

**DIVINE
GUIDANCE
WORKSHOP**

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INTRODUCTION

Why I created this workshop

In 2006, I felt overwhelmed and had the sudden insight that what I wanted most urgently in my life was inner peace and that the usual self-help methods for finding that had failed.

This wish for inner peace was like a starting signal that set in motion a most amazing journey which has turned my former materialistic/scientific worldview inside out and upside down.

During the journey, I realized the importance of inner peace. When I was angry, light-bulbs would burn out when I was in the room. But when I was in inner peace, little wishes tended to be fulfilled soon. I came to regard inner peace as a magic wand.

I was amazed at how the universe acted as a teacher, putting me into situations which would demonstrate lessons to me (I will share examples later in the text).

Initially, I had tried to find peace and joy by rearranging things in the outer world. But then I found that the peace I had been looking for was right inside of me. I found it by turning the focus of attention back at awareness itself.

At some point, I started to hear the inner voice of guidance which gave me little assignments. I was told to share my experiences. Even though I was glad that I was finally able to hear that inner voice, I resisted the tasks which were given to me because of fear. But each time I resisted, something

unpleasant would happen. Either (mostly electrical) things started to break down or I got sick.

Now, not only was my former scientific worldview turned upside down. But I was in for a new surprise. It was not enough to rest in the peace of awareness itself. Rather, by connecting to that place of inner peace, some greater force seemed to insist that it wanted to take over.

On one hand, life became a flow of miracles and synchronicities. The greater force seemed to orchestrate events. On the other hand, this meant more and more the loss of my free will. While I love the miracle-part of the journey, I am still struggling with the loss-of-free-will-part.

In January 2015, the inner voice told me to hold a workshop about divine guidance. I resisted a lot because of fear, as usual, but the universe would not let me off the hook and sent me many gentle and not-so-gentle reminders.

These divine nudges came in many different forms. Our dishwasher didn't work properly but started to mirror my stubbornness. Additionally, I saw a truck inscription which told me not to procrastinate. Several WordPress posts admonished me to let go of doubt. In my dreams, I received advice on how to deal with the fear. The magpie symbol appeared all over the place and kept telling me to express myself.

Therefore, I have created this workshop. I have kept this script in a format of presentation slides with bullet points combined with notes (rather than in a usual book format).

Timetable

(of the pilot version of the workshop in March 2017)

9 a.m.-10 a.m.	<p>Introduction</p> <p>Part I: Basics Exercise: Awareness watching awareness meditation Exercise: Guiding a person with strings (partner)</p> <p>Part II: Communication steps</p>
10 a.m. - 10:10 a.m.	Break
10:10 a.m. – 11:00 a.m.	<p>Part II: Inner guidance Exercise: Interpret meaning of a song (group) Exercise: Ask the inner voice (writing) Exercise: Share a dream (partner)</p>
11:00 a.m.-11:20 a.m.	Break
11:20 a.m. – 12:00 p.m.	<p>Part II: Outer guidance Exercise: Book divination Exercise: Share a pattern (partner)</p>
12:00 p.m.-12:15 p.m.	Break
12:15 p.m.– 1 p.m.	Part III: General topics and FAQ

(Note: While this timetable worked for the pilot version of the workshop, I got feedback that it would be better to have more time for the exercises and their discussion. The content could easily be spread over the duration of a whole day.)

Is this workshop right for you?

- You are looking for tailor-made guidance.
- You are open to the idea that there is a guiding force which wants to communicate with you.

This workshop is for you, if you are looking for guidance. It could be in minor issues or in major transformational situations.

It is helpful if you are open to the idea that there is a guiding force behind the visible realm.

This is directed at the person with average abilities to remember dreams and receive inner guidance. No special psychic abilities needed.

Intention is all that matters.

Benefits of guidance

- Tailor-made guidance on uncharted terrain

The universe is talking to us and showing us the way. We just need to learn how to interpret its language.

You might ask, why it is necessary to learn to understand the guidance, because, so far, you have been successful without it.

Up until a certain point in life, we navigate by rules taught to us by society. That works at first, until a major crisis happens which forces us to adjust.

And if we are open to having our world view shaken by the spiritual journey, then some magic happens. The universe talks to us and tries to show us the way.

Now we are on a journey which goes through uncharted terrain. It does not fit the prescription of what society told us we had to do.

Uncharted terrain means, we have no rule books. We are completely on our own.

In order to navigate, we need to know where to go. But how?

For example, at some point, I felt like writing about all the weird experiences on my spiritual journey. But I didn't know whether

this was an attempt from ego to make itself important again. Should I therefore rather *not* write and share? After all, I am not enlightened yet. I still have an ego and a separate self running the show. Then how would I be entitled to write? What was the right next step to take?

There is no rule book out there that would tell me about this. The ten commandments of Christianity don't tell me this. I didn't have a teacher whom I could have asked. And if I had had a Buddhist teacher, he would have probably told me that sharing my journey is premature. Maybe I would have been told that "He who knows does not speak. He who speaks does not know." or something like that. And that would have discouraged me from writing.

But then there was guidance. Tailor made and directly for me. It told me via an inner voice, with signs, and dreams, that it is time to go online to come out of the closet and share.

PART I: BASICS

What to expect from divine guidance

- ~~Life becomes smooth if we are in alignment with Source.~~
(It is not what our egos define as smooth.)
- We come to know who we divinely are. Growth, alignment, full potential.

I have hesitated whether I should write something in the introduction about the spiritual journey at all.

On one hand, I think that knowing about the map of the journey helps to interpret the guidance. And in addition, I would like everyone to know that getting guidance also can mean a loss of free will.

But on the other hand, wouldn't part of my readers be deterred by knowing that? And would not everyone have a different map of his or her spiritual journey? And would not certain spiritual traditions be opposed to the concept of a higher power?

But then I had two dreams telling me that it would not be wise to cut away the foundation. Therefore, I share my view of what the spiritual journey is about.

I don't want to force my point of view on anyone. You are welcome to take what resonates and leave the rest.

So, what can we expect when we ask for guidance? Would it not be great to have the right answer to every situation? Would it not be great to live a life free of hassle, pain and suffering?

Well, the ego thinks we get sort of this stress-free life, sitting under a palm tree, having a fancy car (or whatever we picture as our version of a good life)

But that is not what guidance is about.

While it may happen that life becomes more smooth and divinely orchestrated, divine guidance is about making us **remember our divinity and coming into alignment with the higher self**. And that involves **growth and stepping through our fears**. It also involves **facing and releasing the unprocessed pain of past wounds**. As if that were not enough in terms of upheaval, the journey entails a **complete shift in identity**. This can feel very uncomfortable at times, especially if we didn't expect it.

Remembering who we are

In the following, I will share what I have found were key insights for me on my own spiritual path.

If you find that your key insights were different and you don't agree at all with my view, that is fine. Just take what resonates and leave the rest.

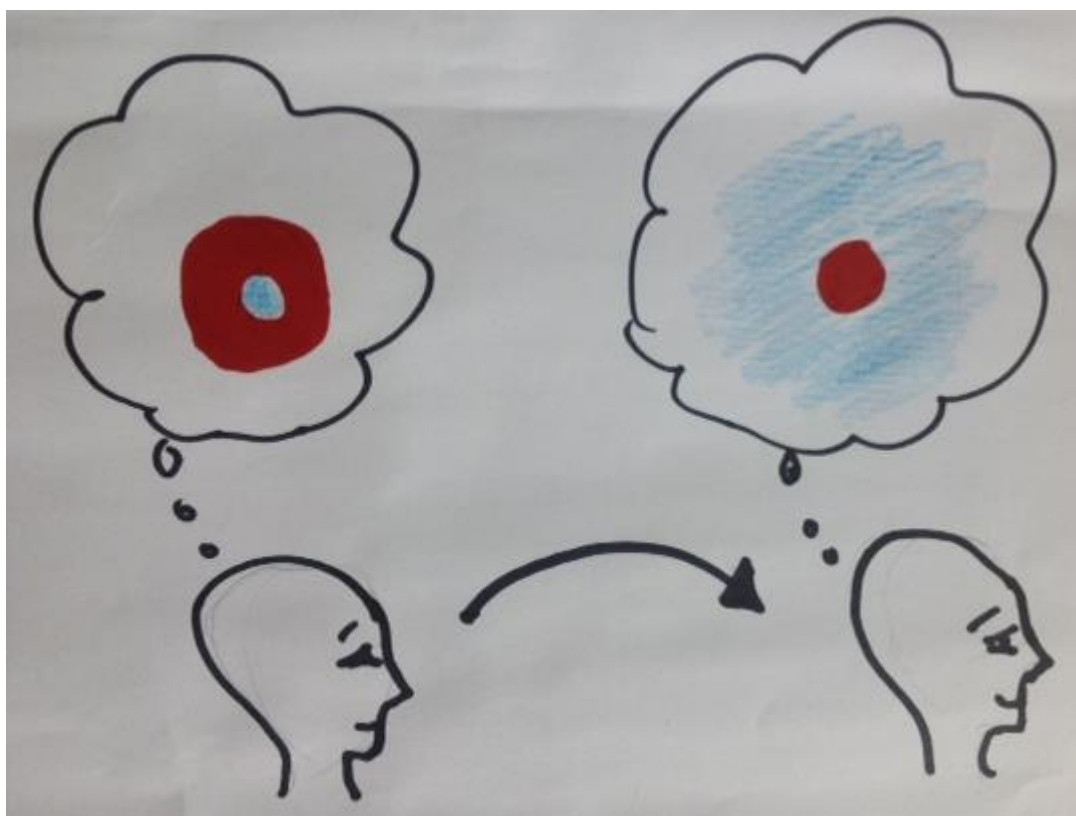
The goal of divine guidance is to make us remember our divinity and to make us shift from illusion to truth.

