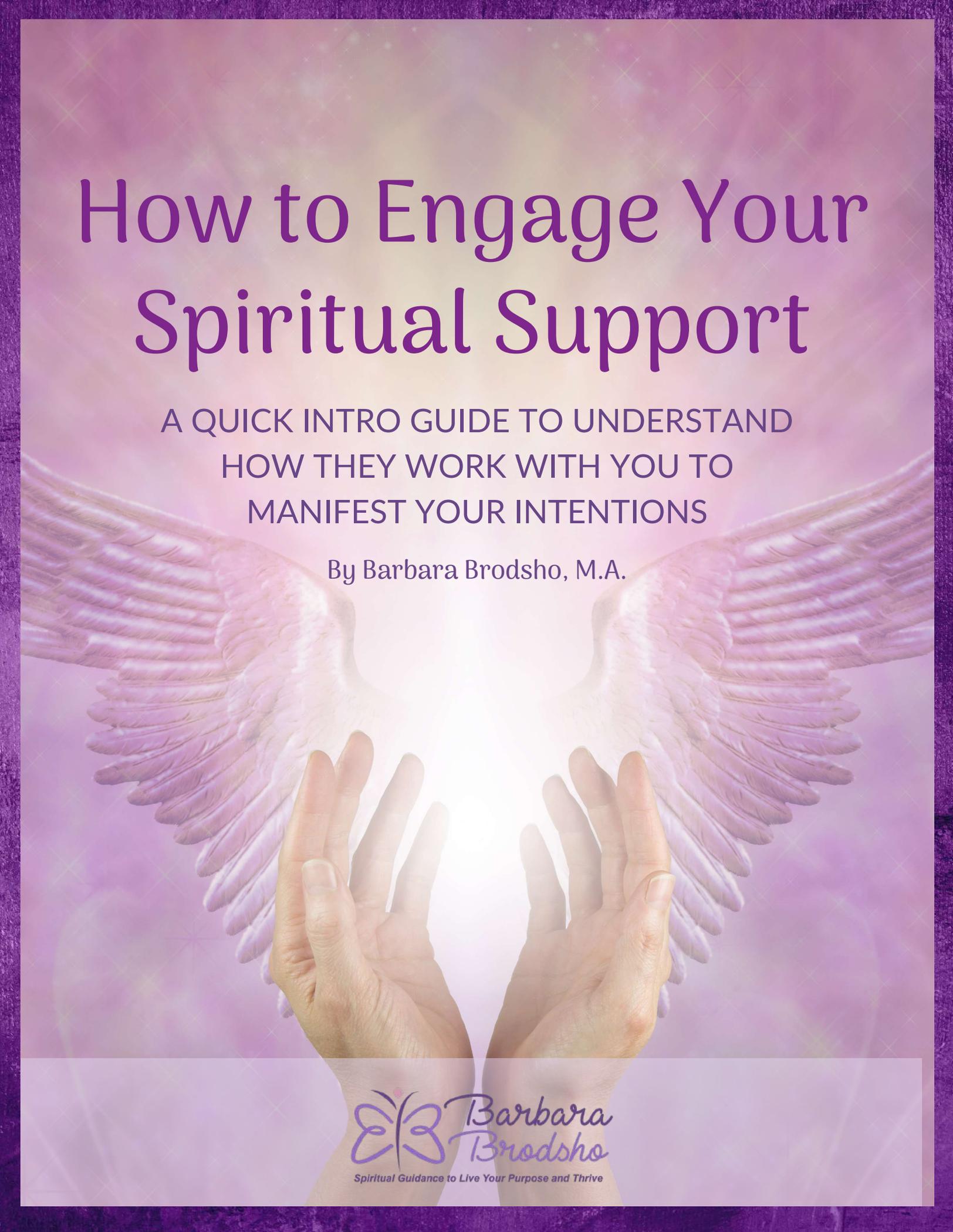


# How to Engage Your Spiritual Support

A QUICK INTRO GUIDE TO UNDERSTAND  
HOW THEY WORK WITH YOU TO  
MANIFEST YOUR INTENTIONS

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*Barbara  
Brodsho*  
Spiritual Guidance to Live Your Purpose and Thrive

