

7 Powerful Ways to Connect to Your Spirit Guides

1

ASK FOR GUIDANCE

When you need guidance in your life, simply ask and your spirit guides will step forward to support you on your journey.



2

NOTICE THE SIGNS

Spirit guides send you signs every day through numbers, music, nature elements, people, feelings, and thoughts.

SPIRITUAL
JOURNEY



3

FOCUS ON YOUR BREATH

Set aside time to focus on deep breathing and allow energy to be released so that you have the space to receive.

4

SET YOUR INTENTIONS

Create powerful and purposeful intentions for your spiritual path and growth and let go and allow for divine timing.



5

TAP INTO GRATITUDE

Keep a gratitude journal as a reminder of how many beautiful connections you have in your life and set the energy vibration of what you would like to attract.



6

LISTEN FROM YOUR SOUL

Listen to your intuition as it is your superpower and internal guidance system for what feels right for you and when you are ready for the next step.

Shine Love

7

LOVE YOURSELF

Celebrate who you are and what unique gifts you bring to the world as this is the path of your spirit loving life.

Check out my new book,
Shine From Your Soul, on Amazon

For more spiritual guidance
visit www.pambarosh.com