



HOW TO CONNECT WITH YOUR SPIRIT GUIDES

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*Gone are now the hands of time
There is no yours, there is no mine.*

*The Spirit within, deep and true,
The one true love, it's calling you,
Back to the home you always knew.*

*But wait, what's that? I hear a voice,
That guides me true, that gives me choice.*

*You'll find me not in things you buy,
Nor in the house, nor car you drive.
I'm in the Earth, I'm in the sky,
I'm all around, just look inside.*

*I'm here for you, just call on me,
In cries for help, when you're in need.*

*I am a whisper in a song,
In fleeting memories of days far gone,
Through words of strangers rambling on.*

*Open your heart and you will see,
That I am present as the tree.
I'm always there for you, you see.*

*Around every bend, with every view,
We walk together, two hearts true.
For you are me, and I am you.*

-Cassie Mendez

Hello and Welcome!

My name is Cassie, and I'm a Shamanic Healer and the owner of The Spirit Within LLC. I'm so glad you've found your way to this e-book! I want to share a little about my own experience and how it has led me to develop this material.

For much of my life, things felt like a struggle. Since childhood, really. My path often felt blocked by invisible, uncontrollable forces. Without solid support from my parents, I often felt unloved, lost, and disconnected. I lived as a victim of my circumstances for a long time. Perhaps this is a feeling you can relate to?

But the thing that brought the greatest change to my life was venturing into the darkness. One must feel the pain to heal the pain in order to bring transformation in life.

Healing is about going deep and venturing below the surface, into the shadows, to unlock the light that resides within each of us. As we do this, we intentionally open our hearts to align more closely with our Soul, the true light within.

I believe that the bravest thing one can do in life is to walk a healing path. You have the power to make this choice too! If you're here reading this now, chances are you feel a calling inside of you. Something has awakened within. You are not meant to do this alone. Going through life alone would be like sending someone off to college without any teachers to guide them. The same goes for life! We all have Guides—Angels, non-physical teachers, or whatever you choose to call them—and they are always here, whether we can sense their presence or not.

We're all unique, with our own expression of light and our own way to connect with Spirit. Connecting with my own Guides was the first step in my healing journey, and now, I would love to help you do the same.

So, let's start this journey together!

Cassie



THE IMPORTANCE OF CONNECTION



My first memory of my own Guides was when I was young, although I did not realize at the time that this is who they were. Growing up in the modern western world, we are not typically brought up with this concept of Spirit Guides, so their presence can go unnoticed for a long time.

In my younger years, I was raised in Upstate New York along the St. Lawrence River. Behind my house was a creek bordered by marshy reeds, and my friends and I would often spend our days hunting for turtles and other creatures.

One summer morning, I left my house to meet up with my friends, only to find that they had already left without me. I checked the usual places we would hang out, but they were nowhere to be found. The last place I thought to look was the marshy area. As I walked along the road leading there, something suddenly stopped me in my tracks. Right before me stood a magnificent Great Blue Heron, so close I could have reached out and touched it! Time seemed to stand still as I stood in its presence.

This experience had a profound and lasting effect on me. Even today, all these years later, I still carry the memory of that moment. The Great Blue Heron has since been one of the greatest guides in my life. Heron taught me that even in moments of feeling lost and alone, I always have the resources within me to find my way back to my inner light with patience and grace.

Many of us are not brought up in an environment that nurtures the unseen side of life. But it is never too late to start, and you can begin to cultivate this relationship in your own life right now!



Spirit Guides are loving, compassionate, non-physical teachers here to offer guidance, wisdom, and support during our journey here on Earth. Everyone has Spirit Guides, regardless of race, religion, or beliefs. Spirit Guides do not always appear in animal form. You may feel a profound connection to Angles, others may connect with a color, a plant or tree, a rock, or they may present as a person or just a formless energy. They may have a name, or they may not. The possibilities are truly endless, and there is no right or wrong form. Ultimately, your Spirit Guides will present themselves in a way that aligns with your unique soul.

They can help take the seemingly chaotic challenges of life and give them meaning, finding the deeper meaning within our life experiences. What is there to learn from this experience for me? Knowledge is power, but this type of knowledge we feel in our heart, not in our minds. It's like a feedback loop that strengthens us, and gives us direction in our life, helping to Guide us to our purpose as we shed what does not resonate and step into what feels true to our inner Spirit.