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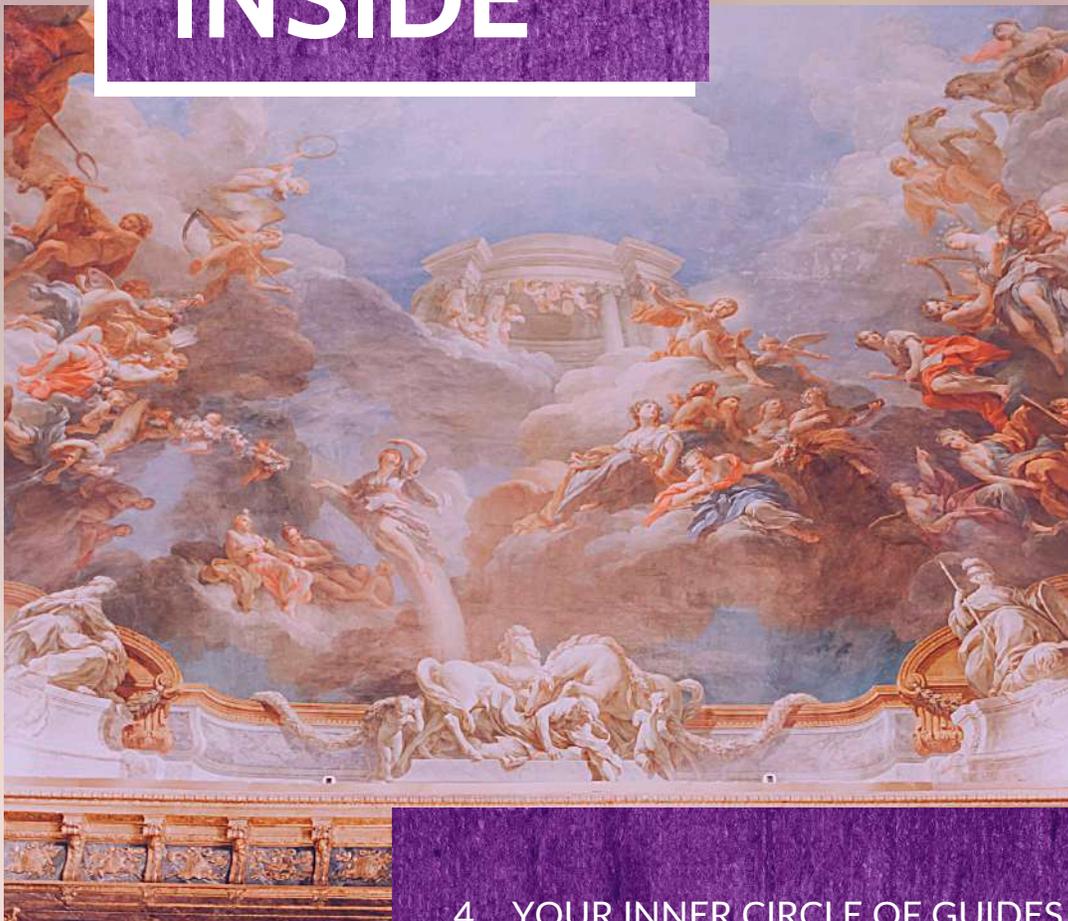
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# Your Inner Circle of Guides

## Who are these spiritual beings?



There are a multitude of spiritual Beings that can serve as our helpers and guides during our physical incarnation. Each of us has specifically assigned Guides that are dedicated to us and can be considered “ours” for the duration of this lifetime. This is called our “Inner Circle” of guides according to Andreea Hess, founder of the Soul Realignment program.

They have incarnated into the Earth plane previously and lived a human experience. They are spiritual teachers who have been through a lot themselves. They have soul-level gifts and characteristics just like we do, and an extensive physical history.

They are generally older and more experienced souls. They are more highly evolved than us because they have usually gone through life on earth and are aware of a greater reality than we are. They can be people we have known in our lifetime who are no longer alive and have evolved beyond negative emotions. They may have been a human companion in some lifetimes with the souls they are assisting. Some guides even choose to incarnate with us in our current lifetime.

## Who chooses our spirit guides and why?

Our Higher Self requests guides for us at certain ages and our guides choose us to use their skills and soul-level gifts in a different way. Our guides choose to work with us because of a similarity of goals and purposes. They love us and love humankind and want to transmit high values. They may have similar traits and behavior patterns as us. They choose us because we are most aligned with what they want to bring to earth. So most likely, what we've been wanting to do or are already doing with our lives will continue to be developed with the help of our guides.



Our spirit guides choose us because they have skillful instruction techniques that are compatible to us. Their teaching styles and techniques are compatible with our soul. They choose us because they can use their gifts and experience to empathize with us, help us to overcome negative aspects of undesirable traits, and to affect positive change. In guiding us, they are contributing to their own soul growth and development. Their presence in our lives is their current assignment in working on behalf of Spirit.

