



**Paul Wayman**

*working with spirit'*

paulwayman.co.uk

## Improving Spirit Connections

Your spiritual path is a long and never ending journey, one full of both challenges and rewards. One of the most rewarding aspects of your development is your first recognisable communication from spirit, often through your guide. Bringing spirit through for others can be more difficult and achieving communication consistently, and with clarity, will often prove a barrier however experienced you may be.

One of the reasons that it can be difficult to achieve consistency is the fact that every single spirit connection is unique and to recognise and interpret the information that spirit provide effectively you must be in the right mental and emotional frame of mind.

Being able to focus clearly on your connection is essential. Another important aspect of the connection will be aligning your own energy with that of spirit, which is often described as being at a higher vibration level. What does this mean though?

One way of describing this 'higher vibration' is to recognise that spirit live and operate in state of purity and love, one that is far less concerned with many of the petty and trivial concerns that occupy most of our existence, it seems.

How much of your day is consumed by fear, anger, envy, being judgemental - in short, negative emotions. You may be surprised how things creep in on us so easily.

bring your energy closer to that of spirit and their vibration and will provide clearer links, also improving your confidence. Below are some tips to help you achieve this.

- ❖ **sit quietly for 10 minutes with a pen and paper - be aware of your day so far and write down any negativity you may have felt or experienced**
- ❖ **as you identify these feelings then let each of them go - however difficult you may find it - replacing them with forgiveness, compassion, and understanding**
- ❖ **think of the positives in your your life, either past or present, and focus on how they make you feel**
- ❖ **think of a place that is special to you, a place that you have been to, and remember exactly what made it special and how it made you feel. Let that feeling become a part of you again - now**

As your energy aligns itself closer to the vibration of spirit you will find it far easier to sense and feel those who wish to communicate to you, and through you