It can sometimes be challenging for us to see solutions, get to the root cause of the difficulties in our lives, or understand the deeper meaning behind relationships. It's almost as if we have blinders on. Think of the times when you could easily see the problems of others and the possible solutions, yet your own seem out of reach or beyond your awareness. Connecting with your Spirit Guides can help you connect the dots in ways you may not be able to see for yourself. In turn, this allows us to more easily open our heart and minds to embrace the changes that life brings.



What Spirit Guides are NOT....

Spirit Guides will NEVER tell you what to do. They value both the mistakes and successes in our lives. We all have free will, and the Guides always honor and respect that. While they may offer new insights, wisdom, provide suggestions, or present alternative perspectives, they will never tell you what you should or must do or dictate your actions. Their role is to support your journey, not decide for you.

If you find that when you are connecting with them, and the answer you receive include the words should or must or feels like a direct order or command, then you are not connecting with your Spirit Guides. This is most likely a fear-based thought originating from your own mind.

As you strengthen your connection with your Spirit Guide team, take note of how the responses you receive feel in your body. Is there an open, expansive sensation? Do you feel a sense of calm or emotional release? For me, I often feel slightly emotional or tearful when I receive a response from my Guides and is one of the ways I am able to know that I am receiving a message from them.

This emotional feeling is not to be confused with fear-based emotional responses, which manifest differently. Fear-based emotions, while also a valid as part of our human experience, manifest differently within the body. For me, fear typically comes with a sense of constriction or heaviness in the chest or belly. It is sometimes accompanied by a momentary fleeting flutter of panic, worry, or urgency.



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The emotional response I describe above, on the other hand, carries with it an underlying energy of love, peace, or calm and may be accompanied by a sense of openness in the body, perhaps in the chest or belly area. Spirit Guides love us unconditionally and do not carry any judgement, so their messages will not carry any fear-based energy either.

Building your internal awareness of the various emotions and sensations that arise in your body is a powerful tool. It strengthens inner awareness and deepens your connection with your Guides. Developing a clear pathway of communication with your Spirit Guides is like building a muscle. It takes time and dedication, but with practice, it becomes easier.

In the next section we will talk in more detail how you may receive messages from your Spirit Guides.



LANGUAGE OF SPIRIT



Do you recall as a child when you would gaze at the clouds and try to pick out shapes? Maybe you thought the cloud looked like a frog, while someone else saw a fish. Neither interpretation was wrong, of course! When we open ourselves up to communicating with our Spirit Guides, we tap into that same childlike wonder and curiosity that we cultivated when cloud gazing. Learning your unique language is about learning to see beyond the obvious, staying open, and building trust both in yourself and your Spirit Guide team. Just as a child learns to speak by interacting with others, so to will you learn by consistent interaction with your Spirit Guides.

Our Spirit Guides speak to us in ways that resonate with our individual experiences and unique ways of seeing the world. Just as two people can see a different image in the same cloud, when it comes to messages from Spirit Guides, two people may receive the same symbolic image yet interpret its meaning very differently.

For example, let's say two people are shown a lion. One person may attribute this to bravery and facing fears, while another may see it as a message about protecting their energetic boundaries. Alternatively, if two people's Spirit Guides want to express the message of bravery and facing fears, one may show a lion while the other may show a tiger, because that is how they know it will be best interpreted by the message receiver. The message is tailored by your Spirit Guides to how you will best understand and receive it.

So, exactly how do we receive messages from our Spirit Guides? In the next section, I will explore the six clair senses: clairvoyance, clairaudience, clairsentience, claircognizance, clairaliene, and clairgustance.



CLAIRVOYANCE

Clairvoyance is likely the most common intuitive sense that people think of when communicating with unseen forces of the universe. It is the ability to receive messages through sight. This does not necessarily mean seeing with your physical eyes, although some people may be able to perceive energies or aura colors for example. Often it is more about seeing in the mind's eye. A brief visual may flash in your mind. Perhaps the image of a past memory pops into your mind, or you get a quick flash of an animal or an object. This image then serves as the vehicle through which the message is interpreted. You can ask yourself: What significance does what you “see” hold for you? Are there any connections to places, events, memories, or people? What qualities, behaviors, or uses does the image received exhibit?