It means remembering that we are consciousness which is another dimension beyond the body. And it means remembering that this consciousness is the substratum of everything visible in the 3d world.

Consciousness

Pam Reynolds underwent brain surgery and her brain was cooled down so that she had a flat EEG. She was brain dead. During the operation, her consciousness moved out of the body, and she was able to hear and see. Later she could describe that the saw for the skull looked like an electric toothbrush even though she had not seen such a saw before.

Such a near death experience cannot be explained with the current model of the world. A new model is needed.



A fundamental shift in worldview

The spiritual journey is like walking over a bridge and undergoing a shift in worldview. On the starting point, we think that consciousness (marked as light blue in the picture above) is generated by the neurons in the brain (marked as red in the picture above). After walking over to the other end of the bridge, we know that consciousness is outside in another dimension. A higher dimension which embraces the 3D realm.

So, the brain arises in consciousness.

This is a fundamental shift in world view which is comparable to seeing that the world is round instead of flat. Or that the earth goes around the sun, instead of the sun going around the earth.

Other insights about consciousness /awareness:

My awareness is connected to another person's awareness.

My thoughts are literally creative. They have the power to manifest.

Inner peace

Inner peace is the place where we remember our divinity and where guidance is available.

I experienced that inside of me there is unconditional inner peace available when I turned my attention like in a U-turn back to awareness itself.

The inner peace is enforced by the universe. Whenever I strayed from it, I got weird behavior of electrical things. When I kept my inner peace, wishes tended to be fulfilled miraculously. I came to regard inner peace as the magic wand.

Exercise

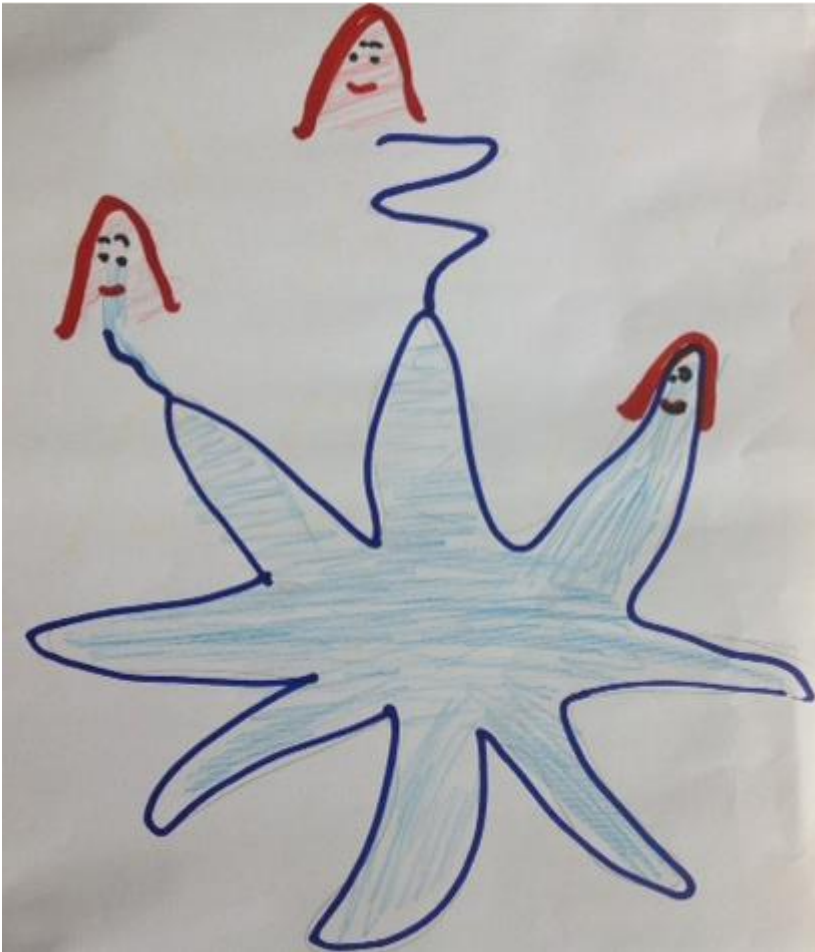
- 180 degree inward looking meditation (awareness watching awareness).

Become aware of the part of you which is independent of time. That which is the same through all your life. Turn your attention directly towards that.

For a more detailed description of the meditation, you can check, for example, the following link:

<https://www.justonelook.org/>

Alignment with Source



Imagine a giant octopus with many arms (consciousness/ Source, higher self, blue in the picture). At the end of each arm, there is a person (lower self, red in the picture) attached with strings with varying degrees of slack. The arms of Source move and attempt to steer the humans attached with the strings. However, the humans have free will (which is represented by the length of their strings) and they can choose to move into a different direction.

This is just a model and is meant to illustrate the following points.

- At our core, we are consciousness.
- Consciousness is another dimension.
- My consciousness is connected to the consciousness of another person. There are not many different bubbles of consciousness floating around, but it is rather like many branches of a single tree or many arms of a single living being.
- Consciousness is not just a silent witness, but it has a direction.
- Free will gets replaced by “Thy will be done” as the journey progresses.

Exercise (partner)

- Guiding a person with a string without speaking; guiding with conflicting goals; with shortening of strings

This invisible hand of Source is steering everything. The spiritual journey is about getting into alignment with the movement of Source.

At the beginning of the journey, there is a lot of free will, comparable to strings with much slack. Since there is no memory of the higher self, the connection is not felt. There is usually no feeling of guidance.

As the journey progresses, the strings get shorter. Guidance can be felt more and more. Free will gets less and less. If God says

to make a right turn and ego says to turn left, the effect of following ego will result in an uncomfortable jerk.

If the length of the string is reduced to zero, then there is complete alignment of the ego or personality self with the higher self. There is no more free will, but there is surrender to the will of the higher self.

Guidance and the spiritual journey

(- or “What was the point of this introductory chapter?”)

- Only if you accept that there is another dimension behind the visible which is like a single guiding hand and which is orchestrating events (i.e. a higher power), will you be willing to interpret outer events as signs and the dreams as messages from another realm (and not just as mere coincidences).
- Guidance is available if there is an *intent* to go Home, i.e. to get to know the higher self and to get into alignment with it.
- Be prepared to let go of the former sense of self, to let go of attachments.
- There is a time for everything. Knowing at which point of the journey you are can give you a clue for the interpretation of the guidance.

There is a time for withdrawing into a cave for meditation,
and there is a phase for going out into the world again.

There is a time for letting the ego-self be humbled and
humiliated.

And there is a time for stepping into the power of the higher
self.

There is a time for totally letting go of the self-will.

And there is a time of resurrecting one's will in alignment with
Source.

There is a time for being still and accepting.

And there is a time for speaking up.

PART II: DIVINE GUIDANCE

Communication steps

- Ask
- Become still
- Wait in expectation
- Receive
- Interpret
- Ask for clarification
- Trust
- Act
- Evaluate

Ask. Don't forget this step. Guidance can only be given if we ask. If we don't ask, nobody is going to answer. And be specific. If you state a fuzzy question, you will get a fuzzy answer. It does not need to be properly formulated. The intention counts.

Wait for the answer. That is, become quiet and listen to the inner voice, or wait and watch whether the answer is going to show up in another way. As a sign or pattern. It is like waiting for thunder after the lightning.

Receive the answer. Write down what the inner voice said. Notice it. Notice what the book or the friend said.

Interpret the answer. Understand. Some messages may not be downright clear at the beginning.

Ask for clarification and discuss with your inner voice.

Trust. There are two types of trust. One is trusting that what we received is from spirit and not from our ego. The second one is actually daring to act on the guidance.

Act on it. Or if you don't act on it, then look at your reasons or fears.

Evaluate. Was your interpretation right? This cycle will help you build more trust.

Many forms of divine guidance

(For the underlined parts, there were exercises in the pilot version of the workshop)

Inner guidance

- Physical sensations
- Emotions
- Sickness
- Songs stuck in the head
- Inner voice /Block of thought
- Knowing
- Inner urge
- Visions
- Dreams

Outer guidance:

- Deliberately asking a person for guidance
- Opening a book at random; Tarot
- Randomly receiving words, pictures, songs
- Signs (numbers, animals, feathers, pennies)
- Patterns of events
- Synchronicities
- Rare cases
- Other forms

Inner guidance

Physical sensations

Challenges

- Notice
- Interpret

Examples

- Tingling, somewhat like goose bumps
- Muscle twitching
- Seeing a spark of light
- Ringing in the ear
- Smells

Exercise

- Mindfulness-Based Stress Reduction (MBSR) body scan, Jon Kabat-Zinn

In 2013, my inner voice told me to put my experiences into a book format (which is still in draft format in 2017). When it came to the chapter on guidance, the following happened:

So, I'm gonna write the chapter on guidance today. Even though I feel tired and feel like sleeping, an inner voiceless voice keeps telling me to sit down and write.

I keep discussing and procrastinating.

„ Shall I do laundry first or make that phone call first ?“

„*No, write!*“

„But I'm tired and can't concentrate.“

„*Write. I'll help you.*“

I do the laundry first and procrastinate further until I suddenly feel a pressure between my right shoulder blade and spine. Who's that? Feels like my spirit guide is poking his finger right there and pressing me to write. I sigh and give up. I sit down with pen and paper. Ok, what should I write? My guide takes the pressure off my back and I relax.

Sometimes guides use physical sensations as a means to connect with us.

The challenges here are to notice these signs and then to interpret them.

