel called to deepen your connection or want to explore more of my offerings, I invite you to check out the following resources:



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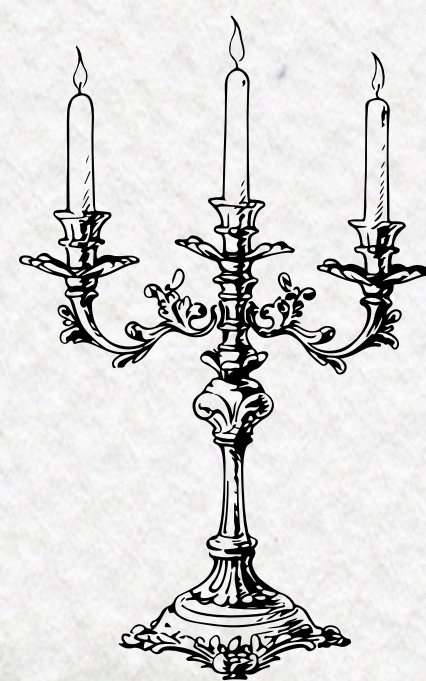
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