

CONNECTING WITH YOUR PERSONAL SPIRITS

A Workshop by Drake



Types of Spirits

1. Allies: Muses, Archetypes, Shining Ones, Collective Unconscious
2. Ancestors & Relatives
3. Animal Spirits: Oversouls, Messenger Animals, Shadow Animals, Journey Animals, Life Animals
4. Ascended Masters & Avatars
5. Beings: Discarnate, Incarnate, & Inter-dimensional
6. Constructs & Projections
7. Devas & Nature Spirits
8. Elementals & Fairies/Faeries
9. Fallen Angels or Demons
10. Ghosts, Phantoms, & Poltergeists
11. The Great Spirit & Deities
12. Higher Self, Inner Child, Inner Witness, Inner Parents, Future Self, Inner Healer, teacher, warrior, artist
13. Intergalactic and Extra-terrestrial Beings
14. Master Teachers & Teacher Guides: Doctors, Healers, Protectors, Runners, Messengers, Alchemists, Guardians, Door or Gate Keepers, Controllers, Joy Guides
15. Saints, Angels, Guardian Angels, Archangels
16. Soul Groups
17. Soul Relationships (if not incarnated together): Soul Mate, Twin Soul, Twin Flame, Spiritual Mate, Cosmic Soul, Causal Soul, Companion Soul
18. Specific Purpose Guides: Healing, Reiki, Parking Goddess, Past Life, Body Wisdom, etc

Ways to Invoke Communication with Spirits

1. Invoke 3 times
2. Fasting
3. Meditation, Grounding, & Running Energy
4. Shamanic Journeys, Soul Retrievals, Vision Quests, & Sweat Lodges
5. Visualization & Visual Images
6. Rituals, Spiritual Retreats, Pilgrimages, & Walkabouts
7. Breath Work & Posture
8. Automatic Writing
9. Ouija Boards (not recommended!)
10. Séances
11. Hypnosis
12. Trance Mediumship
13. Astral Projection
14. Dreamwork & Lucid Dreaming
15. Intuition: Gut Feeling, Heart Knowing
16. Intentions & Affirmations
17. Prayer
18. Talking, Singing, Chanting, Mantras
19. Therapies: Music, Art, Movement, & Process Oriented
20. Music, Drumming, & Rattling
21. Ecstatic Dancing
22. Bodywork, Massage, & Acupuncture
23. Aromatherapy, Smudging & Incense
24. Wearing Special Garments, Colors, Jewelry, or Accessories
25. Personal Implements: Altars, Crystals, Mojo Bags, Medicine Bags, Amulets, Talismans, Candles, Cards, Divination Tools, Bowl of Water or White Roses
26. Substances (Incense, Alcohol, Psychoactive Drugs, Sacred Plants)
27. Pain (Flogging)
28. Ritualized or Tantric Sex

20 Questions to Ask Your Spirits from *Spirit Allies* by Christopher Penczak

1. What is our name?
2. What is your purpose?
3. What do you have to tell me?
4. What are you?
5. Where are you from?
6. Have you ever lived in a physical body?
7. Have you lived on Earth?
8. Do we have any past-life associations?
9. Do you guide anyone else who is in body?
10. Do you have an area of expertise and if so, what is it?
11. What is the best way to contact you?
12. How will I recognize you in the future?
13. Where are you? Are you physically near me at all?
14. Are you ever “not with me”?
15. How do I know you are “real” and not a figment of my imagination?
16. What is my life’s purpose?
17. What is the meaning of life?
18. What should I be changing in my life?
19. What can I specifically be doing to improve my health, balance, and overall life?
20. Why are you my guide? And why are we meeting now at this point in my life?

Various Ways We Communicate

1. Visual – Seeing
2. Tonal – Hearing
3. Kinesthetic – Feeling
4. Digital – Knowing

5 Psychic Senses: How Spirits Can Make Themselves Known to You

1. **Seeing (Clairvoyance)** Shadows and movements out of the corner of the eyes; faces & forms in mirrors, doorways or windows; flickering lights of different colors; objects being moved or disappearing and reappearing
2. **Hearing (Clairaudience)** Whispers behind you when no one is present; hearing our name called; house settling noises when it is not; music and singing from unidentified sources (especially when out in nature); ringing, buzzing and popping in the ears.
3. **Feeling (Clairsentience)** Chills and goose bumps; changes in temperature; the fly-walking-through-the-hair feeling; adrenaline rushes; feeling of a spider web brushing over the face; changes in air pressure around you; lightheadedness. Synchronicity.
4. **Smelling (Clairfragrance/Clairscent)** Whiffs of flowers and plants when none are around; fragrances associated with those who are no longer alive and from which the source is unidentifiable.
5. **Tasting (Clairaugustus/Clairsavorance)** Sweet or sour tastes in the mouth (not associated with eating or belching); tastes associated with one who is no longer alive.