Awareness helps for noticing. Just practice being aware of sensations in the body. What do the feet feel like at the moment? What does the stomach area feel like and is there tension?

Not every muscle twitching or ear ringing is a sign of guidance. But sometimes guidance uses these input channels.

I have a guide who creates physical sensations (tingling or muscle twitching) usually on the left side of the body. This has become a sign for recognizing that my guide wants to connect with me. So, watch on which side of the body it occurs. It could be important.

Sometimes I see sparks. They came when I asked my guidance to send me a confirmation for the thoughts from spirit. Often, I do get inner guidance via thoughts. But the problem with thoughts is that I never know whether they are just from my ego mind or whether they are higher guidance. So, I asked for a sign of confirmation. And I got the sparks and also some also some audible sign (a cracking sound of window frames or so).

The spark, in my case, is always a tiny single point of light in the left eye field. And it is like a neural flash on the retina. That means that it is not really "out there" but it is like a single dot of light impression appearing on my retina. Somewhat like when one has stared into the sun too long and then there is an after image of light on the retina which takes a while to fade away.

When I get such a spark, I usually ask myself what was the thought which I was just thinking before. And then I assume that this spark is a sign from spirit that the previous thought was a message from my higher self.

Emotions

Challenges

- Resisting the temptation to cover an uncomfortable emotion up (example: suppressing sadness and feeling angry instead)
- Allowing the emotion without drowning in it.
- Discernment (distinguish the joy of fleeting excitement from quiet joy of connection to Source)
- Discernment: to act on it only when appropriate.

Examples

- Guilt: being off track. Joy: being on track
- Discern: Act on fear or anger or not.

Exercise

- Feel an emotion. Name it. Describe what it feels like in the body.
- What brings you joy?

When I was faced with a situation where I felt exploited, I was angry very often over many years. It took me a while to acknowledge that I cannot suppress or ignore the anger and that it might be appropriate to remove myself from the situation which caused this upset. After doing this, the anger vanished. Below the layer of anger, sadness appeared instead.

I have to be aware of the temptation to judge and suppress emotions, for example, because it is thought to be ‘unspiritual’ to feel something like anger.

Generally, emotions must be felt and then let go. It is unhealthy to suppress them. This would be like a splinter in a wound covered by a band aid. Here one would remove the splinter and the pus first. Only then healing could occur.

Why do we need to feel emotions? Because they have a valuable side to them. For example, anger about injustice or being exploited may encourage me to act. Anger can become unhealthy, however, when there is a repeated spiral running in my mind without any action. For other emotions like sadness, fear, and shame it is similar. There is a healthy side to them (like the cleansing power of grief), but drowning in them can become unhealthy.

The challenge is to allow the emotion without suppressing it, but also without drowning in it. In order not to drown in it, it is helpful to stay in the witness place as the emotion comes up. The witness place is that spacious awareness that watches and allows anything to come up and be felt without judgment.

Emotions come in layers. For example, below anger, there can be sadness (or it can be the other way round). And below the sadness, there can be fear. I found it helpful to stay with the emotion to uncover the underlying layer.

I have to be aware of the tendency to cover an uncomfortable emotion up with another one which feels better temporarily but is even healthier (to cover up anger with revenge, for example).

It can be challenging to name and interpret the emotions correctly. Be aware of the danger of misinterpreting emotions.

- Tears can be tears of victimhood and sadness. Or they can be tears of joy when coming Home.
- Excitement and the urge to do something can be misinterpreted as anxiety.
- A pause between waves of activity can be misinterpreted as apathy or depression.
- The aspect of humility in reverence and surrender or submission to divine will can feel similar to the humility aspect in remorse or repentance.
- There is a difference between quiet joy and excitement.

Sometimes it is appropriate to act on an emotion and sometimes not. Anger can be an indicator of a situation of injustice and the urge to act on it can be appropriate. But repeatedly dwelling on anger in the mind is pointless and unhealthy.

For emotions as guidance, when we are in alignment with the higher self, there is joy. When we are off track, we have given in to fear and then there is guilt, discontent, or a low-level depression. (But not every guilt is a sign of being off-track. Sometimes, there can be guilt imposed on us by society for unusual behavior. But this would not be a sign of being off-track.)

When we are on track, fear can be present. It is uncomfortable but it is not a sign that something is wrong. The spiritual journey becomes about continuously walking through the rings of fear and expanding our comfort zone.

Beware of the fact that fear can mask as apathy, confusion, procrastination, or self-sabotage. It can also come as a wolf in sheep's clothing and mask as over-responsibility or a sense of obligation and duty (when it is really attachment in disguise).

(Further reading: about the emotional compass, *Finding Your North Star* by Martha Beck and *The Power of Feelings* by Vivian Dittmar)

Sickness

Challenges

- Finding the root cause of the illness
- Healing

Examples

- Long-term raging anger can result in heart-disease
- Suppressed emotions can show up in the body
- Shamanic illness (if we don't follow our life's mission);
- Sickness to set us on a path we would not have gone on otherwise
- Sickness can be a tool to break the ego
- Illness due to past-life trauma
- Pre-incarnation planning of certain challenges
- Ascension symptoms

Exercise

- If you have a disease, look up the body part in Louise Hay's book *Heal Your Body*

Did you ever feel afraid of speaking up because of what others might think of you? I know that feeling all too well.

End of 2012, I wrote a post for an internet forum about my spiritual journey. About anger and burned out light bulbs and the importance of inner peace. I even diligently corrected all the typos and the punctuation.

But after that, I didn't feel like posting it anymore. I saved the draft in a folder and felt perfectly at peace with the decision to keep my mouth shut.

Don't they always tell us in the spiritual literature, "All is well. Nothing needs to be done. All happens is awareness. No need to change the world outside"?

Afterwards, I got some dreams that were designed to nudge me to share. But I shrugged them off. In spring 2013, I developed breathing trouble due to an inflammation in the throat. Some nights, I could hardly sleep.

I didn't connect the illness to the refusal to post my writing. I thought it was due to residual anger attacks.

After some unsuccessful attempts to cure the breathing trouble with an alternative healing method which had served me well in the past, I was referred to a spiritual healer. I didn't actually go there. I just had a remote treatment.

And that worked. I was able to sleep again through the night without fear of suffocating.

But about two weeks after the healing, something unusual happened.

I turned inside and asked, ‘Father, what would you have me do?’

Immediately, the answer came, as a voiceless voice in my head,

‘Write that book! You are late.’

Not every illness is a sign of guidance. But sometimes guidance uses this input channel.

In order to use the sickness as guidance, it is important to find the reason of the sickness.

Illness can come from a variety of reasons.

Emotions can directly affect the body. For example, long term anger can affect the heart.

If emotions are not felt but suppressed, they can show up as illness. For example, suppressed grief can result in chronic fatigue or addictions.

Sometimes, the body can get sick because of the resistance to our calling. There are many stories about shamanic sickness in the literature. I had breathing trouble in the throat (throat chakra blockage) due to resistance to express myself. This only vanished after I started writing about my experiences on the spiritual path.

After the birth of my first child, I got rheumatoid arthritis. This disease set me on a path of discovering the benefits of homeopathy which in turn opened me up to spirituality. As painful as it was or still is, the illness has had some benefits.

Spiritual teacher Adyashanti was sick for many months when the universe weaned him from the self-image of being a great athlete. So, here sickness was a tool to break the attachment of the ego to a former self-image (which is what the spiritual journey is about).

Sickness can stem from a past life. A woman had pain across both thighs throughout all her life. After she had found out in a hypnotic regression that she was run over both legs by a carriage in a past life, the pain stopped (Michael Newton, *Journey of Souls*).

Some illnesses were planned pre-incarnation in order to challenge the soul to grow.

So, how to use sickness as a hint from guidance? First, figure out what the underlying reason is. After that, the recommended path will be clearer, and maybe the sickness will be healed.

Songs in the mind

Challenges

- Noticing them:
Mindfulness
- Remembering at least some part of the lyrics:
meditation; similar to dream recall
- Interpreting them:
Associative writing or dialogue with the inner voice.

Examples:

- Love songs take on a totally new meaning.
- Songs can tell us when we are on track vs when we are off track.
- German Xmas song, after phase of grief

Exercise

- After starting my blog, I heard the New Year's Eve song *Auld lang syne* in my mind.
Discuss possible interpretations (group discussion)

Once I was told in a dream to contact an old acquaintance. When I hesitated to follow the guidance, I got a German child's lullaby song (*Schlaf, Kindlein, schlaf; Sleep, baby, sleep*) in my mind telling me that this choice would keep me asleep. But when I agreed to contact the person, I heard a love song.

Sometimes I have a song in my mind which keeps repeating over and over until I notice it. I wonder where it comes from since I did not hear it recently. This is especially remarkable if the song comes up right after waking up in the morning or even in the middle of the night when I go to the bathroom.

For me, the song is not audible, but it is in the mind.

In my experience, these songs come up even if I have not asked spirit a question before.

The song usually plays on and on, sometimes for days and without any lyrics, until I notice it and get the message.

In order to google the lyrics, I try to remember at least one line. Sometimes, this endeavor can drive me crazy. But I try to stay patiently with it until I remember something which can be searched on the internet. This is a bit like meditation or trying to recall a dream.

What a surprise when I find the lyrics, realize that I did not know them before, and yet they make sense in current my situation.

I write it down in a journal (tagged with “#song in the mind” in order to be able to find it later easily) and reflect on it.

What is the connection to my current situation? Merely descriptive? Or does it suggest an action?

Associative writing or the dialogue with the inner voice helps me to find an interpretation.