We live in a world where we are constantly visually bombarded, especially in the age of social media and TV programming. Because of this, it is not uncommon for people to expect to receive messages from their Guides in a visual form. “I don't see anything” is a very common statement from people just beginning their journey of connecting with their Spirit Guides. But remember, clairvoyance is just one way to receive messages, and all intuitive senses are equally powerful ways to receive information, so I encourage you to keep an open mind and heart.



CLAIRAUDIENCE

Clairaudience is the intuitive ability to receive guidance and messages through sound. This can be either the actual hearing of sound with the physical ears (externally) or an inner voice within your mind (internally). Externally, this may come to people as a voice, music, or other sounds. Internally, this may feel more like a thought or word has suddenly appeared in your mind, as if it was planted there by an outside force. It's as if someone is speaking directly to your mind, and you're having an inner dialogue with someone you can't visually see. And that's because you are! You are communicating with your Spirit Guides!

Often, we can disregard these internal voices as just thoughts arising. As you build your connection with your Spirit Guide team, it will become easier to distinguish between what is coming from you and what is coming from them. I often describe the voices from my Guides as having a different "texture" or energy about them. You can also pay attention to the emotion you feel when you receive the message. Does it feel loving, calm, or peaceful? Or is there fear, anxiety, or a sense of pressure? If it's the latter, this is from your own inner dialogue, not your Spirit Guides. This inner dialogue often stems from unhealed parts within us, sometimes also referred to as the ego. Meditation practices are a great way to begin to quiet the mind and make it easier to recognize and receive messages from your Spirit Guides in this intuitive form.



CLAIRSENTIENCE

Clairsentience is defined as the intuitive ability to receive messages or information through feelings or sensations. This can manifest physically, emotionally, or intuitive feeling, or “gut feeling” as it is often called. Our body becomes the antennae through which our Guides and the Universe communicate messages.

With physical sensations, this can arise as tingling, warmth, chills, heaviness, or even pain. Often, when I am communicating with my own Spirit Guides and asking for confirmation on a message, I will feel a tingling sensation on my arms or legs. For me, this represents an affirmative response like “Yes, that is correct”. As you get comfortable with physical sensations that come through your own body, the meaning of the messages will become clearer to you.

Have you ever walked into a room and got the feeling that there had been a heated conversation or that you walked in at an awkward moment? Or perhaps you watched a child play with their friend and the sound of their laughter fills your own heart with joy? This is the opening of clairsentience within our heart space and is a beautiful way we receive information and also send out information. When communicating with our Spirit Guides specifically, this can come through as a strong emotion that arises suddenly and without logical reason. I have also found that as I work with my Guides for my own healing, a sudden release of emotion or tears is not uncommon and is often accompanied by an underlying sense of peace.



That “gut feeling” is where you feel a certain way about something, but there is no logical explanation for the information you’re receiving. I remember once as a young kid walking with my friend to a local store nearby. As we got a little way down the street, I suddenly felt an overwhelming sense of fear in the pit of my stomach. I had no clue where it was coming from, but it was enough to frighten me into staying home instead of going to the store with her. I later found out that my friend’s dad received a call from the police; my friend had gotten caught shoplifting. Had I been with her, I would have been involved as well.

A NOTE ABOUT EMPATHS AND SENSITIVES...

There are many people that are sensitive to the energies of others and the world around them. It may be easy for you to feel other people’s feelings and emotions, and it can be overwhelming and tiring. Remember, you have ultimate authority over your own energy. Setting the intention to only allow in what is for your best and highest good can prevent energy leakage, unwanted energetic attachments, and sensory overload.

A technique I learned a while back is to call in what is known as a “Guardian Guide”. This is a visualization technique that calls in a Guide specifically assigned to help protect your energy and act as a filter to keep out anything that is not yours. Some examples of Guardian Guides are: a bubble, a light shield, a tree or other plants, an animal, natural elements such as water, air, earth, or fire. The possibilities are endless! Use your imagination and connect with what feels right for you. Connect with your Guardian Guide every morning before you start your day, and spend a moment visualizing it surrounding you. If you have trouble visualizing, that’s okay. Know that the intention for it to surround you is enough.



