

5 Ways to Get Spiritual Guidance Every Day

By Erin Pavlina

What would it be like if you could get intuitive guidance every single day, when you want it, when you need it? You can! Your spirit guides are a group of non-corporeal beings who were “hired” by your higher self to help guide you in this life. They are there to nudge you, support you, and help you achieve your goals and fulfill your purpose here on Earth.

Your spirit guides work constantly behind the scenes to help you. Right at this very moment one or more of your guides is working to assist you in achieving a goal, understanding a problem, or providing you support. What if you could get direct guidance from them when you wanted it? What if you could tune in and find out what they’re saying, or what they’re working on, or get practical information to help you navigate the maze of your life? How awesome would that be?

You can get spiritual guidance when you want it. Any time of day or night, you can receive information from your guides that will benefit you. Your guides want you to have assistance. They want you to hear them. It’s a lot easier for them to help you help yourself if you can see, hear, feel, or know what they want you to know.

Below are five ways you can get spiritual guidance every single day. Try them all, find the one that works best for you, or use multiple techniques. You can use these methods to find out what you should do next in all the areas of your life like career, relationships, finances, health, and spirituality. See how much better your life flows, and watch how much easier it is to make decisions when you’ve got a little guidance.

Meditate

Meditation allows you to enter a state where you can tune out the chatter in your mind and tune in to your spirit guides to receive their guidance. Through meditation, you can connect with your guides’ frequency and get information any time, day or night.

The simplest way to meditate is to find a nice quiet spot where you won't be disturbed. Sit or lie comfortably in a chair, a bed, or on the floor. Begin doing some deep breathing. Breathe in slowly through your nose, then out through your mouth or nose. Don't rush.

While you're doing your breathing, begin to relax your body's muscles. Start at your feet and work your way up to your head until you feel very physically relaxed.

Now imagine you're in a relaxing location, say a beach, a garden, or a temple. Hear the sounds you would hear, see the scenery, smell the scents, touch the trees or sand, etc.

Next ask your guides to come to you with a message that will help you on your path. They might send you a metaphorical image that needs interpretation. Or you may hear words spoken in your mind. You could feel a sensation in your body. Or you may ask a question and simply "know" or download an answer.

Keep asking questions, and keep getting answers. At first it may feel like you're imagining the whole experience. Let it feel that way, but keep going. Don't manufacture answers, just let them come. Before long it will feel more like you're communicating with them than yourself.

This can take practice and patience. But keep going and keep trying to connect with your guides.

Listen to my free MP3, *Daily Messages*, for a guided meditation you can use to receive a daily message from your guides.

Interpret Your Dreams

Do you recall your dreams? Your dreams are filled with solutions to your problems. Most will require interpretation, but once you get the hang of it, it's easy to figure out what a dream is trying to tell you. Some dreams will contain more obvious messages than others, but if you can get accustomed to interpreting your dreams, you will find a wellspring of wonderful guidance in them.

Let me give you an example of how you might interpret a dream. Let's say you're currently struggling with whether to switch careers but you're not quite sure what you should do. Should you just quit your job or transition slowly by getting your new career up and running before you leave the old one?

So you go to sleep that night and you have a dream. In the dream, you are climbing up a tree. And you're pretty high up in the tree because you've been climbing for a while. You get to a point while climbing where you realize you don't really want to be climbing this tree anymore. You start looking around and see there are a bunch of other trees in this forest. Ah there's one that looks amazing! You want to climb that one instead. But you're not sure how to get to it. Should you climb down the one you're in and then climb the new one? Should you try to jump or fly to the new tree? Or should you just stay put and deal with the tree you're climbing.

This is your current situation. You're trying to figure out how to get to another job (tree). So what did you do in the dream? Did your dream character try to fly to the other tree? If so, what happened? Did you fall instead? That's a clue. Did your dream character climb down the tree and start up the new tree? How did you feel in the dream when you did that? Did it feel too slow or did it feel nice, safe, and doable? Or did you just sit in your current tree, cross your arms and legs, and decide to stubbornly wait until someone came along and brought the other tree closer to you?

Use your dream to help you figure out what the message was.