Sometimes I hear love songs. They take on a totally new meaning. It becomes all about the courtship and unification between the higher self and my human self who tries to remember her divinity.

After a phase of grief, I heard a German Christmas song (*Kommet Ihr Hirten*) telling me to come and see that Christ is born.

Inner voice/blocks of thought

Challenges

- Being still enough to have a receptive mind
- Noticing it
- Discernment ego vs guidance: be in inner peace when listening; no solar plexus tension
- Trusting it and acting on it (probably the biggest challenge)

Examples

- Discussion of a dream with the help of the inner voice

Exercise

- Write your questions down.
(For example: Where am I now in my life?
What is my next step?
What keeps me from taking this step?
How can I overcome this obstacle?)
Settle into inner peace and listen.
Then write down whatever comes to your mind.
Discern later.
- If longer answers are too difficult to receive, try questions with yes/no answer at first

After having asked for guidance, the first challenge is to become quiet enough so that the voice of spirit can come through. For this, meditation is helpful.

The next challenge is to notice the voice of guidance. If the mind is cleared too much in meditation, then the thoughts of spirit can be continuously ignored. This happened to Esther Hicks (who channels Abraham) in the beginning. She thought that meditation was all about sitting around with an empty mind and letting thoughts go as soon as they arose. Consequentially, she received the thoughts of guidance – and just let them go. Spirit had to find another way to get the message through. They made her move her nose and paint letters in the air until she got the point.

So, it is important to become quiet, peaceful, and receptive. Waiting for an answer is like waiting for the thunder after a lightning. It is with an expectation that something will be heard.

When I hear guidance, it is like thoughts coming into my head which I did not think. There is a feeling of being passive, receptive, and allowing.

The thoughts can come in the form of dictated sentences, already fully formulated. An example of this would be, if you answer the question “What are the letters of the alphabet?” and you receive in your head an automatic stream reciting “A,B,C,...” .

Thought can also appear as blocks of thought which need to be put into a formulated sentence by me.

For example, when someone asks you to explain to him your favorite hobby and all its tricks of the trade. When you think of your hobby, you get the information as a chunk of information which is not put into words in a linear fashion yet. This is how a download of a block of thought feels like. It is there all at once.

The thoughts I receive are not audible most of the time. Only on rare occasions do I get an audible voice.

All of these forms (formulated sentences, blocks of thought, voiceless voice, audible voice) are valid guidance.

In the beginning of my journey, I insisted that I wanted to hear an *audible* inner voice. Somehow, I had the idea that in order to be real guidance the voice must be audible.

So, one morning, I heard an audible voice into my head. It said „freedom” in a very low bass. Next week on another morning, I got an audible voice in my head saying something in a high pitched Mickey Mouse voice.

That seemed like a humorous suggestion for customizing the voice of my internal satellite navigation system. Apparently, Source was making fun of me.

I felt humbled. But I admired the universe’s teaching methods, patience, and humor.

And I stayed with the voiceless voice setting.

The inner voice can speak after I asked a question or even unbidden when I did not ask before.

A good time to receive answers is at 3 am or during sleep and waking up. That is when I am most receptive. Or anytime during quiet routine activities like taking a shower, biking, peeling carrots, etc.

In the beginning, I found it helpful to write it down. Initially, pen and paper worked better than typing.

Later, the broadcasts of the inner voice became too much to write them down. It was not practical anymore.

A special issue here is discernment. Am I making this up? Is this really from spirit or higher self? Or is it my ego talking? Is this just regurgitated stuff which I have read somewhere?

This is not easy to answer. The ego can come as a wolf in sheep's clothing. The ego can mask itself as reliability and responsibility when it is really attachment to the former self-definition and attachment to security and comfortable old pathways. So, be aware that any of your well-meant intentions can stem from ego.

A foreign language might help. You can ask the inner voice to talk in another language to you. My guide talks to me in English, even though it is not my native language.

Also, observing the tension in the solar plexus area can help for discernment. If ego is involved, there is solar plexus tension.

The best sign is if we are told stuff which we could not have known by ourselves. I was once told in a dream and then by the inner voice to contact an old friend. The voice told me that this was necessary because the person was in trouble. I did not know whether this was true, but I acted on the suggestion anyway. And it turned out my old friend actually was in a depressive mood and welcomed my email.

Sometimes the trust in this inner voice is built by acting on the received suggestions and then evaluating whether this made sense.

Other ways to validate the inner voice are when similar messages pop-up through other input channels (like dreams, songs, or posts on the internet). Or it would be a validation when a psychic medium channels my spirit guides and I get exactly the same message from there.

Inner knowing

Challenges

- Shift attention from mind to heart
- Trust it and act on it

Examples

- The flash insight of Margot Ridler about the emptiness of the personal self
- Knowing when someone is lying

Exercise

- Remember times in your life when you just knew something. What did that feel like?

When there is an inner knowing, we just know but are not able to say how and why we know. How did I know that my partner was the right person for me to marry? There was just this gut-level knowing. How do I know that someone is lying to me? I can't say. I just know.

In order to access my inner knowing, I need to shift my attention from the mind to the heart. While my mind may be busy with many thought streams trying to figure out which way would be the best solution to a problem, I need to ignore this internal discussion. Instead, I shift the attention to the heart area of my body and notice the feeling there.

The response from the heart center bypasses the endless discussions in the mind and just says, "Yes, this is the right guy to marry. Yes, this is the right job for me. Yes, this is the right house to buy. Beware, this guy is lying."

Like with the inner voice, there can be an additional validation with dreams, songs, and signs which makes it easier to trust the inner knowing.

Inner urge

Challenges

- Discernment: from ego vs from higher self
- Trust it and act on it

Examples

- Urge to look at the alarm clock one minute before it goes off
- Urge to devour books about spirituality.

Exercises

- When did you feel this urge?

Eckhart Tolle felt an unexplainable inner urge to move to the West coast of North America. Eventually, he gave in to that urge and moved, and then began to write his book *The Power of Now* (Eckhart Tolle, youtube video, “How to make a decision”).

An inner urge is like the inner knowing directly from the heart bypassing the mind. While the inner knowing is more about assessing a situation correctly, the inner urge is about action and may come unbidden even if we have not asked before.

This can show up as an unexplainable inner urge to do something (for example, the urge to turn to the alarm clock in the morning and switch it off just one minute before it would go off by itself. Or the urge to look at the clock just when it displays special numbers like 11:11).

This urge is the orchestrating force of Source at work which will guide us to meet just the right person at just the right time.

Discernment is important. Not every inner urge is from the higher self. The inner urge to numb uneasiness or the lack of connectedness to the higher self with addictive behavior is an urge which comes from the ego.

The inner urge can be best felt when we are in a state of inner calm. If it comes from Source, it will not go away but stay over a longer time.

Example: Pamela Parnell’s story of how she did not drive even though the traffic light was green. It was unexplainable. But it turned out that this saved her life.

<http://www.pamelaparnell.com/Miracles.html>

Visions

Challenges

- Noticing them
- Interpretation:
Associative writing or further discussion with the inner voice.
Like dreams, they can be descriptive, predictive, or contain a task or warning

Examples

- Vision of an eagle leaving a nest
- Vision of a spirit guide

Exercise

- Recall in your mind how you got up this morning. What did the room look like?
A vision is like that, just an inner image.

I once asked how long I will be doing the work at my day job. As an answer, I got a vision of an eagle leaving his nest.

Visions can show up in different forms. For me, they mostly come like a picture in the mind's eye. Some people also see them as if outside of themselves. Recently, I sometimes get images behind closed eyes that are much like an afterimage on the retina.

In order to notice them, it is helpful to be mindful.

The interpretation can be tricky. If it is metaphorical, it has to be interpreted. And then one needs to decide. Is it descriptive of what is? Or is it a prediction about the future?

My spirit guide appeared to me at first in dreams and later in visions throughout the day.

Dreams

Challenges

- Dream recall: don't move and tell the dream to yourself while in bed
- Dream interpretation: literal vs metaphorical; about the present or the future

Examples

- Future events, announcements, warning, task.
Examples of metaphors.

Exercise

- (with partner): Share a dream. Share recurring topics and interpret them.

In the beginning of my spiritual journey in 2006, I had the following dream:

The ferryman: It is dark outside. A ferry man lights up a fire and gives me a sign with his hand that I need to come on the ferry. However, I have a huge bag and am still busy putting all my luggage into this bag. I am getting into panic. So much stuff! How will it fit in there? And will I be strong enough to carry it? Will the ferry wait until I am ready? I feel panic and overwhelm.

Interpretation: I have received the call for the start of the spiritual journey and need to come on board. However, I am not ready yet and still struggling with too much baggage (which at that time I interpreted as time constraints and too many obligations as a working mom with two small kids).

Guidance can come in dreams. The main challenges are to remember them and then to interpret them.

Before I go to sleep, I set the general intention that I want to remember my dreams (when I am not so angry with my spirit guides that I tell them to shut up and leave me alone, that is).

Sometimes, I even ask a specific question before sleep and expect the answer to come in a dream. This is called dream incubation.

We sleep in cycles of about 90 minutes. I find that if I wake up in between these cycles, often there was a dream just before waking up and that it is easy to remember it.

Sometimes a noise happens in the bedroom when my dream is finished so that I wake up at a time when I can best remember the dream. The noise can be my husband snoring or a window cracking, for example. I even had acoustic hallucinations of my alarm clock going off in the middle of the night. It is as if the universe takes care that I will be enabled to remember the dream.

The first challenge is to recall the dream. The usual advice is to record it after getting up. But this is not enough. There are some steps to be done before that.

When I wake up, I try to lie still since movement eradicates the memory. Instead I keep my eyes closed and attempt to retrieve the dream while in bed.