CLAIRCOGNIZANCE

Claircognizance is the intuitive ability to receive information through knowing. Unlike clairsentience, there is no physical or emotional sensory experience that accompanies it. Instead, you have this deep, inner knowing with no logical explanation for how or why you know this.

I remember an experience I had in college. I had been dreaming of owning this particular 1950's style black jacket that looked like a dress with buttons down the front. At the time, I did not have much money, and the ones I found online were out of my price range. One day, I had this sudden whim to take the bus into a neighboring town and visit a vintage clothing store. Wouldn't you know it, right there on the clearance rack for \$15 was the exact jacket I had been dreaming of owning!

We have all likely had some similar experience in our lives, such as the moment when you met your partner, or when you just knew you should take that job. You just know it, even though you may not be able to explain why. Information from our Guides and the Universe doesn't always make logical sense to our thinking minds. However, as you follow these intuitive knowings, you will build greater trust within yourself and enjoy clearer communication with your Spirit Guides.



CLAIRALIENCE

Clairalience is the intuitive ability to receive information through your sense of smell. You may smell something, but it is not present in your current outer experience. For example, shortly after my father passed away, I had an experience early one morning while walking my son to his school bus stop. It was still dark outside and we were the only ones on the street. As we approached the corner, I could very clearly smell cigarette smoke, even though there was no physical source of it. My father had been a smoker, and I just knew in my heart that it was him making his presence known. Perhaps your Guides send a smell that triggers a specific memory in your mind or offers reassurance or guidance.

CLAIRGUSTANCE

Clairgustance is the intuitive ability to receive information through the sense of taste. You may have a certain flavor arise in your mouth, yet you have not eaten or drank anything. Just as with clairalience, this taste may bring you back to a certain person, memory, or event in your life or it may offer reassurance or guidance in a way that is understandable for you.



Intuitive abilities are like muscles. They develop best with consistent practice. You may have a natural affinity for one or more abilities, but even the less prominent ones can be strengthened over time. While I have broken down the different intuitive senses separately, they often work together.

Trust the process and timing. Like cooking a large cut of meat low and slow, refining your abilities takes time. It's not an instantaneous shift. Your intention to connect with your Spirit Guide team moves you forward helping to create clearer communication. They will relay messages in ways you are ready to perceive if and when you are open to receiving them.

While we have discussed inner intuitive abilities, I want to note that messages from your Spirit Guides can also come from external sources. Some examples include song lyrics, posters or signs, overhearing a nearby conversation or during conversations you have with others, nature, etc. These external prompts will often trigger one of your inner intuitive senses, further reinforcing the guidance coming through.

Messages often come as metaphors, archetypes, or symbols. Because this symbolism is unique to you, I recommend not relying on others to interpret the message for you. Another person may interpret the same symbol differently. While there are resources to look up symbolism, I encourage you to first contemplate what the symbols or metaphors might mean to you before seeking outside interpretations. Remember, it's ok to ask your Spirit Guides to show you the answer in a different way if you are not understanding it the first time! This helps empower you, build confidence, and strengthen your intuitive abilities.





ACTIVITY



Just as clouds shift and change, so too will your intuitive abilities. As you grow on your healing path, so will your intuition! Be patient with yourself along the way.

Below is an activity to help you connect with your Spirit Guides and build your intuitive abilities:

In the morning, set the intention to connect with your Spirit Guides. Take a piece of paper and write down one clear and specific question for them. When formulating a question, avoid being too general, like “What guidance would you like to share with me today?”. General inquiries can make it more difficult to interpret the message being received. Avoid fortune telling and do not ask what you should do, such as “When will I meet my life partner?” or “Should I take the job?” for example. Your Guides support your free will and will not tell you what to do. We are all creators in our own lives, and it is our decisions in this present moment that may alter the trajectory of our life in many numbers of ways. Consider rewording your question like this: “What steps can I take in my life to help me find a romantic partner?”, “What life lessons will I learn by taking this new job?”.

