MASTER MOMENT MAKERS
MEMBERS PORTAL

A GUIDED MEDITATION

MEETING YOUR GUIDE

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Recite in Your Mind this Opening Statement:

“Almighty God/ Universe, Source, Self, Angel/ Guides (choose one or all), I thank you and ask you for your continued protection, guidance and healing.”

Breathe in and out deeply a few times.

In your mind, count backwards from 100 to zero by 10’s until you reach zero. Try to imagine seeing those numbers flash in your mind as you do so.

Once you’ve reached zero, tpicture or create a place where you feel completely at peace and have a seat there. For some it’s a sandy beach with a blue ocean and for others a garden or a room. Try to really create that room in your mind. With the ocean for example, see the sand and items in the sand, look at the plantation that is at the back of the beach, are there waves? What colour is the water. Create as much detail as you can.

When you have done so, ask your Guide the following: "My Guide(s) please come forward and give me clean, strong purification energy through my third eye and your crown centres."

Visualize this light as a white cylinder of light coming in to those centres with a bluish light surrounding it.

Stay there for a few minutes and allow. Breathe.

If you start to see random images or 'hear' or 'think' random thoughts, you are starting already to transmit and that is fine.

Invite your main guide or guides to join you. Imagine there are beings of light coming closer to you to join you. Feel their love and caring for you and open your heart to receive them. Recognize that you have always had this ability and you are choosing to use this skill in this lifetime. Take all the time you need.

Imagine there is a doorway in front of you. Walk through the door and on the other side, imagine or know that there is a world of light and energy and information there. This is a place we are all connected to and all belong.

Invite your guide with your imagination to come toward you.

Start to create your guide in your mind. Imagine a chalkboard or a movie screen. On it, begin to draw or imagine hair, eyes, nose, a face.
Hold the focus “looking” at this image for a few minutes. See what happens. If you see images or get information or thoughts, gently open your eyes, write them down quickly on a piece of paper, close your eyes and begin again by creating or seeing your guide.

Use an eraser or chalk brush when you are starting again to actually erase your previous creation even if you don’t see it now. Start to draw another face. It doesn’t have to be the same creation as the first time, just go with what you wish to imagine. Then try to hold that “focus” for a few minutes with relaxed breathing.

You may ask for a name. Be open to what you hear see think or know and don’t push it away.

Continue to focus on the guide or face or imagined guide and note all the sensations, feelings, energy that is occurring as you connect with this guide. Believe you are connecting.

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When you feel that you have done this sufficiently, imagine a flower or crystal. Ask your guide to give you a message while you are focusing on this image. Observe the object noting its colour, size and detail. If you can't see it, think it and imagine and take note with focus all the details for a few minutes, gently putting aside other thoughts and bringing it back to the flower or the crystal.

Notes:

While you are focusing on this object, note any other images or thoughts or sounds that came through and accept them, let them completely play out and then revert back to looking at the flower or crystal.

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At the end, thank your Guide (s) for their information, gently open your eyes and record all images, thoughts, what you heard etc.

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Tips and Next Steps for the Meeting Your Guide Meditation.

Notice your emotions such as “I wonder if this is just me” or “Am I really connecting with my Guide?”

Imagine the connection you have to your guide growing stronger whether you can see them or not.

Questions You Might Want to Ask when you start connecting with your Guide:

What is my life purpose?
What are my chosen lessons?
How can I create more joy or abundance while learning these lessons?
What am I learning in relation with my _____?
What is my highest path right now?
How can I best express my creativity?
How can I achieve inner peace?
What will that feel like for me?
The next time you do the exercise, start the same way, and after you have received energy, call your guide in or request their presence and imagine/feel the guide is there that you previously worked with the first time you did the mediation.

During future meditations, you may want to sit and focus on what it feels like energy-wise to connect with this Guide again.

When you are asking for guidance or messages, you may ask a question or,
ask for any relevant information your guide has for you right now.

MMM Extra Tip!

Print a few copies of this for yourself and keep them in front of you as you practice this meditation.

Important!: In order to become masterful at meditating and receiving information, practice is KEY.

Trying this meditation at least three times during a one week period is ideal.

Notes: