

The four steps to connecting with your Spirit Guides and Soul Partners and discovering your Divine purpose are:

1. Creating the Ceremony with Intention
2. Authentic Journaling®
3. Switching the Energy®
4. Surrendering to the Discipline and Creating Divinity Circles®

### **Step 1: Creating the Ceremony with Intention**

When I sit down to do my prayer and meditation in the morning, I burn sage first and often light a candle. I always prepare a cup of tea or coffee. In the winter, I often build a fire and sit in front of the fireplace. These first steps can seem small, but they have so much significance. When I travel, as I do frequently, the ritual of this preparation time occurs often in my mind and heart. Even when I am in a hotel room, I bring sage and prepare a cup of tea or coffee. If I choose to create this space somewhere outside my hotel, I gather my journal and sage and find a coffee house or perhaps a place to hike in nature for the meditation time.

Regardless of my location, I create the space in my mind and the sacredness of the practice is present. Over time, there is something deeply powerful about this consistent self-care and the creation of this ceremony with intention. *Nourishing ourselves occurs naturally with the intention of creating this sacred space.* The commitment to take this time in the morning, wherever you are, begins to establish itself within your body, mind and spirit. There is a sense of harmony, order and fidelity to self. One's spiritual journey is enhanced with the practice of this intention and ceremony.

Be cautious about making promises to yourself regarding doing this every day or attaching a value to how well you did it. Create this time for yourself with realistic goals, perhaps five out of seven days a week. Even if you simply sit and breathe for five minutes without writing or journaling, acknowledge this time for yourself and your intention in creating it. Do it with love and kindness and forgive yourself when days pass without this ceremony. Pick it up again and let yourself know that you are doing the best that you are able to do right now.

Taking this time for yourself with the intention of communing with your Soul Partners and Spirit Guides will require you to love yourself increasingly and, over time, your self-esteem, self appreciation and self care will expand. I noticed this for myself over the months and years of this discipline.

I also began to be faced with my own woundedness, lack of self-esteem and wounded ego challenges. When I sat to receive these amazing blessings and messages from my Soul Partners and Spirit Guides, I had to increase my capacity for receiving such gifts and for believing I deserved such blessings. As you begin to experience your own Soul Partners and Spirit Guides and receive the profound blessings that they give, you, too, will be confronted with your own lack of self-esteem and with the beliefs that you carry inside that you are not worthy of such sacred communion. This will pass. I encourage you to remain steadfast in your promise to yourself to continue with this practice. In your continued action of creating this ritual and ceremony with intention, you build the foundation for the Authentic Journaling® which is the next step in this process. Each step builds on the one before and must be held with gentleness, openness, and forgiveness of self when falling short of your own expectations. You must couple this with the discipline and determination to start over and over and over again, trusting the process and allowing yourself to be loved and blessed unconditionally.

### **Step 2: Authentic Journaling**

Authentic Journaling® is a term that I've created to describe this second stage of the meditation and prayer practice. I've meditated for years and the most frustrating aspect of the meditation practices that I tried in the past were my attempts to stop the chatter in my mind. Often my attempts to try to quell the jabbering in my brain left me more frustrated and disturbed than when I began. I'd heard the phrase *what we resist persists* so I began to apply this principle to communing with my Soul Partners and Spirit Guides. Rather than try to squash the voices and forcefully calm the chatter in my mind, I simply acknowledged it and let it all flow freely.

This Authentic Journaling® is much like writing morning pages, which I first came across in Julia Cameron's book, "The Artist's Way." This type of journaling is a free-flow writing of what is going on in my mind at the time of sitting down to meditate. Some days, it's a paragraph about what is on my mind and then I move on to Step 3, Switching the Energy®. Other days, I write several pages until I feel empty and complete inside, which is of course a subjective assessment. Authentic Journaling® is often most powerful when the focus is on the resistance we have to receiving the messages and inspirations for the day. It's okay to stay focused on our discomfort and resistance as long as we write it out on paper. This is an inner journey into mysterious places. ***When honesty is the driving force in the journaling, the writing that will reap powerful results.*** These results will show up in Step 3 during the energetic switch that occurs when we connect with our Soul Partners and Spirit Guides.

What began to happen for me in this step was that Mary Magdalene and my guides would often respond directly to the issues or challenges I brought that day. It was not only very comforting to me, but it became clear that this type of journaling could become a necessary rung for others in their communing with their own Spirit connection. It also became clear that the challenges that we each bring to our prayer and meditation practice are the very challenges that our Soul Partners and Spirit Guides want and wait to respond to for us. They gather to support and commune with us, specifically in the areas that we ask for healing and wisdom. It is through these very challenges that our transformation will come and our gifts will emerge. While there were many times that I felt frustrated with my unhealthy ego showing up repeatedly, *I also learned that this honest Authentic Journaling® allows for my Spirit Guides and Soul Partners to meet me in the most honest and pertinent places for healing.* I was learning patience with myself, deep and profound self-love and forgiveness, and a compassion for the hurt places inside. From this experience, I also became more loving, forgiving and compassionate towards others in my life. It was both a magical and a profound metamorphosis.