I let pieces of memory pop-up into my conscious mind. Then I try to tell the dream to myself in my mind. The act of telling the dream to myself brings it from the sub-conscious into the conscious mind.

When I am sure that I remember enough, I get up and write a few keywords down. If it is in the middle of the night, what works best for me is writing with a ball-point pen with a red light on paper next to my bed. If I get up in the morning and want to write my dreams down, I write an email to myself from my tablet with just a few keywords.

Later, I type the dream in full, using present tense, including emotions. In order to be able to find it later with a string search, I use a tag (for example, #dream)

Afterwards, I reflect on the meaning.

Is the dream merely a digestion process of stuff that I had to deal with during the day?

Is the dream to be taken literally or metaphorically? Don't waste time on trying an interpretation of something that is meant very literally. Once I saw a girl with a teal sweater and very light blonde hair in my dream. What a beautiful color combination! But what did it mean? Well, the very next day I saw this very girl walking past my kitchen window. That's it. Nothing else to interpret here.

If it is meant to be metaphorically, what is the meaning of the metaphors? I use associative writing to generate some suggestions. Dictionaries of dream symbols can be useful. But in the end, only *I* can know the meaning of my symbols. For example, dancing is a metaphor for communication in my dreams. I used to be a passionate competitive ballroom dancer. And I am very sad that I can't dance anymore due to my rheumatoid arthritis. Yet spirit brings up dancing in my dreams. Why? For me, it always means "communication" – to go and share my stories online and interact with fellow bloggers. That is a very personal symbol which is not found in any dream dictionary.

I find it very important to look at the emotions in the dream. Was it joyful, fearful, sad, or angry?

Does the dream contain the answer to a burning question? Or is it merely a description of my current state of mind and

struggles? Or does it contain information about the future? If so, is it a prediction, or advice, or a warning?

For some dreams, it is helpful to step into the role of every person or animal in the dream since they can be a representation of me. For example, I sometimes dream of budgies inside of a cage or coming out of a cage (and then walking instead of flying). This symbolizes my progress or lack of progress on the journey towards freedom.

If I don't get anywhere with my interpretation, then a dialog with the inner voice of my spirit guides can help. Sometimes I get additional confirmation of dream symbols by signs appearing in the outer world.

Sometimes, I get repeating dreams with a similar setting. They continue as long as needed, until I eventually get the message. I had several dreams of needing to go to a restroom, but it was always dirty, already occupied, or the door would not close so that there was no privacy. I was not sure how to interpret them (ok, I admit that a good dream dictionary would have helped here). Eventually, they stopped after I had reached a phase in my life with much release of grief and sadness. In retrospect, I think they signaled the suppressed need for emotional release.

During crisis or turning points in the spiritual journey, the significant dreams came more frequently for me. It is as if a very urgent need for help is answered more promptly by guidance in the dreams.

The topic of dreaming is a vast one. Instead of writing more, I refer to *Conscious Dreaming*, by Robert Moss, for further reading.

Outer guidance

Asking someone for advice

Challenges

- Finding the right person.
- Discernment. Knowing when to trust.

Examples

- Readings by psychic mediums in Robert Schwartz books

Sometimes if I was unable to wrap my mind around what the right next step would be or what the signs on my path meant, I would ask for guidance from others.

Friends can sometimes say the right words, but sometimes they speak from their own limited (and sometimes fearful) perspective.

While some of it was helpful, at other times the well-meant advice of specialists (like medical doctors or kindergarteners) led me into a disaster and forced me to tap into my own knowing and discernment time and again.

If you ever think about going to a psychologist for dealing with the emotional ups and downs and all the weird effects (like hearing an inner voice and precognition) of the spiritual journey, beware of the thought system of conventional psychology. They tend to pathologize mystical experiences and the Dark Night of the Soul if they have a worldview limited to the 3d realm. Unfortunately, people who have a tumultuous awakening ('spiritual emergence') often end up in psychiatric wards or at least with a heavy dose of allopathic medication.

Ok, most people here on planet Earth are error prone. Then what about advice from discarnate entities? So, I tried channeled information. Maybe they could give me better advice.

While I am grateful for the readings I got and much of it was truly helpful, it turned out that this can be difficult, too. The information is often influenced and restricted by the worldview

of the channel. Sometimes it is a mix of channeled information and their own best psychological guess. And different channels may give different information on the same topic. So, it was important here to find someone to trust. And to always measure it against my inner knowing.

I tried to get Akashic record readings twice because I wanted to know whether my issues are related to past lives. But it didn't work out. In both cases, the money was refunded and I did not get the reading. The first channel found out that she had no more time to do readings at the moment. The second channel never received my emails, except for the email where I asked for a refund. It was as if the universe told me, "No, you will not get that information now. The timing is not right."

The general process is like asking for inner guidance. Ask, receive, discern, and trust.

Divination with books or tarot cards

Challenges

- Interpretation
- Trust

Exercise

- Open book at random with a question in mind; write down what spoke to you. Share in the group.

As I am writing this chapter, my rheumatoid arthritis has flared up recently and I am in much pain and worried that this will go on. I go to the bookshelf and take out a random book. *Love has forgotten no one*, by Gary Renard seems like a good choice. I ask the book to show me a message which relates to my current state of mind. Then I open the book on a random page. The quote in bold print immediately jumps at me:

“A truly spiritual attitude would be that there isn’t any difference between having a healthy body or a sick body.” p84
Well, that is not really helpful with my pain, but it is clearly related to the question of physical health.

There is another way for deliberately asking for guidance from the outside, for example opening a book at a random page or drawing a tarot card.

The process is like asking for inner guidance. Asking, and then expecting and receiving an answer, and afterwards interpreting and trusting it.

Online tarot cards work amazingly well for me currently (2017). I am always stunned by the results. How can this be possible? But at the fundamental level we are consciousness and everything is connected via consciousness. So, my deepest layer of being is connected to the tarot cards on my screen.

Words, pictures, songs

Challenges

- Noticing them: Mindfulness
- Interpreting them (literal or metaphorical meaning)

Examples

- Overhearing a phone conversation
- Messages on T-shirts, trucks, ads...

Exercise

- Share an example with the group

I was wondering for quite a long time whether I should focus my work rather on the dark night of the soul or on the topic of divine guidance. The universe seemed to suggest divine guidance. But I found the stages of the spiritual journey, especially the difficult dark night, much more interesting.

Then I overheard a tiny part of a phone conversation where the woman said into her cell phone, "...they are both important. This is what Aaron has said..." Coincidentally, 'Aaron' is the name of my spirit guide. I knew this snippet of a conversation was a sign for me.

Another example. I was talking to my Mom about what I would do in case I would be fired at work. Would I accept or would I fight it?

Then a woman walked by in a t-shirt with the word OBEY on it. I had never seen that before. It seemed like a sign to obey the will of Source.

Messages from guidance can come to us from the outside. It can be a song in the radio where the lyrics mean something. Or it could be words or pictures showing up, in an ad, on a t-shirt, anywhere.

The whole universe is steered by the single guiding hand of Source. Anything can become a message. I am walking through life and seeing God sending hints to me through many things that I encounter in my daily life. To other persons these things would seem just plain normal without further meaning. But to

me, they sometimes contain a message and give me shivers of joy, awe, and gratitude.

When I interpret the meaning, I always have to ask whether it is literal or metaphorical.

Signs

Challenges

- Noticing them
- Interpreting them

Examples

- Numbers (11:11, 1234), feathers, pennies, animals, lights flickering, cloud formations, smells, lights, pictures falling down with no reason, etc.
- anything *we have assigned a meaning to*

Exercise

- Share an example with the group

In summer 2016, I sat on a bench in the forest and pondered how much of my life had broken down up to this point, how much I grieved the losses, and I wondered how life was going to continue with my current sense of meaninglessness. Then I looked down and saw a pink paper strip lying in the dirt with numbers on it **5!! 5!! 5!!** .

Number 5, for me, means “change is ahead”. That was a clear message. At that time, I did not know what kind of change it would be. But only a few months later in that year, there was a significant change in my family.

Numbers (like 11:11 on a digital clock or a license plate), pennies and dimes, feathers, or anything else that *we have assigned a meaning to* (like a certain type of car or a particular color, for example) can be used as messages by our guidance.

Please note that the meaning of a particular number can differ from person to person. 5 means ‘change’ (among other things) according to the information on several websites. But for someone else it can have a different meaning like ‘you are halfway there’.

Here my personal short list of what numbers mean for me:

0 – God

1 – Watch your thoughts because they have manifesting power

2 – Have faith

3 – Ascended masters are with you

4 – Angels are with you

5 – Change is ahead

6 – Don't worry about the money

7 – Well done! Applause by the angels

8 – Abundance

9 - Completion

When I was busy procrastinating instead of getting the workshop done, I kept seeing trucks with the inscription 'Erstmal zu Penny' which translates as to 'First, go to (supermarket) Penny'. What did this mean? After a while of pondering, I was led to google the symbolic meaning of 'penny' and came up with this:

<http://www.symbolic-meanings.com/2007/12/27/symbolic-meaning-of-the-penny/>

“it is time to exert our natural forces, take action, and start a new venture. Numeral One gives us encouragement that our actions will be rewarded in kind.”

Ok, got it. It was time to work on this workshop about divine guidance.

Animals which show up repeatedly either live or in dreams or as pictures can have a meaning according to the shamanic tradition.

For example, when I saw two articles about penguins within one hour, I looked up the penguin symbol ('penguin symbolic meaning' or 'penguin shamanic meaning'). What came up was 'Patience, discipline, endurance...'. The message was clear. 'Continue with workshop with patience and discipline'.