## How many spirit guides do we have in our Inner Circle?

We are born with at least one Spirit Guide already assigned to us. This is our “birth-to-death” Guide who is with us for our entire incarnation. Our “Higher Self” may “hire” more spirit guides throughout our lifetime, as we progress through adolescence and adulthood. (Our “Higher Self” is the highest aspect of ourselves from which our intuition comes when we tune into our inner guidance. We connect with it from both our conscious and subconscious mind).

The number of spirit guides and the age at which they are “hired” varies for each person. There can be up to 6 spirit guides in a person’s inner circle. Some people have “special assignment” Guides who are temporary members of their Inner Circle, assigned for a specific project.

The primary role of our Guides is to offer us information from a more varied perspective than our Higher Self alone can access. Our Spirit Guides come from a slightly more advanced aspect of Soul evolution than our Higher Self.

We can continue to direct our general questions to our Higher Self because it usually consults with our Guide team when giving us answers. It is the manager of our resources on the spiritual plane. When we access our Higher Self, we also automatically access the wisdom of our guide team.

## What is their role in our lives?

The dynamic between us and our spirit guides is one of teacher and student. They are not judgmental or critical of us. They provide us with grace, love, and creative energy. Some guides may be very involved in our daily activities, and some may be more hands-off. But they are best equipped to serve us on a daily basis, and we typically interact with them on a daily basis.

They assist us with our spiritual development, and in fulfilling our highest path and purpose. They assist us, protect us, and inspire our creativity. They provide us with information and guidance that is designed to get us where we want to go. They are here to help us follow our chosen destiny and to help us accomplish what we came here to do. They work with us whether or not we align our lives with our highest path and purpose or whether we are even aware of what that is. They guide us on our path to express ourselves authentically. They are in service to us, as well as in service to their own Divine self-expression.

They only want the best for us and this means they may watch us endure much pain in order to reach certain objectives. Guides cannot assist in our progress until we are ready to make the necessary changes in order to take full advantage of life's opportunities. They support us in learning the life lessons we have chosen to learn.





They help oversee specific issues. They offer mental encouragement from the spirit world to us on earth. They give us ideas. They give us comfort in trying times. They are compassionate but not too easy on us. They don't impose their values on us. They build morale, motivate us, build courage in us, and instill confidence in us. They accept us for who we are and give us the freedom of choice and allow us to make mistakes.

Some will work with energy directly or in ways that involve experiences of energy and can help produce amazing results. Some “beings of light” work with light and use the language of light by transmitting thought impulses directly into the souls of those they work with.

Some guides are purely intellectual and want to impart new ideas of science, logic, math, or new systems of thought. Some may be very good at problem-solving, giving concrete advice, and helping us out with our everyday life. Some may be good at giving inspiring, informative talks or relaying spiritual truths through people who channel.

If you ask a question about a subject that is outside of their specialty, they'll find the information and get it to you. They are highly skilled at transmitting energy from their dimension into ours. Information from them will always be positive, loving, and uplifting. There will never be any criticism, guilt, or negativity coming from your team. They won't tell you what to do. They know that the power and responsibility of choices always lies with you, in the conscious mind.

We may feel the presence of someone watching over us in times of great stress. They may give us inner strength through their feelings and emotions. They don't help us solve all of our problems at once. They give us clues and illuminate pathways for us at a controlled pace because we all vary in our ability to handle revelations.

## How do they communicate with us?

Our spirit Guides can seek to influence us and initiate communications as they see fit, in alignment with our highest path and purpose. Each of our Spirit guides impulses us in a certain way. The impulse can be through a physical sensation, a scent, a thought pattern, or a specific feelings. This is how they seek our attention. Theirs can be the inner voice that speaks to us. They're often heard in meditation and quiet contemplation. Some people experience a “personal connection with an energy beyond themselves which offers support and reassurance.” They may also be considered part of our internal guidance system, or our intuition or inspiration, because it's all part of a system that's designed to assist us.

Through these impulses, they make their presence known and offer us their guidance. This process of being impulsed remains largely unconscious for most of us. However, we can ask each of our Guides for the specific impulse by which they make their presence known. This allows us to pay more conscious attention to their guidance in our lives.

Because they are around us all the time and their presence is very familiar, we'll probably need to make a conscious effort to tune into them. They are most likely not the entities that will make themselves known first—not because they are not engaged, but because we have worked with them for so long that their presence has become second-nature to us.

