

Have you ever wondered who it is you're working with, or connecting to, when you work with your intuitive tools? The goal of this program is build trust and confidence in yourself, and your connection to your intuition. Really, what we're doing here is building faith in you and your ability. And what is faith, really? I define it as, "any thought or idea that you trust."

As you move through this program, and continue to ask questions and receive answers that you allow yourself to trust, you will develop that faith. This faith is a building block for self confidence, and personal safety and will have a tremendous impact on the way you move through the world, and your life overall.

Ultimately what happens is, as you continue to use your bubble and explore the role of intuitive tools, you will become aware of how you feel when you are 'connected' as I like to call it. This awareness is something that you can call upon and use when you are anywhere, and you will find that your bubble is with you always, when you want it.

In this module, we are going to talk about meeting your Spirit Guides, your Soul Group and your Spirit Animals. At this time, I'm going to ask you to write about your understanding of each of these.

• What is a Spirit Guide?

• What is a Soul Group?



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What are Spirit Animals?

How do you know you are receiving messages or answers from outside of yourself? In the video we talked about paying attention to where the thoughts and or ideas are coming from - have you uncovered where your messages are coming from? How do you receive them? Tell me a bit about that.

Before the meditation, were you aware of any animal guides you work with? Tell me about that a bit. If you were not, did you discover an animal while we were in the meditation?

Once you've completed the meditation, tell me about the experience of meeting your Spirit Guide. Were you able to do this? Did you get a name, or see any features? Share your experience with me here:



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