Discovering Your Intuitive Type by Sherrie Dillard

1. **Emotional Intuitive** - feels energy, and is a natural empath who may experience emotional clairvoyance-experiencing a spontaneous image or impression that is emotionally charged, perhaps with fear, stress, grief, or bliss. Emotional intuitives may also be emotionally telepathic, receiving unprompted powerful emotions that seem to come from nowhere.
2. **Mental Intuitive** - knows, thinks, and sees systems and patterns. Mental intuitives do well with mental telepathy and clairvoyance, the ability to see or intuit an actual image, object, or event.
3. **Physical Intuitive** - interprets psychic energy through bodily impressions or through physical objects, and may excel at psychometry. Psychometry is the ability to hold an object, or view a photograph and receive unknown information about the object or its owner through images, impressions, or physical sensations.
4. **Spiritual Intuitive** - may have visions, see images, and sense the presence of spirits, ghosts, and loved ones dwelling in spirit. They are the type most likely to receive messages from nonphysical beings.

Websites

Animal Spirits: www.animalspirits.com/

Animal Spirits: www.manataka.org/page291.html

Spirit Guides: www.spiritguides.com/

Spirit Guides: www.spiritguides.us/

Spirit Guides: <http://spirit-guide.net/>

Contacting Spirit Guides: www.magickal-musings.com/spirit_guides.htm

Spirit Guides & Meditation: www.spiritopics.net/aboutspiritguides.html

Meeting Your Spirit Guide Tutorial: www.crystalinks.com/spirit_guides.html

Meeting Your Spirit Guide Tutorial: http://jksalescompany.com/dw/spirit_guides.html

Angel Focus: www.angelfocus.com/index.html

FUN! Fairy Name Generator: www.emmadavies.net/fairy/

Bibliography

- Animal-Speak: The Spiritual & Magical Powers of Creatures Great & Small by Ted Andrews
- Animal Spirit Guides: An Easy-to-Use Handbook for Identifying and Understanding Your Power Animals and Animal Spirit Helpers by Steven D. Farmer
- Animal Spirit Guides: Discover Your Power Animal and the Shamanic Path by Chris Luttichau
- Animal-Wise: The Spirit Language and Signs of Nature by Ted Andrews
- Ask Your Guides: Connecting to Your Divine Support System by Sonia Choquette
- Channeling: How to Reach Out to Your Spirit Guides by Kathryn Ridall
- The Complete Idiot's Guide to Communicating with Spirits
- Contacting Your Spirit Guide by Sylvia Browne
- Contact Your Spirit Guides to Enrich Your Life by Cassandra Eason
- Encyclopedia of Angels, Spirit Guides and Ascended Masters: A Guide to 200 Celestial Beings to Help, Heal, and Assist You in Everyday Life by Susan Gregg
- Guardian Angels and Spirit Guides by Brad Steiger
- The Facts on Spirit Guides by John Ankerberg and John Weldon
- Guides, Guardians and Angels: Enhance Relationships with Your Spiritual Companions by D.J. Conway
- How to Meet and Work with Spirit Guides by Ted Andrews
- Opening to Channel: How to Connect with Your Guide by Sanaya Roman and Duane Packer
- Power Animal Meditations: Shamanic Journeys with Your Spirit Allies by Nicki Scully and Angela Werneke
- Power Animals by Steven D. Farmer
- The Practice of Ally Work: Meeting and Partnering With Your Spirit Guide in the Imaginal World by Jeffrey Raff
- Psychic Healing With Spirit Guides and Angels by Diane Stein
- Spirit Guides by Iris Belhayes and Enid
- RECOMMENDED! Spirit Allies: Meet Your Team from the Other Side by Christopher Penczak**
- Spirit Animals and the Wheel of Life: Earth-Centered Practices for Daily Living by Hal Zina Bennett
- Spirit Animals by Victoria Covell and Noah Buchanan
- Spirit Guides & Angel Guardians: Contact Your Invisible Helpers by Richard Webster
- Spirit Speak: Knowing and Understanding Spirit Guides, Ancestors, Ghosts, Angels, and the Divine by Ivo Dominguez Jr
- Totems: The Transformative Power of Your Personal Animal Totem by Brad Steiger
- With Your Spirit Guide's Help by Dick Sutphen
- Working with Spirit Guides by Ruth White
- Working with Spirit Guides: How to Make Contact with Angels, Fairies and Power Animals by Teresa Moorey