## How do they appear to us?

They can appear to our inner eye as a shimmer of light, as a color, as a sound, a smell, an opening in our heart, an inner feeling, or as energy running through us. Some picture their guides as familiar figures they have known, i.e. Christ, Buddha, or angels who represent great wisdom to them. They can appear as American Indians, Chinese sages, East Indian masters, as male or female. They will choose an identity that will best accomplish what they are here to do, or one that you can most relate to. Some will adopt the appearance of a previous life if they have lived one on earth and use the name of the person they were.



## How can we best utilize our spirit guides?

This Inner Circle of Guides will be your best source to receive guidance from for making choices that will create the life circumstances you desire—based on your intentions. Keep in mind, that they won't tell you what to do. You still remain responsible for the actions and choices you make. Their guidance will be meaningful and actionable, and centered on the present moment. We can only receive guidance based on the choices and intentions at hand. Once we've made the choices that are right in front of us, we are ready to receive more guidance.

Request help for the next step related to your intentions or goals. Seek alternative paths to choose from to reach certain goals. Entrust “how” this will happen to the spiritual realm and the Universe. They will go to work for us and send our prayers, requests, and intentions out into the Universe. Be prepared for unexpected possibilities – anything is possible. Don't set in your mind on “how” something needs to happen because you can be closing off unexpected possibilities that the spiritual realm and the Universe can deliver. Open yourself to a variety of paths towards solutions.

While our Guides certainly have a wealth of information to offer us, we can also ask them to take action on our behalf. We must request their assistance consciously; however, in order for them to actively support our goals. Our Guides cannot take action on our behalf on their own initiative, because this would interfere with our free will and free choice. We can include spirit guides in any prayer request. If we consciously request their aid, they are able to assist us in manifesting our desired outcomes. They can coordinate further assistance for us from the various angelic realms and they can also lend energetic support to any of our life situations.



## Our intentions are powerful

Setting intentions is very important because the spiritual realm upholds the energy of our intentions for us and amplifies them. Intentions may be conscious, unconscious, authentic, on purpose, or not. It is our job to be clear about what we want to create in our life. And it's important to be aware if we have any unconscious intentions that don't align with, or that sabotage our conscious intentions.

Our intentions are activated by prayer and requests for spiritual assistance. The more we focus on creating what we want through intention, the more guidance we attract that helps us manifest events in our lives such as “coincidences.” These opportunities either show us the path towards our intention or let us know that our intention is congruent to who we are. You can ask for assistance from your own Higher Self, your inner circle of Spirit Guides and from the higher spiritual realm. They will guide you so that you remain responsible for creating your own experience.

## What do our spirit guides do with our prayers and intentions?

Our Spirit Guides receive our prayer requests and relay the energy of our intentions out into the larger Universe. They call upon other Guides, angelic Beings, and the greater spiritual realm for additional guidance as necessary. They are a highly efficient team that not only is a great spiritual resource but manages our interaction with the spiritual realm for us entirely. Our Inner Circle of Guides act as a link between us and our high-level guides in certain areas.



# Outer Circle of Guides

The Outer Circle of Guides is very busy because they have more than one “client” at a time. According to Andrea Hess, there are 7 guides present in the outer circle, each in charge of a specific area of your life. It is made of much older souls, usually far more spiritually advanced than us, with many, many times our spiritual life experience to draw upon. They are therefore less involved in the small details of our everyday lives. They can be seen as “upper-level management” when it comes to our spiritual evolution, whereas our Inner Circle are our “hands-on” team that works with us at a more intimate level.

Be discerning about reaching out to your Outer Circle because your inner Circle interacts with your Outer Circle on your behalf as needed. For example, if a current life situation needs a specific timeline in the physical in order to fall into place, your Inner Circle Guides will work with your Timing Guide on this matter. Your Higher Self will also reach out to your Outer Circle of Guides for assistance or information, if necessary. You’ll rarely need to pose a question to your Outer Circle directly.



## A description of the Outer Circle of Spirit Guides

**Your Chief Guide** – coordinates your Inner and Outer Circles, as well as your spiritual masters, teachers and “special assignment” guides. This guide is the manager in charge, so to speak, in collaboration with your Higher Self.

**Your Gatekeeper** – is in charge of opening your Soul-level memory files at the appropriate times. This guide is in charge of the collection of your experiences and knowledge over lifetimes, and on presenting you with the path appropriate with your purpose for this current lifetime.



**Your Timing Guide** – works closely with the gatekeeper and is in charge of creating the timing of the most appropriate experiences for you.

