

Guidelines for creating your Guidance Agreement

** Physical signs:

When I feel in my
It is telling me

Examples of physical signs:

Tingling, warm, cold, tense, a knot, itchy, electric shivers or shocks, etc

Examples of places in your body:

Hands, legs, feet, heart, spine, stomach, head, neck, throat, eyes, ears, etc

** Emotional signs:

When I am feeling
It is telling me that

Examples of feelings:

Scared, nervous, angry, jealous, doubtful, insecure, sad, hopeless, down

Happy, excited, full of love, loving, calm, peaceful, content, confident, etc

When it comes to physical and emotional signs, it's good to know what is a strong YES and what is a strong NO.

Make sure that you describe this clearly in your agreement.

** Number patterns

When I see the number pattern
It is telling me

Examples of number patterns:

11:11, Four of the same number

1122, Double numbers

888, Triple numbers

21:12, mirrored numbers

123, three numbers following each other going up

321, three numbers following each other going up

1171 Any pattern of 2 numbers together in any order

Number patterns are useful as a confirmation or an extra nudge in the right direction. It may tell you that something is true for you, that you are on the right track, that your spirit family or guide is nearby or that you can be certain that you have divine support. You might also choose a number pattern that tells you that you are not on the right track and you need to make a new choice and change direction or that it's time to some clearing of your sacred space.

You might see these numbers when you look at the time, on a receipt when you've paid for something, licence plate of a car, on a bus, your mail inbox, number of messages, a certain date, ...

Just relax and allow your guidance to work with you, you don't need to look for these signs. The message is most strong and clear when it happens unexpected but in a very clear way.

**** Colours**

When I see

It is telling me

You may see colours in your visions or dreams. Maybe you even see light in certain colours around you, with your eyes open or closed. There may be days when it's over obvious that you keep seeing a lot of the same colour. It could have to do with cars, or clothing and accessories being worn by others that keeps catching your eye. A certain colour could also have to do with something that crosses your path or appears before you, like a white dog, butterfly, feather, flower or cat could carry a special message for you.

If you really want to be specific you can even describe the difference between a colour being clear and bright, or dull and murky.

Make a description for all of the colours of the rainbow, white, black, silver and gold, or just pick a few if you prefer to do that.

Which of these colours would you say is your absolute favourite?

My special colour is

This is what it does and how it makes me feel

.....
.....

This will be a good start to get into the swing of using your Guidance System to its best potential.

Take your time, relax and just trust the process. You will learn and discover more about it every day and as you go along you may fine tune it and add things here and there. You can even describe what certain sounds and tones mean that you hear or even specific smells.

Focus on your own agreement and remember it's personal and will work the best for you. There is no right or wrong when it comes to this agreement, as you are the one that decides. So take a deep breath, and follow your heart