You can also ask for a dream message from your guides. I've done this lots of times. Before going to bed, think about your biggest problem or issue. What are you trying to solve in your life? Ask your guides to send you a dream with an answer. Then go to sleep and try to recall all the dreams you have that night. In there, you will find a message.

Dream interpretation can take some practice. Interpreting dreams isn't about looking in a dream encyclopedia. It's about discerning how the dream made you feel. It's about looking at personal symbols, not universal symbols. Your dreams are a direct line to your guides and to your subconscious mind. Sometimes you'll have fear dreams. Ignore those as they don't contain

solutions to your problem. Instead, concentrate on the dreams that seem to hold guidance in them.

If you know how to have lucid dreams (dreams where you know you're dreaming while you're dreaming) then you're really in luck. The next time you're having a lucid dream just ask your guides to come sit with you and answer your questions. No interpretation required!

Check In

You can check in with your guides during the daytime too. You do this by using your dominant intuitive modality. What's an intuitive modality? There are four main modalities:

Clairvoyance – where you see images in your mind's eye

Clairaudience – where you hear messages spoken in your mind

Clairsentience – where you feel sensations in your body and nervous system

Claircognizance – where you just know something without seeing, hearing, or feeling it

Most people have at least one of these modalities. And lots of people have more than one if not access to all four. What matters is that you figure out what modality works best for you, then use that modality to tune in to your spirit guides to get their messages.

So if you're clairvoyant, you'll tune in with your mind. Ask your guides to come to you with a message that will help you on your path, then wait and see what image comes to mind. Maybe you'll be shown a symbol or something literal. More often than not, you'll get a metaphorical scene. For example maybe you'll see yourself playing a game, or reading a book, or climbing a tree, or swimming in the ocean.

Guides use clairvoyant images to send you messages. You may need to interpret them, but a picture is really worth a thousand words. If you're asking your guides for help on a certain problem, state your problem and then wait for the image to come.

As an example, let's say you want to know if you should marry the person you've been dating for a year. You let your mind go blank and in a moment you see an image. In this image you're

sitting in a rowboat with your partner, but it's leaking water. You're constantly bailing out the water in the boat while your partner just sits there. You beg your partner to help you save the boat, but they seem more interested in letting you do all the work. Could this be a metaphor for your relationship? Are you the one who is doing all the work? Something to think about. What would this image suggest to you? Ask it. What happens if you jump out of the boat and leave your partner behind? What happens if you hand your partner a bucket and insist they do their share? What happens if someone else comes along and offers you access to a boat that isn't leaking? Let the scene show you your options and figure out what feels best for you.

If you're clairaudient, my recommendation is to open up a word processing program or get a journal and write down a series of questions. Then clear your mind and ask your questions in your mind, then listen for the answers. Write down what you hear. Again you don't want to evaluate the information as its coming through or you may staunch the flow. Just get it all down and evaluate it later.

If you don't want to write it all down, just sit in quiet meditation and ask your guides your questions. Then listen for the answers. What are they saying to you?

If you're clairsentient, sit quietly and ask your guides questions. Then notice the sensations produced in your body as you go through possible answers. For example, if you ask "Should I marry my partner?" then feel what that does to your body. Do you feel excitement or dread? Is there an uplifting of energy or a sudden drain. Trust the sensations. Your body knows even when your mind is questioning.

If you're claircognizant, you will ask the questions you want answers to and then simply know the answer. What springs to your mind? Don't shield yourself. Just know the answer. When you ask your guides, "Should I marry my partner?" what response hits you like lightning? Don't use your logic to filter it. It should feel like an instant download of information.

You can hone and improve your intuitive modalities with practice, patience, and time. Keep working at it until you can trust the answers you're getting.

Use Divination Tools

A lot of people aren't comfortable trusting their intuition, but their intuition is still working whether they realize it or not. The use of divination tools takes the guess work out of the equation. "Am I really hearing what I think I'm hearing?" "Did I interpret that image properly?" You can use a divination tool to remove your ego from the equation.

Examples of divination tools include tarot cards, pendulums, and muscle testing. The answers you get with these tools might be somewhat limited, but if you ask good questions, you'll get good answers.