Authentic Journaling® became the necessary stage of becoming real. As I opened myself honestly to the real wounds, hurts, jealousies, fears and shame that I carried in my ego, transformation began to happen. Something very freeing and powerful also occurs when we share our deepest and darkest secrets. *A sense of intimacy and trust also developed with my guides, unlike anything else I'd ever experienced.* There is a moment when I finish Authentic Journaling® that I close my eyes, breathe deeply and picture my Spirit Guides and Soul Partners gathered around me. In this circle, I am in the center, and there are six guides around me. The location is a place I've been to in Colorado and I picture this land in the presence of my guides. In my mind's eye, I stand near each person. The individuals are people that I have known in my life who have passed on, as well as Mary Magdalene and Jesus. As I make eye contact with each of them, they kiss my forehead, or place their hands gently on my face as they gaze lovingly at me. They might hold me closely for a moment or offer another gesture of unconditional support. When I am finished within this circle, I take a deep breath and move on to Switching the Energy®.

### **Step 3: Switching the Energy®**

This is the moment when my ego lets go and I receive the inspired information from Mary Magdalene and my guides. She often speaks in the first person or uses the word “we” as she communicates with me. I write freely what I can and keep my attention on relaxing and receiving the information. I am able to shut off my mind and my wounded ego, which might be complaining, arguing or interjecting “yea, buts”. I simply write and write until it is finished. This part now happens very quickly for me and without much conscious thought. However, some of you will find it challenging to let go of all the talk from the ego (as I did at the beginning) so that the information from your Spirit guides can come through. *Again, do not lose heart and stay with it.* It will shift in time and become easier, more organic and natural for you in your own practice.

The moment in your mind’s eye that you connect with each of your Spirit Guides and Soul Partners is important. This is an essential juncture to experience pure love and care from them. No matter what I bring from my wounded ego that day, as I connect with them in my mind’s eye, I receive a pure blessing of mercy and love. This is an important preparation to receive what they have to say.

If the channeling and receiving seems difficult or doesn’t flow, just stop and thank your Spirit Guides, Soul Partners, Higher Power or however you define this Divine Source for yourself, for coming to you this day. Ask them to teach you to be willing to receive and let them know you will be back the next day to try again. Perhaps in your Authentic Journaling® the next day, you can address the difficulty you are having in Switching the Energy® and allow your guides to speak to this challenge. Simply being open to receive from your Spiritual Source and being honest about the challenges that arise reaps amazing results. When you couple *being honest* with *simply showing up* to your own prayer and mediation practice on a consistent basis, I promise that *you will begin to connect and experience the miracles of Divine inspiration from your Soul Partners and Spirit Guides.* It will be a matter of time before the flow of connection and writing becomes easy and an ordinary occurrence in your spiritual life.

After you switch the energy and receive their wisdom and message, you will have a sense of peace, fulfillment, joy and serenity. Every time that I have received insight and love from my Soul Partners and Spirit Guides, I felt centered and fulfilled. The angst and frustration that I may have brought to the Authentic Journaling® was reshaped into a gift, and there was a deeper meaning to my difficulties plus a Divine perspective that made sense to me. I understood that each ego wound that I brought to this prayer and meditation practice, once surrendered, created space for a deeper and more profound connection to my soul’s Divine Purpose and Destiny. It was through these wounds, hurts, petty jealousies and fears that restoration came, as well as the full expression of my soul’s purpose. That truth was significant for me. I remind myself of this daily as it can be challenging to have the same obsessions, fears and shame come up repeatedly and not lose heart. ***Remember, healing comes over time.***

Being loved with such pure energy by my Soul Partners and Spirit Guides can also be challenging. So much of my lack of self-esteem surfaced repeatedly, as I mentioned earlier. I wondered why I had been chosen to be loved in this way. Why would I, someone so undeserving and thoroughly human, be given these beautiful, healing messages? Again, I had to confront my wounded sense of myself, as well as the lie that said *I was unworthy.* It takes bravery to embrace the belief of our own nobility and choose to receive the spiritual messages and gifts that come.

One day I realized that sharing these meditations and experiences given by my Soul Partners and Spirit Guides was part of my Divine Purpose and Destiny. Believing I was undeserving or inconsequential was a wound of my ego. I realized that I wasn’t special or deserving in a unique way, but that ***I was special and deserving in the way that we are all special and deserving and called to fulfill our soul’s Divine Purpose and Destiny.*** I learned in these years that all souls have a unique set of Spirit Guides and Soul Partners who gather for the very purpose of assisting them in the fulfillment of their

Divine Purpose and Destiny. When we bring ourselves fully to this practice in Authentic Journaling®, we then use the energy switch and connect with our Spirit Guides and Soul Partners. They wait to be called upon and to bestow wisdom, comfort, guidance and inspiration to us.

