

Guide Energies

Astral Guides come in a various of different shapes and sizes. I have found that they are normally in human form; although sometimes a Guide will manifest as a Power Animal for the first few meditations, and then switch to human form when your resistance is lowered.

Your Guide energy is dictated by the 9th House, ruled by Sagittarius and Jupiter; and all about wisdom and the enlightenment path. Sagittarius also covers travel, travel in the wider sense of the mind as well as of the physical body. This is an expanding energy. Your Guide's physical appearance is dictated by the cusp of the 9th House and the contents of the 9th House.

In some cases where the 9th House is full of difficult aspects Jupiter may step in temporarily to cover this, particularly if you have a Jupiter Moon Goddess conjunction. This may work for you on a short term basis **but** Jupiter in this case can be quite flattering and as your ego soars your ability to be guided is reduced!! Jupiter may tell you all sorts of wonderful things about yourself, how talented and special you are, and that She will take care of you. Most often this energy will come through as a female if you have a Jupiter Moon conjunction; more likely to be a male guide with Sun Jupiter conjunction. The answer is to give Jupiter loads of solar energy and then ask him or her to connect you with the "Guide who has the power to take care of you on the Astral plane".

Generally speaking the first Guide you meet will be a man. Usually dressed simply in a robe or tunic with the qualities of your 9th House. For example; Aquarius on the 9th House cusp may throw up a tall lean man with a high forehead and blue eyes, he might be wearing a light coloured robe or toga and have a Greek quality. Aries on the 9th may produce a Highlander in a kilt with red hair, again his physical qualities are influenced by any planets and aspects you have to that house.

I spend the whole of the first session with a client establishing the Guide Energy. Each potential Guide must be tested and probed until you are quite sure that this man is trustworthy and that you feel safe in his presence.

Initially your Power Animal will lead you to the feet of your Guide. What usually happens is that you will be bombing along through a forest or up a rocky mountain when your Animal will stop. If you are in a clearing have a look around at ground level for a pair of feet; or a misty patch. Guide Energy can be very vague the first time round. If you find a pair of feet, look at them really closely. What kind of feet can you see; what colour is the skin; does he have sandals on? If this figure is wearing high heels or boots then it is probably not your Guide. Guides are usually either barefoot or wearing very old fashioned sandals of some

description. Bring your gaze up slowly from his feet examining every part of his appearance and particularly look for any thing symbolic which associates him with the 9th house.

Now you can start cross examining him. Are you able to Guide and Protect me during my meditations; will you always wait for me by my incoming door; do you always tell me the truth; can you help me transform my life and integrate my energies. The answer should always be an unequivocal yes!!!

If there is any doubt ask your Guide if he has an elder brother who is more able to guide you; if he says yes then you are probably talking to a Lesser Guide who can still be used to connect you to the Higher Guide by asking him to take you to him, (make sure your Power Animal goes with you as well)

Once you are satisfied that the archetype you are talking to answers all your questions with patience and love you can move on to the next bit of testing. Ask him to take your hands between his, see how his hands feel, are they warm and loving or cold and scary? Do you like the energy in his hands. If its good give him permission to let his energy flow into your hands; now what do you feel? Again if you feel warmth and love then you are probably talking to the right Guide. Now ask him to point to the Sun in the sky with his right hand. Follow his hand up and check that he is pointing to the Sun, right at it, and that the Sun isn't covered by a cloud or obscured by trees. If the Guide fails at any point, then thank him for his efforts and focus on the Power Animal again. Give the animal permission to push through your resistance to being guided, ask the animal to go directly and speedily to the place where your Guide is. Sometimes the Power Animal will now be galvanized into action and take you to an entirely different landscape; or he may return to an early Guide that you had discarded. Trust the Power Animal's instincts and retest the early Guide energy.

Once you are happy with your Guide ask him if he has the power to bring the Sun God down in human shape to stand besides you. I use the Kabalistic term e.g.: "Please can you bring down the energy of the Eternal Sun who abides in the High Heavens, to stand besides me in human shape". I know its long winded but it seems to work well." Although you ask for the Sun in human shape you may not get it! And that doesn't mean you are working with the wrong Guide but is more often connected with the position of the Sun and aspects to the Sun in your chart. I am always happy to work with sunbeams, golden babies, golden angels, golden mist, golden sun maidens or even a glowing golden ball that appears besides you. As you work with the meditations this energy will change and strengthen. I personally often get the Sun God as a huge flaming golden man and sometimes as the Sun itself which descends as a glowing fiery ball. The Sun God is always warm and glowing. Do not expect anything less. If the Sun is not warm then check your

Guide again.

I always ask the Guide to give me a name that I can call him by. You need to remember that words are very specific on this plane. Your Guide energy will have had many names over the years and probably does not have a specific name that he is always known by. Therefore he will give you a name to call him and to work with him. Take the first name he gives you, you can always ask him to write with a stick in the sand patch which will appear miraculously beside you on the ground. Very often these are old names but sometimes he might just say "call me Fred" Guides have a sense of humour too! and whatever works for you both name wise will do.

If your Guide is not waiting for you when you go into the new landscape and doesn't appear when you call then don't meditate then. Try again a few hours later. Sometimes there may be astrological reasons for not meditating at that time, or you may be feeling too tired or over stressed. Your Guide may appear, tell you to go and sleep and then disappear. In which case go and sleep!!!!

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