Once you have written your question, put the paper in your pocket or purse and let it go! There’s no need to keep peeking at it throughout the day. At the end of the day, pull out the paper and reread it. Spend some time reflecting on your day and journal any messages or insights that may have come through.



BUILDING CONNECTION



My family and I once took a trip to Sedona, and one of the highlights was our visit to Bell Rock. If you are not familiar with this landmark, Bell Rock is a towering rock formation that juts out of the ground over 4,000 feet into the air. Every day, people flock to this beautiful natural wonder. Some traverse up the side of the rock formation, hoping to catch panoramic views from the top. Other individuals hover around the base of Bell Rock, admiring its majesty from below.

The way each person chooses to experience and take in the wonder of this sacred site is unique to each individual. Similarly, how we build connection with our Spirit Guides is personal and individual. Just as with the people experiencing Bell Rock, there is no right or wrong way, no better or worse way, to navigate your spiritual and healing path in life. It does, however, make for an easier climb when we have an experienced guide with us. This is equally true in life, where connecting with your Spirit Guides can provide invaluable support on your journey.

Connection begins with intention, and where intention goes, energy flows! If you are in the early stages of your spiritual journey, this can be as simple as starting to communicate with your Spirit Guides. You can talk to them through your thoughts or write to them on paper. It does not need to be an elaborate ritual or process.

Simply letting your Spirit Guides know that you're ready to connect will help strengthen the bond and pave the way for clearer communication and intuition down the road. Consistency is key, and carving out some time ideally each day or a few days a week will be beneficial.



For those who have been on this path for some time, know that just as we transform and grow, so too can our connection with our Spirit Guides. Cultivating flexibility helps us flow with these changes in our lives. Being open to new ways of connecting will deepen your relationship with your Spirit Guides as you become more aligned with your true self.

Build trust in yourself, trust in your intuition, and trust in the relationship. This takes time and patience. Some days, you may feel really connected, while other days, you might find yourself wondering if your Spirit Guides have abandoned you! This is completely normal as you gain confidence in your own unique way of connecting with Spirit. The important thing is to keep going. This is a lifelong journey, and it will continue to evolve over time. Try new ways to connect and see what works and feels right for you.

Remember, building a strong connection with your Spirit Guides is a journey, not a destination. Your Spirit Guides have infinite love and patience for you. No matter where you are on your journey, growth and transformation are always unfolding. Be kind to yourself as you explore and discover the methods that work best for you while carving your own path up the mountain.





ACTIVITY



Shamanic journeying is a powerful and ancient practice that allows us to connect with our Spirit Guides. Personally, I found meditation to be challenging in the early stages of my healing journey. My mind seemed caught in a constant cycle of thoughts, many of them negative, and finding stillness felt out of reach. Shamanic journeying offered me a more active form of meditation. The rhythmic drumbeat helped me enter a receptive state, where I could more easily receive guidance and wisdom from my Spirit Guides. It was one of the first techniques that helped me truly connect with my own Spirit Guide team.