One challenge with these signs is to notice them. The universe helps us with this and brings these things up over and over again until we do notice. What also helps is staying aware and alert. Just paying attention to what comes up repeatedly (and maybe writing it down in a journal) and being open to the possibility that these things might be communication attempts by guidance from Source.

Another challenge with these signs is their interpretation. As usual, I need to ask whether it is to be taken literally or metaphorically. For signs, I have found that the meaning is mostly metaphorical.

For the interpretation, be aware of spirit's play with words which sound phonetically (almost) identical. Having a small annoying stone in the shoe right under the heel could point to 'heal'. (Other examples, jeans = genes, bald = bold, or sun = son). This also works across languages. I have had the

German word 'Kamm' (which means comb but is pronounced like 'come') show up on license plates and as a real comb lying on the forest ground on my biking way to work. It took me a while to get that these signs could simply be an invitation of my higher self to 'come' into its arms and into alignment, the call for surrender.

Sometimes, we can give a meaning to something and then it is used by spirit as a communication sign. One day, I decided that the color pink means 'appreciation'. And soon after that, I got many signs with pink from spirit. The wind placed a small heart shaped pink rose petal exactly in front of my driveway.

Sometimes, spirit selects a meaning to something and comes up with a sign repeatedly and I have to figure out what is meant by that. This scenario is a bit more difficult. Like learning a foreign language without having a dictionary. This can be annoying if there is no way to google it.

For example, I came across signs like 'V' frequently. What did they mean? But then they started showing up turned upside down, too, like '^'. What on Earth was the message? Something coming down from above and something coming up from below and forming an 'X'? Higher self and lower self meeting?

After several blog posts about the Merkaba (lightbody) popped up, I decided that it is probably hinting at this structure which is made of two interlocking tetrahedrons, one

pointing upwards and one pointing downwards. So, I was probably nudged to read about this or to meditate with it.

Signs can not only come from spirit guides but also from deceased loved ones who want to let us know that they are ok and nearby. They are known to use the following signs (among other communication attempts like dreams and touch).

- Manipulated electricity (flickering light bulbs, CD player turning on for no reason, phone calls coming in from nowhere)
- Cloud formations
- Animals. Animals in rare places (like a ladybug in winter, for example)
- Smells
- Lights (dots of light or orbs)
- Pictures falling down without reason

Patterns of events

Challenges

- Noticing them; notice what is common in a series of events
- Interpreting them (literal or metaphorical meaning; descriptive, predictive, or advice)

Examples

- Descriptive (lost towel story); any mirroring events/people
- My assignment (be present with people in breakdown/breakthrough situations)

Exercises

- Share an example

Within the same week in 2013, both of my children lost their towels after their swimming lessons at school. What did it mean? I knew about ‘throwing in the towel’. But that didn’t make sense. So, I googled ‘lost towel’ and found many youtube videos about naked people, covered by merely a towel, who let in the pizza service and then suddenly lost their towel.

What did this mean? I had just started to share my spiritual journey with one single other person. And this pattern mirrored my feeling of vulnerability.

Sometimes there are several events in a row which have a certain element in common. This is a pattern.

The challenge is to notice this. What is the common thing in a series of events? It is not always as obvious as in the example with the lost towels. I have had other patterns where the common feature was, for example, ‘something black with something weird’ or ‘the lid is off and something is pouring out’.

This is always a bit of a riddle and reminds me of the computer game “4 pics 1 word”.

After I have decided what the common feature is in all events, I try to find the meaning. The first question is, is it to be taken literally or metaphorically?

The pattern of lost towels was an example of a metaphorical meaning.

Here comes an example of a literal meaning. A book by Ramana Maharshi was recommended twice to Renate McNay by different people. The third time, this very book fell on top of her head out of nowhere when she was in a bookstore. Then she got the message. It is time to read this book. (Source: <http://conscious.tv/text/12.htm>)

Another example of a literal one: I needed to order a gift for an 18th birthday. At first, I tried to order an amazon gift card. I tried about 7 times, but it failed each time. Either the address was missing, or my bank account was missing, or I could not figure out how to add a text to the gift card. It was like running into a brick wall each time.

Exhausted, I gave up and listened inside. What the heck was going on? Why wasn't I able to order a simple gift card on this usually very easy to use shopping portal? Because a gift card was not the appropriate present for an 18th birthday – probably.

So, I tried something else. This young woman was about to spend one year in Togo. I found a book about this country and decided to buy this instead. And, lo and behold, this time the shopping process worked smoothly as usual. So, sometimes running into a brick wall repeatedly can just mean that this is not the way to go.

When I have decided that the meaning is a metaphoric one, I try to find the symbolism via an internet search or with associative thinking.

The next question usually is, is this pattern merely describing my present situation (as in the lost towel pattern)? Or is it future oriented and suggesting an action (or is it an announcement or a warning)?

A subgroup of the descriptive patterns are mirrorings. They usually reflect something back to me which I need to look at. When I was stubbornly resisting the sharing of my journey, I encountered clogged drains, a clogged coffee machine, clogged showerheads, clogged everything in my house, all indicating that I am not allowing the flow of creativity through me.

Here is an example of a pattern which was not descriptive of the present, but a future oriented announcement. In 2014, I was informed by the inner voice and in a dream that I would get a 'new job description'. Around that same time, I suddenly found myself being around strangers who just had a breakdown with a medical emergency. I would coincidentally walk by people who just had had a breakdown on the sidewalk. In all cases, the ambulance was already there, or at least someone else was taking care of them so that my help was not needed. I was just passing by. The events came so frequently that I suspected it is no coincidence but rather a message of some sort.

Now what did this mean? After some guessing around, I settled on the interpretation 'you will meet people who have a breakdown'.

And indeed, that is what happened. Afterwards, I found myself synchronistically coming into contact with people who either just had a burnout or were about to have one, and other people

in transformative life situations, like leaving a job or going through a divorce. So, this pattern of events seemed to be an announcement of a future task or pattern for me.

However, what did not come with the task description was an instruction of what my role was supposed to be. Am I expected to do anything and what? Or would I just meet these people because I have been through a situation of breakdown myself (in the dark night of the soul) and I would attract people in similar circumstances? It turned out that we would just meet synchronistically, connect, and share our stories.

So, the communication via patterns gives me hints. Little clues about what is currently going on or what is about to happen.

Synchronicities

Challenges

- Interpreting them (an answer to a prayer; a reassuring sign; something we have been focusing upon)

Examples

- The canary story; the umbrella story; the garlic story

Exercises

- Share an example

I was in the office and heard a bird flying against the window twice. I went to check whether he was injured or alright. Amazingly, it was a canary bird with some ruffled feathers at the head. Usually, canaries don't fly around here. He must have escaped from a cage somewhere. Outside it was winter and almost freezing. I wondered what the bird meant to tell me. It reminded me of my son who has blond hair. Later it turned out that during that very same time my son was locked out, because he had forgotten his keys, and tried to get into the house.

What was even more remarkable about this story is that it happened when I was wondering what to share as a story that fits into the subject of synchronicities.

The canary story was a synchronicity. Two seemingly unrelated events that are connected with a meaning. Synchronicities are meaningful coincidences which appear to be more than just mere happenstance.

I was sitting in the bus going to a workshop in Heidelberg when it started to rain heavily outside. Oh my! I had no umbrella with me and I would be drenched completely when I had to walk from the bus stop to the workshop room. I got off at my bus stop and what did I see there? A lonely umbrella, apparently lost there and not belonging to anyone. Now, I don't normally steal umbrellas, but this situation seemed too perfect. The umbrella was meant to be used by

me. What a blessing! I felt such awe and gratitude, took the umbrella, and arrived at the workshop with dry clothes.

All of what I have written in the previous chapter about the guidance by words, signs, and patterns of events describe meaningful coincidences.

Here, I want to focus on another subgroup, the events coupled to thoughts which are charged by emotion. When we have a thought which comes with a certain urgency, either because we urgently need something or because we obsessively think about something, then this has manifesting power and can show up in the 3d realm.

I once wrote a post about how I intuitively put some garlic on a skin burn and felt that the pain was eased immediately (-don't try that at home because garlic is known to actually *cause* skin burns). When I was engaged in a lengthy discussion about the healing qualities of garlic in the comments section of this post, our TV was on and what showed up there? A documentary about a ship. They showed a picture of the kitchen of the ship and in the middle were two huge strings or packages of garlic, each about 3 feet long. I have never seen so much garlic in one place before.

While the story of the umbrella at the bus stop was like an answer to a prayer and a lesson in faith, the garlic story seemed to be more about the lesson "Watch your thoughts because what you think about will show up in your reality."

Synchronicities show the power of thought coupled with emotion and the power of attention. Wherever we direct our attention that is what we get.

Not only conscious thoughts can manifest reality, but unconscious ones can, too. If synchronicities are mirrors of something unconscious, they can bring the unconscious stuff to the light of awareness (See the chapter about patterns, clogged drains when I resisted sharing my journey).

Rare cases of outer guidance

Examples

- Spirit guides showing up in the flesh in the living room

Spirit guides who show up in the flesh in the living room (as described by Gary Renard in the book *The Disappearance of the Universe*, or by Pamela Wilson to whom Ramana Maharshi appeared in her bedroom, see <http://conscious.tv/text/12.htm>). But these are rather rare cases.

Other forms of guidance

Examples

- Ouija board
- Pendulum
- Muscle testing
- Astrology
- Numerology

PART III: GENERAL TOPICS

Helpful Habits

- Mindfulness. Awareness of thoughts, emotional states, physical sensation and outer events is crucial.
- Meditation
- Journaling. Keeping track and reflecting. Connecting dots in retrospect.
- Exercise: Notice and write down the sensations, thoughts, emotions.

