

**Messages from Your Spiritual Self, Spirit Guide & High Spiritual Teacher**

* Check in daily with your Spiritual Self, Spirit Guide, and High Spiritual Teacher. Ask for messages from each of them. You may specify the area/topic for which you particularly want guidance. Be curious.
* Write down the date and the message you receive in a journal. As you receive and record the messages, you will be able to note how these messages guide you toward wholeness and healing.

**Message from Spiritual Self**

**Message from Spirit Guide**

**Message from High Spiritual Teacher**