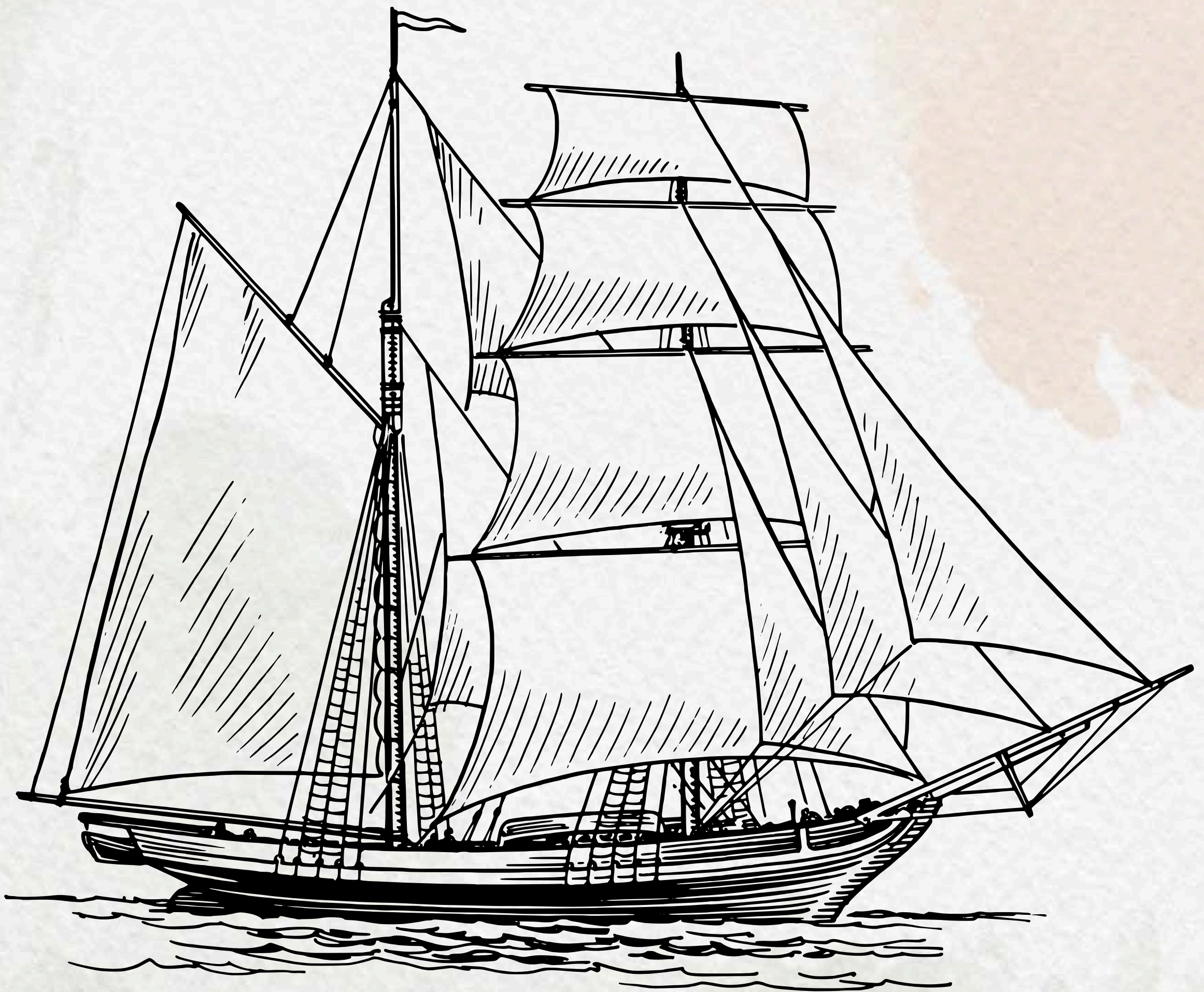
To help you experience this for yourself, I have created a guided shamanic journey to connect with your Spirit Guides as a companion to this e-book. This guided journey can be found on my YouTube channel, *Wisdom by Candlelight*. In this journey, you'll be led step by step to connect with your Spirit Guides and receive the wisdom, guidance, or healing your Guides have to offer. Shamanic journeying is also a wonderful avenue to help you connect with and discover the unique way Spirit speaks through you.

Your Spirit Guides are always present and eager to connect, so let's journey together and see what Spirit wants to bring forward for you!

[CLICK HERE](#) for a *Guided Shamanic Journey to Connect with your Spirit Guides*