Mindfulness: Be aware of your emotional state, of your thoughts, physical sensations, and of what is happening in the outside world (events around you). There is a connection between our inside world and your outside world which can be noticed if we pay attention.

The trajectory of the journey is to make us aware of the fact that we are consciousness and that thoughts are creative. So, what is inside the mind, conscious or subconscious, can show up on the outside. We need to pay attention if we want to notice this connection.

Eventually, the distinction between ‘inside’ and ‘outside’ will fall away because we are consciousness and everything, thoughts and seemingly outer events, happen inside of consciousness.

Meditation: Before you can feel what your higher self is telling you, you need to be aware of the usual chatter that is going within and the usual feeling state.

In order to receive answers via the inner voice, one needs to be quiet enough in order to listen. Calm down ego chatter and come into a receptive state of mind. The inner voice can only be heard when there is peace inside and an openness to a new perspective.

There are several different meditation methods out there. Focusing on the breath and letting the thoughts move by like clouds, visualizing some colors and forms in connection with chakras, visualizing a journey to a peaceful landscape, clearing the mind.

For me, none of these techniques was attractive or helpful. I found it most effective to turn the focus of attention inward in a 180 degree turn, focusing on awareness itself.

Journaling:

I love journaling because it helps me to think about the meaning of my dreams.

If I have a problem in my mind, I write about it and then usually get a different perspective during writing. The mind is not the place to organize my thoughts since I can keep only very few thoughts in my mind. After that I need to put them on paper.

Journaling helps me to keep track of the connection between dreams and events. Often I can only interpret in retrospect that I have actually received a warning in a dream before a disturbing event. Or I can see in my dreams that I get announcements for future events and when the events come, I can make sense of this.

Using tags (#dream, #innervoice, etc.) is helpful for finding paragraphs later in the long journal text.

Intention, interpretation, trust

- Intention is more important than technique
- Interpretation: Be aware of the phase of the journey you are in. (descriptive, predictive, advice; literal or metaphorical interpretation)
- Trust: Discernment ego vs divine guidance. Keeping one's integrity. Trust develops in an iterative process

Intention: There are a variety of techniques out there about almost anything. If you want to let go of anger, there are several useful techniques on the internet to achieve this. Or if you want to learn how to open your third eye or travel out-of-body or meditate, there are many different techniques, too. It is easy to be confused by the many different approaches and waste much time about collecting, trying, and comparing which one is better.

I would say, try whatever technique you feel drawn to or comfortable with, but know that *intention comes first and technique is of secondary importance only*. In other words, if the motivation to release anger is not really present, then no technique in the world is going to help with that.

Interpretation: Be aware of the phase of the journey you are in. This might give you a clue for the interpretation of the guidance.

On this journey, there is a time for everything. There is a time for withdrawing into a cave for meditation, and there is a phase for going out into the world again. There is a phase for letting oneself be humbled and humiliated. And there is a phase for stepping into one's power. There is a phase for totally letting go of the self-will. And there is a phase of resurrecting one's will in alignment with Source. There is a time for being still and accepting. And there is a time for speaking up boldly and upsetting other people's apple cart if that is what you feel guided to do.

Also, for almost every part of guidance, the following categories can be considered. Is it meant literally or metaphorically? And

if it is meant metaphorically, is it just descriptive of the present? Or is it about the future? And if it is about the future, is it a prediction, advice, or a warning?

Trust: In order to trust guidance, it is crucial to learn to distinguish it from the ego's voice. But how? Some parts may be obvious. If it is the voice of anger, hatred, or fear, it is from ego.

But at other times, there is no easy answer since the ego can come as a wolf in sheep's clothing. The ego can mask itself as reliability and responsibility when it is really attachment to the former self-definition and attachment to security and comfortable old pathways. So, be aware that any of your well-meant intentions can stem from ego.

If the universe wants you to do something, there will usually be many signs pointing into that direction on many different input channels. But if the ego wants you to do something, there won't be such signs. Also, inner peace is a measure. If you are in inner peace, then the inner guidance is most likely from spirit.

For learning to trust the guidance, it is helpful to maintain a healthy communication partnership like you would in the 3d world. And by that I mean patient listening without interrupting, repeating the content in own words and asking "did I understand this correctly?", or asking "I don't see the point. Can you clarify more?"

In order to establish this kind of rapport, you can ask for fine-tuning of the communication methods. I asked for additional

signals that the inner voice was of spirit and got little flashes of light and sounds like that of a window frame which is cracking as it is adjusting to temperature differences.

If you don't understand guidance or disagree, then discuss and ask for clarification. Don't become a yes-man. The spiritual journey is not about adoring or serving our spirit guides. But it is about coming into touch with or own divinity.

Here is a story by Paul Tuttle, who channels Raj (aka Jesus). He ran into this trap of being overly obedient once he realized that it was Jesus who he was talking to. And it is interesting to see what trick Jesus had to apply in order to get him out of that state.

“He shifted from a healthy relationship with me to one of blind obedience. It was an interesting situation—and I will not go on at length about it—but it was an interesting situation because I could not tell him to stop doing it because he would have been blindly obedient. And so I set up a circumstance for him—an impossible circumstance.”

Source : Raj gathering, Lake Morey, 1994,
from <http://heavenlydesigns.homestead.com/Gathering.html> (page 39 of 99)

Eventually, Paul got so uncomfortable that he refused to follow guidance. But he had returned to his integrity.

Once the guidance is clear and we have accepted it, we should follow it. Otherwise there might be consequences like mirroring events in our surroundings or sickness.

Once we have followed it, we can then evaluate whether what the guidance told us was true.

I have found that following my guidance was beneficial in most cases. However, at one time I felt that I had been terribly betrayed.

I was lured to go on a hiking event in summer 2016 with the promise that it would be very much needed for my recreation. I didn't want to go there, but the signs and dreams were so many and so insistent that I gave in.

It turned out that the hike was way too strenuous and difficult for me. And what was even worse is that I got a severe rheumatoid arthritis attack from the strain of going steeply downhill which kept me in pain and unable to walk for almost 5 months afterwards.

I felt terribly betrayed after that trip and regretted that I had participated at all. I felt that I could never listen to my guides again after they did that to me. I even thought that I could not continue with the creation of this workshop. How could I possibly teach others that listening to guidance is a good idea if they can lead one into a painful disaster?

It took my guides a while to regain my trust. But even now (March 2017), I am very cautious and suspicious whether what they will suggest to me is always what I would enjoy and what would lead me to health. I take only baby steps forward, and before each step, I ask, "Is it really safe? Don't ever betray me again like that!"

A dream then indicated to me that I was knocked out on purpose in order to put me into alignment. Apparently this 5 months period where I was not able to go for walks was something like a time-out or detention in order to get me into alignment with the will of my higher self and make me prepare this workshop.

If the higher self wants to achieve something, there is a point in the journey where resistance becomes just too painful. I am forced to yield to this higher power even if my personal preferences are not met. It often seems as if I have no free will anymore.

Various features of guidance

Guidance can...

- ... come even if we have not asked before
- ... can come via multiple input channels about a single topic
- ... be a gentle whisper or a stern yelling
- ... be short term and long term guidance
- ... be ahead of where we are
- ... come from Source (inner voice) or from the result of our resistance to Source (for example, sickness)

Guidance can come in a variety of forms, from the inside and the outside, as I have discussed above. But it can also have a variety of other characteristics.

Usually it is advisable to ask for guidance, if we want to get it. But it can also come unbidden.

In the chapters above, I have artificially divided guidance up in terms of which input channel is used. But, for me, the usual case is that guidance for one topic comes via multiple input channels. For example, a dream followed by an interpretation by the inner voice and a matching message in an online advertisement.

Guidance isn't always soft, sweet, and fluffy pink. It can be gentle, of course. But it can also be stern. It depends on how well we listen and how much resistance we have.

I was surprised to find my guide yelling at me when I did not pay enough attention. Really interesting how that 'still small voiceless voice' can sound stern and yelling!

Guidance can be short term for the near future or long term. And if it is long-term guidance, it can be ahead of where we are.

For example, in 2012, which was still fairly at the beginning of my spiritual journey, I had a dream which seemed to tell me to 'teach something about midlife crisis'.

At that point, I did not know what to make of it. I had just barely dealt with some major forgiveness issues at work and just started to settle into inner peace again. And then I got this dream. Was it an immediate assignment? I did not know what to make of it and filed it under 'strange dreams'.

Now, in 2017, I can see much clearer that I have been through a transformational crisis and that I am synchronistically meeting many people who are going through a personal transformation. From these experiences, I see that I am being trained to understand the process and its phases. So, the message in this dream in 2012 was far ahead of my situation.

Guidance can come from the wise inner voice of Source (or the signs we get), but it can also come from our resistance to this (like sickness). (Not that every sickness is a sign of resistance. But it can be.)

The direction given by Source is like a river. We are either in the river going with the flow, or we are clinging to a branch on the riverbank or even trying to swim upstream (resisting). If the river is moving slowly, it will not feel unpleasant to stay on the riverbank or to swim upstream. But once the river is moving fast, any resistance will hurt or become exhausting. And then that feeling of being hurt will be the guiding sign indicating to let go and surrender to the stream.

Know yourself

- Know your personality and your patterns. Know your traps and blind spots.
- Enneagram. South and North Moon Nodes in astrology.
- What is your soul's mission?

The spiritual journey is a shift from the identification with the personality self to the consciousness that is the substratum of everything. Therefore, part of this journey is a ripping off of the attachments to the former personality. Any unconscious blind spots are mercilessly brought into consciousness. The lessons will appear again and again, until we get it.