This practice of prayer and meditation has been part of my life for several years now and it remains the most powerful method for centering me, calming my anxiety, accessing intuition and dealing effectively with fear or frustration. I imagine that this will occur in your own unique location in your home and in your mind's eye.

The combination of Soul Partners and Spirit Guides, or Higher Power, is uniquely defined by you and will be yours and yours alone. They may come to you immediately or may show up over time. My Soul Partners and Spirit Guides have also grown and changed as well. I encourage you to welcome this practice as it unfolds with the Spirit Guides and Soul Partners, Higher Power and Divine Source that shows up uniquely to serve and bless you. Remember they await your invocation and gather to assist you with unlimited resources and available energy.

#### **Step 4: Surrendering to the Discipline and Creating Divinity Circles®**

Even today, after more than four years, I sometimes still resist the discipline of simply creating the ceremonial sacred space, doing the Authentic Journaling® and then Switching the Energy®. Sometimes I think I have made it all up and that my Soul Partners and Spirit Guides are figments of my imagination. I've come to accept that even if this is the case, I don't mind. Every time that I sit in this meditative state and follow the steps for this prayer and meditation practice, I leave more grounded, inspired, comforted and available to love myself and others. I really do not understand how it works or why, I just know that it does. So much of the wisdom from channeling and receiving these inspirational messages has been about accepting the mystery of life and knowing that authentic healing and transformation is a spiritual discipline. I've learned to trust that there are many aspects of the soul-filled and spirit-filled life that I do not and may never understand. I've come to find comfort in the mystery of it all as it is a reminder that there is a Power greater than me, as well as Spirit Guides and Soul Partners who have come together uniquely on my behalf. All of this is for my highest good, as well as to comfort and support me in the expression of my individual gifts in the world.

The word "unique" has its origins in the Latin "one" and this too has been an important learning for me. We all have a unique set of Soul Partners and Spirit Guides who wait for us to call upon them for assistance and inspiration. It is available for all of us and surrendering to the discipline of coming to this sacred space with our guides is an amazing gift for anyone willing to welcome it. This possibility unites us as one. Spiritual seekers everyone have the opportunity to tap into these Divine resources.

One of the greatest gifts that come out of the continued practice and surrendering to this discipline is that I have had to allow my self-esteem and self-love to expand in order to receive the abundant and unconditional love from these spiritual resources. As I've chosen to walk through my old beliefs about not deserving the blessings that come, a deep sense of healthy esteem and honor of self has emerged. As I've chosen to surrender certain feelings that keep me locked in shame and fear consistently over time in my meditation practice, these feelings have emerged as wisdom to share. There is a powerful sense of a spiritual community that exists for me. This community provides healing, hope, inspiration and comfort. I have had to acknowledge the self-hatred and shame I've carried within to continually make room to receive the enormous outpouring of care and comfort from my guides. Today I know that we are all deserving of deep and profound love. We are all deserving of the spiritual and emotional blessings that come from the discipline of this spiritual practice. Doing the family-of-origin and healing work makes the space to receive this ultimate gift from our

Divine Source and guides. We must be willing to break addictive patterns, heal painful dynamics and transform the wounded thoughts and beliefs we carry that do not serve our highest good. *We must be willing to be consistent over time* with this spiritual discipline and practice of Creating Divinity Circles®. This is a spiritual discipline and the miracles will come as we surrender to this practice consistently. There is a profound sense of Divine perspective and soul connectedness that comes over time and it is my sincere desire that all people come to this place of finding their souls' communities. In the continued surrender and discipline to the practice of our own prayer and meditation time, we connect ourselves to an ultimate source of self-love and deep compassion for others. In the discipline of this practice, we are creating our own Divinity Circles in the spiritual realm. We must also continue to utilize support circles in the physical realm that support us in maintaining our emotional healing and align with us in manifesting our dreams and destinies.

My Soul Partners and Spirit Guides have changed over time. Some of the support persons and partners on the physical realm may change as well. In the consistency of my own prayer and meditation practice with my guides, I've developed emotional and spiritual maturity. As this happens, we may find we've outgrown some of our support circles and friendships on the physical plane. In surrendering to this discipline and Creating Divinity Circles in the spiritual and soulful arenas, you will find that some relationship doors close and others will open. The universe will respond to your deepening maturity. Partners on the physical plane will emerge to align with you in the places you are as you grow and change. You are asked to trust this process and learn to fully trust your Soul Partners and Spirit Guides. These sustaining circles both on the physical and spiritual planes that look after us as we pursue and live our Divine destiny will mature and transform as we do. We will seek and create places where we receive support, encouragement and loving care as we pursue the expression of our Divine Purpose and Destiny. This network of empowerment and nurturing, together with our Soul Partners and Spirit Guides, will create the Divinity Circles® which will inspire, comfort, and align with us in our intention to be of service