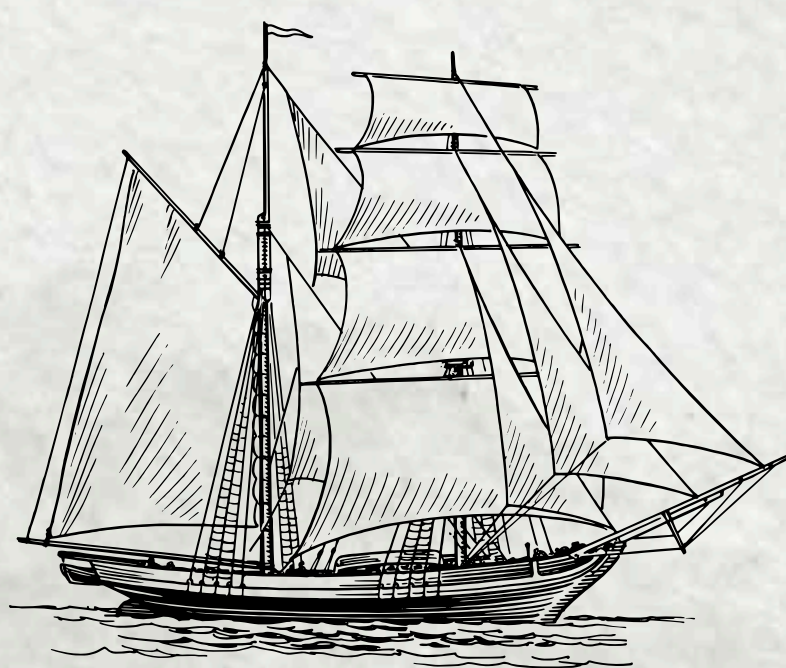
WALKING A HEALING PATH



To begin our discussion of what it means to walk a healing path, I feel I must first explore the concept of personal power and responsibility. Let's imagine for a moment that you are a lone passenger on a ship adrift on a vast ocean. As you float along, you are at the mercy of the waves, the winds, and the currents. You are endlessly tossed about with no way to navigate or steer the ship. This is how life can feel when we are not in our personal power and not claiming responsibility for our own journey. When we allow ourselves to be swept away by our past stories, our present circumstances, or the actions of others, it can feel as though we are lost at sea with no way to reach our desired destination.

So, how does stepping out of victimhood and into personal responsibility transform our life? Healing is a choice, and when we accept the role we play as the captain of our own destiny, we can begin to navigate the waters of our life. Just as we cannot control the waters of the sea, we cannot always control what arises within our life. As we heal within, we begin to see things from a different, clearer perspective. The winds, waves, and currents that once left us feeling hopeless now become the means by which we steer the ship. We can begin to shape the course of our journey here on Earth.

You are the captain of your ship, and walking a healing path requires patience and determination. It can be difficult and sometimes painful to face our own inner world, but the light and transformation that lie beyond are worth it. As we heal, the view becomes clearer. We begin to see others with more compassion and understanding, and we cultivate love within ourselves, expressing it out into the world.

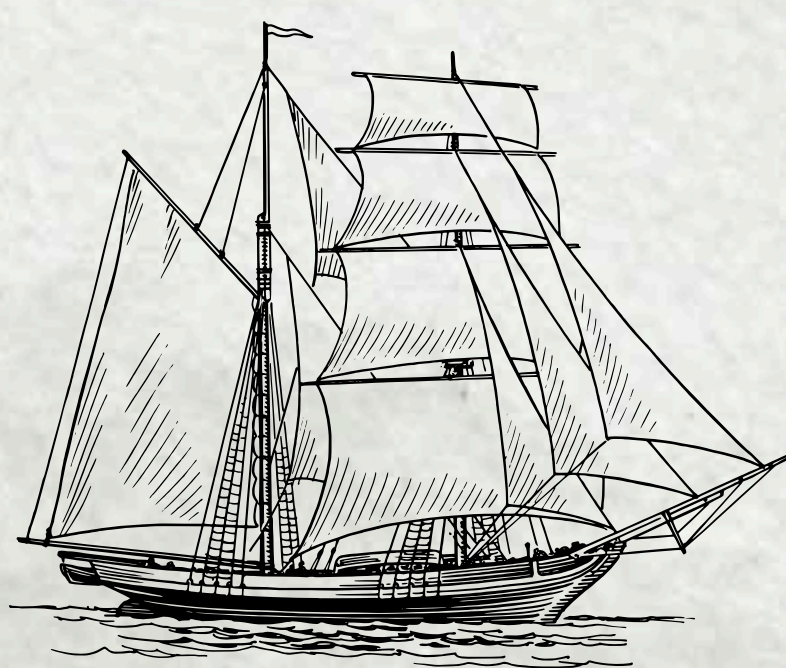


Our Spirit Guides become our great allies on our voyage, helping us sail through rough waters with wisdom, grace, and understanding. Embrace your uniqueness, for no one else will walk this very journey you are experiencing right now. Trust that you have everything you need for the journey, both within and around you.