Cards can be tarot cards, angel cards, oracle cards, or even animal cards. Cards are created to act as tools to help you get intuitive guidance. Ask a question, pull a card, read the interpretation (which usually comes in a booklet along with the cards). For example, if you're asking for guidance on whether to marry a partner and you pull the Lover's card of the tarot, it's probably a good sign that you're compatible for marriage. But if you pull the Tower card, it may not be. Again you'll have to look through the booklet for a proper interpretation.

Likewise, a pendulum is great at giving answers to yes/no questions. You can get a pendulum at any new age bookstore or even build one of your own. You could even just use a necklace. In essence, you're giving the guides permission to use the pendulum you're holding. So ask a yes/no question and wait for the pendulum to move on its own. It will either go in a circle, or in a back and forth fashion. Circles mean "yes" and back and forth means "no."

When you ask "Should I marry my partner?" your pendulum will show you the answer. It's vital you ask clear questions. In using a pendulum you can't really say, "What do I most need to do to make sure my marriage works?" For a question like that, you'll want to use an intuitive modality.

With muscle testing, you are using your body as a sort of pendulum. You stand straight and tall with your arms out to the side. Have a partner or friend nearby ask you a yes or no question and then try to push your arm down. The theory is that if you are in strong alignment with something, or if the answer is yes, your arm will stay strong and straight. If you are not in strong alignment or the answer is no, your arm will be easily pushed down to your side by your friend.

Divination tools are an excellent way to dip your toes in the water of your intuition, but I highly recommend developing your own intuitive modalities so you can get more exact answers to your potentially complicated situation.

Look for Signs, Signals, and Synchronicities

Guides love to insert signs, signals and synchronicities into your life, hoping you'll notice them, interpret them, and act on the information. A synchronicity is when something that is very unlikely to happen by chance happens and carries a special meaning to you.

For example, I once did a reading for a woman and a metaphorical image of an elephant wearing sunglasses came up. I interpreted the message for her and she went on about her life. Later that night she emailed me to tell me that she went out to a bar with friends that night and parked under a billboard. When she looked up she was surprised to see that on the billboard was a photo of an elephant wearing sunglasses. She aptly took that as a sign from her guides, a confirmation that the advice she got in her reading was accurate.

How do you know if something is a real sign sent by the guides versus just wishful thinking or a self-fulfilling prophecy? A very fair question. In the case above, my client only needed to see the billboard one time to know it had special meaning. But sometimes you think you're getting a sign and you're not sure. In these cases, you want to note the sign, then wait to see if you get it again. I've told my guides that if they want me to see something as a true sign, then they need to send it to me three times. Then I know it's really from them. You can come up with your own arrangement with your guides if you'd like.

Guides use signs, signals and synchronicities often. It's up to you to notice them, and then you've got to interpret them. Interpretation can be difficult. For me, once I've properly interpreted the sign, the sign stops coming. So that's one way I know I've interpreted it correctly. When you notice you're receiving a sign but you don't know what it relates to, ask yourself what problem has been commanding most of your time and attention. Guides will usually send a sign related to your most pressing problem, or at the very least, one of your most pressing problems.

You can use your intuition to check in and see if you've got the interpretation correct. To do this, use your intuitive modality or a divination tool to check in and get confirmation that your interpretation is accurate. Take the action you deem appropriate and see if it feels like you got the right message.

Get Your Guidance!

When you start using these 5 methods for getting guidance every day, you're going to start to see that your life flows better. Instead of fighting the current, you'll see that you're moving swiftly down the river of life, easily. You'll start to enjoy more happiness in all the areas of your life like career and relationships.

Accept the assistance that your guides are sending. They are there to help! Be open to receiving.

Helpful Resources:

[5 Ways to Make Meditating More Effective](#)

[How Should We Use Meditation to Help us Connect with Spirit Guides?](#)

[How To Quiet Distracting Thoughts During Meditation](#)

[Guided Meditation as a Tool for Speaking with Spirit Guides](#)

[Spirit Guides: Who Are They and How Do You Connect with Them?](#)

[How to Interpret Your Dreams](#)

[What are the Four Clairs of Psychic Ability?](#)

[How to Tell the Difference Between a Sign and a Coincidence](#)

[Signs and Confirmation](#)