

Who is on my spirit support team?

We all have supportive allies in the spirit realm. Guardian angels and spirit animals may come to mind. Other common allies are totem or power animals; archangels; teachers in human and other forms; ascended Masters (e.g., Jesus, Buddha, Ganesh); gods and goddesses; Keepers of the Akashic Records; elements of the natural world (e.g., trees, the wind); mythological entities like faeries and dragons; ancestors; and deceased loved ones.

Our allies may convey messages to us, offer encouragement, protect us, and help us fulfill our life's purpose. Some allies are with us across lifetimes, and other allies are with us for particular reasons.

I will invite your helping spirits to join us whenever I journey to the spirit realm on your behalf.

We may not initially meet any of your allies. In fact, it may take *years* to meet your primary spirit support team members and understand the type of relationship you will have with them.

Keep in mind that not everyone has an apex predator, magnificent beast, or precious creature as their animal spirit guide. You might even feel disappointed in the type of animal that appears to support you. I encourage you to look beyond preconceptions about animal spirits that *appear* to lack power or aren't initially appealing (e.g., frogs, rats, fish, insects). Your guides are with you in *this* form at *this* time for a reason, and we want to honor them as Spirit's representatives to us.

