

Heaven on Earth Spiritual Growth Audio Courses

Welcome Series: 1

Welcome to Your Guide



Sananda with Christopher Sell

Music by Thaddeus

www.heaven-on-earth.co.uk

Course Code: W001

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Welcome to Your Guide

A Sananda course with Christopher Sell

Introduction to the Course

The Background

This series, each with two guided meditations or inner journeys, is designed to help you on your path of spiritual growth. Whether you regard yourself as a beginner or as someone already well along your path, these meditations can take you into beautiful inner spaces and create profound shifts. As you listen Sananda is transmitting frequencies specifically for you at your current stage of growth.

The series introduces many beings and states of consciousness that can assist you on your journey of enlightenment. Even where these are familiar to you, you may find fresh insights and a deeper sense of connection developing for you as you use these inner journeys.

Heaven on Earth also offers further courses that build on this series.

Introduction from Sananda

Your guide is like the best kind of friend - supportive, encouraging and helpful, without ever criticising or judging you. To become a guide requires much training and a high level of spiritual evolution. Those beings who come to guide you consider it a great honour. Regard your guide as a friend, for this is how your guide sees you, as someone whom it is a pleasure to be with.

As you come to know your guide this relationship will deepen. You will, with your guide's help, discover aspects of yourself that you may only have glimpsed before. For it is your guide's purpose to help you to grow beyond what you have known before, so that more and more of the light within you may shine into your world and your life. More than anything else your guide wishes you deep and lasting joy in every aspect of your life.

In this time your unseen friends draw closer. The veils between your world and theirs grow thinner. These meditations are designed to help you penetrate these veils, to take your guide by the hand and journey side by side into the future. Go well!

Introduction from Christopher

What are guides?

Guides are non-physical beings of light. They are loving presences in your life whose purpose is, as their name suggests, to offer you guidance in every aspect of your life. Guides usually, but not always, have experienced life on Earth in human form, for this helps them to understand our world. Though guides have no gender as we experience it, you may sense your guide as either male or female.

Who is my guide?

You have a special connection with your guide. It may be that she or he has developed skills in the same areas that you are developing in this lifetime, and this shared interest has drawn you together. Sometimes it is the case that you and your guide have known each other and worked together in another lifetime. Perhaps once you helped your guide and now she or he has come to help you in return. There are qualities that you both share, patterns or frequencies of light, that resonate in both of you. As you get to know your guide you will come to understand, intuitively or through information your guide shares with you, more of what has brought you together.

How will I know my guide?

As you meet your guide in these meditations let your imagination help you. If you are a visual person, notice what images present themselves to you, whether real (such as a face) or abstract (a colour or pattern). If you use your feelings more, notice any shifts in feeling (such as a greater sense of peace). Most people use a mixture of ways to sense what they experience on the inner planes.

Ultimately your way will be unique to you. Learn to trust that getting to know your guide can be easy, and fun too. You may find that there is a feeling of familiarity with your guide, for he or she will have been connecting with you in preparation for this meeting.

Can I have more than one guide?

You have very many beings who help you, and many of them can be described as guides. Guides work in teams as well as individually. Healers, for instance, often have a group of guides supporting them as a team. These meditations introduce you to one guide, whichever is the most appropriate for you to connect with at this time. You may find that, as you use these meditations over a time, that you meet different guides on different listenings. Sananda has designed these meditations as an opportunity for new guides to introduce themselves to you. One guide will often prepare you, sometimes over a period of years, to connect with the higher frequencies of your next guide. When you are ready for a new connection your old guide will leave, allowing you and your new guide to work together on your next level of growth.

Is it safe to connect with my guide?

Yes. Your guide has your peace of mind at heart and will never do anything to harm you. Your guide may have a very direct, no-nonsense manner, or encourage you to confront difficult issues in your life,

but will always communicate with love. If you feel you are receiving guidance that criticises you or urges you to act in ways that would be harmful to you, this is not from your guide. Take some time to connect again in the way that Sananda suggests and focus on the loving heart connection that your guide offers you. If you have had mental health difficulties, we suggest you consult a mental health professional before doing these meditations.

How can I know if my guide is real?

Be patient with yourself. Sometimes the sense of connection can feel very strong and real, but it may also feel less certain or clear sometimes. Love the part of you that doubts or wants solid, undeniable evidence; it is trying to help you. Let this part know that your guide will probably not produce this kind of evidence for you; it takes a great deal of energy to manifest physical evidence and guides often consider this is not the most effective way of helping you. Instead use the principle behind the old saying, 'The proof of the pudding is in the eating'. Notice the feelings you experience when connecting with your guide and the quality of any guidance you sense receiving. Does this connection give you a sense of well-being? Does it improve your life?

Notes

A reminder: Do not listen while driving.

Since these inner journeys may take you into deep states of relaxation, do not listen to them when driving or doing anything, such as operating machinery, that requires you to be alert and focused on the outer world.

The inner journeys

Before listening, choose a time when you can be relaxed and undisturbed for about half an hour. Notice your posture; sit with your spine comfortably erect. If you prefer, you can listen lying down, again with your spine comfortably straight. As you listen you will be receiving many transmissions of light and love from your guide and from Sananda. After the journey finishes you may like to spend a few minutes absorbing your experiences as you come back fully to the outer world. Listening to these inner journeys several times is likely to enhance their effect. Trust your intuition in choosing when and how often you listen to each one. You'll find further suggestions in the What's next? section.

Track 1: Meeting Your Guide

Sananda directs you to a sacred space where you meet your guide. He helps you to connect with your guide's light and love using three of your main energy centres, the heart, the crown and the third eye. With your guide's help you strengthen your connection upwards to your soul.

Music: *Angels of Divine Love* from *Awakening Your Heart Center*

Track length: 28:39

Track 2: Getting to Know Your Guide

You meet your guide again and begin to explore merging your light with your guide's. Your guide helps you to receive insights on your life and your future path.

Music: *Strands of Light* from *Becoming Your Soul*

Track length: 20:08

What's next?

After you've listened several times to these inner journeys, practise using these skills without the recordings. Give yourself time (perhaps longer than when you are using the recordings) to become centred and relaxed. Though your mind may not become completely still, let your thoughts settle. Inwardly invite your guide to draw closer and to begin to merge his or her light with your own. Notice what this feels like. Challenge yourself to notice subtle shifts and nuances of energy. Feel free to communicate with your guide: you can request a stronger or a less intense connection, for example. Notice what changes after such communications. As you explore, so this relationship will deepen.

Special thanks to Thaddeus and Sanaya Roman for permission to use their music on these recordings. You can buy it through www.orindaben.com.

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Heaven on Earth *we create it together*

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