

## **Clues to Spirit Guides**

1. Have you ever felt like something intervened to keep you safe?
2. Have you ever heard a voice of wisdom or received a warning?
3. When doing something creative, have you felt an extra energy move through you?
4. When you were a child, did you have an imaginary friend?
5. In meditation or prayer, do you feel or hear or sense a presence?
6. Have you ever felt the energy of a loved one who is no longer alive?
7. Do your dreams give you messages or special clarity?
8. Have you ever gotten delayed or lost, then discovered you missed some kind of trouble?
9. Are you lucky? If you wish for something good in your life, does it happen?
10. Are you led to new opportunities, friends? Does it feel like chance, luck?
11. How do you feel and respond when you receive a blessing?  
    Enjoyment, gratitude. Or guilt, not deserving, refuse help?

***These situations depict times your Spirit Guides have already been helping you, whether you are aware of them or not.***