There are as many ways to navigate your personal healing journey as there are people in the world. The methods that work for one person may not work for another. I invite you to feel into what resonates with you. If something doesn't feel right or feels more like a chore than a healing practice, let it go. It could be that the timing isn't right or that it simply isn't the healing method for you.

Healing doesn't always feel comfortable. There may be moments of discomfort, emotional release, or resistance as we release old patterns, and this is completely normal. But this is different from the sense that something is just not right for your path. Trust your inner guidance to lead you toward what will best support you on your healing path.

Everything in this book comes from my own life experience and learnings as seen through my unique perspective. What has worked for me may or may not be the best path for you. Be curious, explore, and experiment, but just remember, take what resonates and leave the rest! This is your life, your healing, and your journey, and only you know the best way to sail your ship!





LET'S CONTINUE THIS JOURNEY TOGETHER!

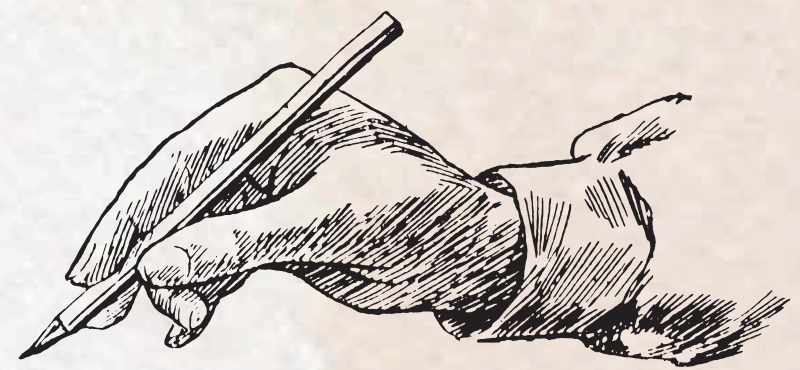
Thank you so much for taking the time to read this book. I am truly honored to be part of your healing journey and am excited to continue supporting you in whatever way feels right for you.

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:



Healing Services **CLICK HERE**

One-on-one support to further your healing and spiritual growth.



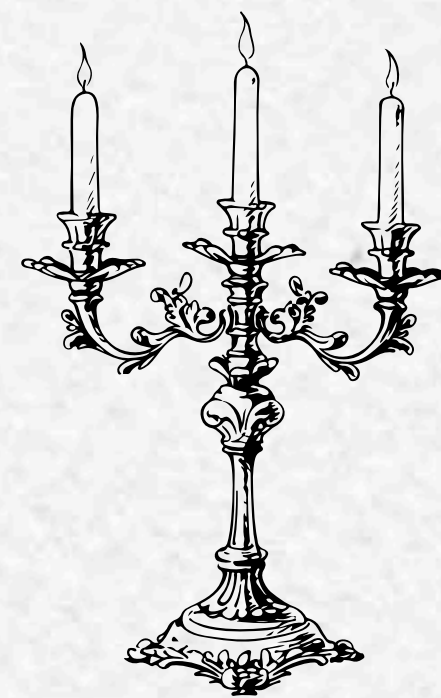
Blog **CLICK HERE**

Stories, insights, and experiences from my heart to yours.




Newsletter **CLICK HERE**

Keep up to date with my latest stories, offerings, resources, and events.



Social Media

 *YouTube* → **CLICK HERE**

 *TikTok* → **CLICK HERE**

A space for us to share, connect, and heal as a community.

HEALING READS

Gaining knowledge, wisdom, and insight through books can be truly transformative on our healing path. I know they have been an essential part of my own healing! Below, in no particular order, are some books that have deeply impacted me on my journey, and I'm excited to share them with you:

- The Seat of the Soul - By Gary Zukav
- A New Earth - By Eckhart Tolle
- You Can Heal Your Life - By Louise L. Hay
- The Book of Ceremony - By Sandra Ingerman
- How to Heal Toxic Thoughts - By Sandra Ingerman
- The Four Agreements - By Don Miguel Ruiz
- In An Unspoken Voice - By Peter A. Levine
- How to Read the Akashic Records - By Linda Howe
- I Am the Word - By Paul Selig
- The Shaman Within - By Claude Poncelet
- Adult Children of Emotionally Immature Parents - By Lindsay C. Gibson