**Your Karmic Technician** – is responsible for helping you resolve unfinished business and completing karma accumulated in past and present lifetimes.

**Your Creative Guide** – facilitates talents and connects you to beauty and aesthetics. The area of specialty of this guide can give you clues as to your creative talent.

**Your Guardian** – is your bodyguard and is best left alone and undistracted.

**Your Astral Guide** – accompanies and guides you during your astral (sleep) time and helps you travel safely.



# The Higher Spiritual Realm

There are many levels of angels and guides, masters, teachers, and loved ones who are involved in an intricate system that is designed to support us in evolving in consciousness and experiencing the life lessons or themes that our soul has chosen to experience in each lifetime.

They vary in levels of advancement and maturity. The greater their ability, the more souls they assist in the spirit world and in their human incarnations. They may also have other spirit guides who assist them and are in training.

High-level guides are sources of guidance, clarity and direction. They are here to help us with remembering who we are, letting go of fear, and learning to love ourselves and others. They come to add to our joy and to assist us with our personal growth and work here on Earth. They don't build up our ego or flatter us—they will applaud our progress. They create a sense of expanded awareness and greater inner vision. They encourage us to use our own wisdom and discernment rather than blindly follow anything we are told. They'll never tell us that we "have to" do something or attempt to determine a direct outcome in our personal lives. They support and encourage us to develop and use our inner strengths and deeper wisdom. They'll encourage us to not give our power away—to them or to anyone else.

They may make strong suggestions and assist us in making our own choices. They may point out something that is not working in our lives, in a way that will make us feel empowered and strong. They'll leave us feeling uplifted and supported in who we are. They help us see ourselves in new and expanded ways.

Higher guides have our Higher Purpose as their main concern. They say much in a few words with precision. They teach tolerance and encourage forgiveness. Their advice is practical, often simple, modest, never boastful, and follows good sense. Any steps they advise are useful; and bring greater good to a person's life. They speak only positively about people and things because their whole nature is filled with love and goodness.

If we ask, they will show us our lessons, speak to us of what we are here to learn, yet allow us to continue in painful situations, if we choose. They are careful not to take away our lessons. If we are headed towards something that will teach us a valuable, but difficult lesson they may show us more joyful ways to learn the same thing. They will not stop us if we persist in our original plan - most often we learn best through pain and struggle.

# Summary

Be encouraged that you have a lot of support and encouragement from the spiritual realm to help you achieve the goals you envision for your life. Get clear on what you want to create in your life and send your intentions out into the Universe to them. Then open yourself to perceive and receive their guidance as they bring the people, events, and circumstances together to help you manifest it.

Your personal spirit guide team in your inner circle is involved with you on a daily basis. Schedule a ***Spirit Guide Consultation*** here: <https://barbarabrodsho.com/engage-your-spiritual-support/> if you'd like to:

- Learn who these spiritual beings are, what their roles are, and how they are working together to support you.
- Become consciously aware of how they are leading and directing you toward a way of life that fosters an inner sense of well-being.

Blessings on your journey to live your purpose and thrive!

*Barbara Brodsho*

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# About the Author

Barbara Brodsho is a Soul Purpose Coach and Holistic Healer who empowers highly conscious spiritual seekers, creators and leaders to express their soul's innate gifts and understand their life experiences from their soul's perspective.

She began questioning the meaning of life at 16 years old and then spent decades searching for answers through numerous traditional mainstream methods. She first looked to the American culture's definition of purpose as living the American Dream, but wasn't satisfied. Then she sought the answers to life's purpose and how God heals through her Christian faith tradition by pursuing formal education. She earned a master's degree in Theology and advanced certifications in spiritual direction and energy medicine. She applied these modalities to her own life and with her clients in her private practice as a spiritual director and holistic healer.

It wasn't until she learned about her life's purpose and how God heals from her soul's perspective that she finally found satisfactory answers that resonated as Truth to her. She then earned advanced certifications in soul-level healing and reading the Akashic Records. It is her soul's purpose to share this perspective with others and to support them through a spiritual awakening.

Barb lives in a suburb of Minneapolis, Minnesota, with her husband. They have two adult children and are blessed to live close to them and their families. Barb enjoys camping, spending time at their lake home, and creating photo books of time spent with their grandchildren. You can learn more about her services at

[www.BarbaraBrodsho.com](http://www.BarbaraBrodsho.com).

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**YOUR SPIRIT GUIDES AND  
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DOWN AS YOU BUILD A  
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~ Linda Deir

