

# your destiny

feng shui astrology psychic numbers clairvoyant dreams

## YOUR PSYCHIC support team



Julie Hamilton

Finding life a bit challenging? Ask your spirit guides for help – the results may surprise you!

LIFE IS ALL ABOUT choices: whether to take that new job, start a relationship or sell your house. Making major or minor life decisions can be a risky business, but author and intuitive counsellor Tricia Brennan believes we can seek advice from our own network of spirit guides, whose sole purpose is to give us help and direction, offering on-call spiritual life-coaching. To access your psychic support team, follow these steps...

### 1 FIRST ASK THE QUESTION

Decide what you really need help with. Work with one dilemma at a time.

- \* Ask your guides for assistance. Be specific. It's better to ask "Is relocating to Queensland good for me?" instead of "Should I move?"
- \* Write it down or say it out loud. This makes your request more powerful.
- \* Give your spirit team a time frame, such as "I need an answer within a week."

### 2 LOOK FOR THE ANSWER

This is the fun part, as guidance can come in many guises. Look for

billboards or TV ads that catch your attention. Note what people say and who you meet "coincidentally".

- \* Be alert! If you've asked for a sign, don't miss it when it comes. If you're unsure you got it, ask for another to affirm the first.
- \* Sometimes the answer comes while we sleep. Take note of your dreams. When you go to sleep, ask that you will know the answer when you wake up.
- \* Be open-minded. Guides can choose the most amusing and unexpected ways to answer us.

### 3 MAKE SURE IT'S NOT WISHFUL THINKING

It's tricky to separate guidance from our desires. It's advice if...

- \* It doesn't tell you exactly what to do but instead points you in the right direction.
- \* The information is expansive – it's for everyone's benefit.
- \* It generally feels right.
- \* It normally confirms what you knew deep down, but maybe didn't want to admit.

### 4 REVIEW

If you got your answer – great! Decide if you are going to take action and make the decision.

- \* Try asking the spirits another question – there's no end to the guidance they'll give!
- \* Experiment with the process and find out what works for you.
- \* If you didn't receive a clear answer, you may need to rephrase the question or ask another. Sometimes it's just not the time for something to be known and the answer might simply be "patience".

## WHO'S ON THE TEAM?

Just who is on our psychic support team anyway? Tricia says our spirit guides are with us from birth. "There can be one or many, and they can change through our lives as we grow. They want the best for us and can see the bigger picture, and they can communicate more easily when we're in a quiet space."