Therefore, it is helpful to know about one's blind spots. Then, this process will be less arduous.

Now, one could argue that the personality is not what we are. We are consciousness which is behind everything and which contains everything. So, why bother with the personality?

In my experience, waking up to the fact that we are consciousness and that everything happens in consciousness is not enough. Afterwards this understanding has to come back into the body and it must be lived in everyday life. This means looking at all formerly unconscious attitudes and habits and letting them go if they are based in fear, for example.

There are many different systems (like Myers-Briggs Type Indicator, MBTI) which try to put personalities into categories like into neat little boxes, too many to list them here. I just want to briefly mention two which I found to be eye opening in my case, that is the Enneagram and the North and South moon nodes in astrology.

I have tried a few personality type systems, but I have never felt as X-rayed before as when I came upon a book about the Enneagram by Rohr and Ebert.

In the Enneagram system, for example, my personality here is type 5, which is ‘the observer/investigator’. This is the type who likes to be alone and read and think a lot.

Enneagram type 5 can stay forever in the comfort zone of the student position, never feeling ready to go out into the world and share something of his insights. Additionally, this type has a high fear that his privacy is violated.

During my journey, I find that I have to contend with both of these character traits. I had to learn that I don’t need to read another book in order to be able to share what I have experienced. And I had to overcome the fear of being vulnerable when I share personal stories. I am grateful that I came upon the Enneagram and that these traps were brought to my awareness.

What the Enneagram also offers is a good vs bad direction of development. In my case of type 5, the system tells me that when I am moving towards the type 7 (becoming scattered), this is an unhealthy stress reaction. On the other hand, moving towards type 8 (decisiveness and self-confidence) would be a sign of healthy development.

If you are curious and want to explore this further, there are plenty of websites and books about the Enneagram out there. A starting point for an overview could be this site <https://www.enneagraminstitute.com/how-the-enneagram-system-works/>

The other eye-opening insight for me came from an astrology reading, more specifically, from the part about the North and South Moon Nodes.

I have Aries North Node and Libra South Node. That means that my comfort zone (South Node) is being the peacekeeper, but that the area of growth is prioritizing my own goals first and that this lifetime is an assertiveness training.

That was eye-opening. Suddenly, I could make sense of all the instances where people have told me “You better behave as I expect you to, or else...” I was wondering why I seemed to attract such bullies into my life. They were just part of my assertiveness training in this lifetime.

If you want to look up your North and South Nodes, here is a useful link <http://astrostyle.com/learn-astrology/north-south-nodes/> .

Why don't I get guidance?

What are the blocks to receiving guidance? Here is a collection of reasons I have encountered in myself.

Asking

- I don't really care to know.
- I am too afraid to know the answer.
- I forgot to ask.
- The question is not clearly formulated.
- Wanting to know the answer is based on fear. (like 'What are the winning lottery numbers?')

Listening

- I keep asking and asking but then I forget to shut up and listen to the answer.
- I can't hear the answer because my ego chatter is too loud.
- I am letting all my thoughts go and clear my mind. I am even letting go of the inner voice. (as in Esther Hicks' story)

Receiving

- I don't get guidance because the point of being in a body is to *not* have everything openly revealed.
- I don't get an answer because my guides want me to figure it out by myself via feeling into my joy. Being told what to do would be like cheating.
- I don't get guidance because my human mind would not be able to understand the answer.
- I don't get an answer because the timing is not right.

Trusting

- I don't hear an audible voice. Is this still guidance?
- I don't believe the answer of the inner voice. It seems all made up by my imagination.
- I can't tell the difference between ego's voice and true guidance.
- I don't believe in interpreting events as signs. This seems superstitious.
- I feel a strong urge or desire to do something. But I don't trust that because I have learned that desire is bad.

Interpreting

- There is no clarity about the map of the spiritual journey. Or even if there is clarity about the map, I still don't know where I am located on the map.

Acting

- I get guidance but I don't feel like doing anything.
Resurrecting the will is difficult.

PART IV: MORE STORIES

- The ladybug (synchronicity)
- Meeting my guide (dream and vision)
- Slaps on the wrist (pattern)
- Depression (dream)
- Figuring out my life's mission. The homework dream.
- Pick up your luggage and meet your brother (dream); the airplane which landed too early.
- Clogged drains and throat chakra issues (pattern)

Here, I share some examples of guidance from my journey.

The ladybug

One day, my 3-year old child asked me, “Mommy, are angels real?”

I hesitated a moment, trying to figure out an answer. Then I replied, “Yes, they are real, but they are very shy, you know. And we must be very still if we want to be able to hear them.”

Afterwards, we went into the kid’s room and opened the door to the balcony. It was a cold winter night. A little lady bug came in and landed right on my heart. A ladybug in *winter!*

I interpreted this synchronicity as a ‘well done’ message from spirit.

Meeting my guide

We all have spirit guides.

I got an image of mine in a dream. A tall slim guy with short curly blond hair and blue eyes.

Then I asked for his name. In the time between sleep and waking up, I received the name as an image of type written letters - “Aaron”.

Slaps on the wrist

I was in an angry mood. In earlier times in my journey, burned out light bulbs would have been the consequence for hanging on to anger for too long.

But this time, I got something different. I was out doing some gardening work, when I accidentally scratched myself on the

rosebush. A bleeding scratch on my left wrist. Later that same day, I tried to pull my fighting children apart and was hit accidentally on the right wrist by one of them. So, two slaps on the wrists on the same day. That was a pattern.

Message: I need to let go of the anger, otherwise spirit will need to remind me by giving me some warnings.

Depression

I was very sad about the loss of my former self. And I was about to give in to the grief, drown in it, and never get up again.

Then I had the following dream.

I am on a bus ride. Suddenly I am falling out of the bus, leaving it while it is driving and before it has arrived at its final stop. I am lying in the street, covered by brown mud, and unable to get up and walk away. I cannot prevent other cars from running over me.

Message: This was a warning that I should not give in to the feeling of sadness too much. Otherwise I would leave the spiritual journey prematurely.

Figuring out my life's mission

I asked what I should do with my life. What the heck is my mission in this incarnation? If my guides could please just let me know. Everything could be so much easier if they could just frankly tell me what I needed to do.

Afterwards, I got this dream.

My son has some homework to do in mathematics. But he is too slow. Therefore, I attempt to help and solve the tasks for him.

Then the scene shifts and this time the homework is like a board with little light bulbs and electric cables and circuits. It is obvious that the tasks are to get all the light bulbs to light up by putting all the cables and plugs into the right places. This time, if the student makes an error, there is a red warning light and an alarm sound.

Message: *“Sorry, we cannot let you know what you have to do in this lifetime. This would be as if you did the homework for your son. He would not learn anything. Figuring out your life’s mission is like putting the electric plugs into the right place. If you do it the wrong way, there will be plenty of warning signals.”*

Don’t rest too early

I had found the awareness-watching-awareness meditation method to be most effective. Turning my attention 180 degrees backwards and looking back at awareness itself gave me the most peaceful and joyful feeling ever.

It was so joyful that I didn’t see a reason why I had to come back and participate in life again. I mean, I was still alive, taking care of work and kids. But why bother writing about my spiritual journey and sharing all of this? Why do anything stressful again that would distract me from meditation and bliss?

Then the following pattern of events happened (a dream and an actual event).

Dream (2014, Good Friday): I fly via airplane into the USA. I get off and reach a waiting area with nothing but black chairs where I sit down and even fall asleep from exhaustion.

Much later, I realize that I need to get up and pick up my luggage. From there, I continue to the exit where my brother is waiting for me. He is slightly annoyed since he has been waiting a long time for me.

Message: I have arrived and need a rest because I am totally exhausted. But this is not the right place to rest. I first need to pick up my luggage and then meet my brother. 'Meeting my brother' is a symbol for sharing with fellow spiritual travelers.

About a month after that dream, on Ascension Day 2014, a real-life event happened.

I was walking along a small street across a field which is also used as a glider airfield. Right in front of me, a small glider landed, but it came down too early and ended up on the wrong side of the street. A car had to come and tow it across the small street.

Message: This was an admonishment which was in synch with the airplane dream about not resting too early. Amazing that both messages came through on important Christian holidays. That seemed to add more emphasis.

Everything is clogged

When I did not want to share my spiritual journey, I got some breathing trouble in my throat, as if it was clogged. The throat chakra can cause problems if there is a resistance to speaking one's truth.

Also, when I did not want to share, many things in our household got clogged, like clogged drains, clogged showerheads, and a clogged coffee machine.

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ABOUT THE AUTHOR



In 2006, when I felt overwhelmed by life, the quest for inner peace propelled me on a spiritual path.

Originally, my background was a strictly scientific one (- I got my doctorate degree in theoretical chemistry in 1996). But the spiritual journey turned my worldview inside-out and upside-down and has resulted in a new mode of navigating through life.

One of my most important insights was into the power of inner peace.

When I was angry, weird things would happen (e.g., light bulbs would burn out suddenly when I was in the room). On the other hand, when I was in inner peace, miracles would happen.

I was often amazed how the universe acted as a teacher who is guiding me home.

Since 2013, I have been nudged and pushed by the still small inner voice to come out of the closet and share. When I resist because of fear, I tend to get sick. So, I have come to

accept that it is wise to follow the nudges of spirit and I came out of hiding in 2014.

I share my experiences of the stages of the spiritual journey and stories of divine guidance on my blog <https://karinfinger.wordpress.com/> .

I am German, live with my family in Germany, and am currently working part-time in the corporate world.