

# Ursula James's Mystic Masterclass

**PART ONE**  
CONNECT WITH YOUR SPIRIT GUIDE

In the first of a four-part series, scientist, author and witch Ursula James explains how to connect with your spirit guide - the protector and companion on your path to spiritual awakening



I'm delighted to welcome you to my new column, all about spiritual techniques that will help you become more mystically aware. My masterclasses are designed to keep you safe and in control throughout this amazing process.

In the next few issues, I'll be showing you how to become a more magical creature, attuned to the mysteries, rites and trances that connect us to the spiritual world. I just have one word of warning, though - be careful what you wish for when you're performing these rituals, because you might just get it!

Connecting with your spirit guides is a great way to start your spiritual journey, because this bond will provide you with protection, guidance and support as you open up to new realms and possibilities.

#### WORK WITH YOUR GUIDE

A spirit guide can take one of four forms: angel, ancestor, teacher or animal. In each instance, their purpose is to watch over and support you. When you've connected to your spirit guide, or guides, you can be more adventurous by trying out new ways of thinking and being. You'll

also begin to trust your intuition, paying more attention to signs and coincidences.

A spirit guide won't tell you what to do, but you can ask them questions to reassure yourself that you're doing the right thing.

Once this connection has been made, you'll start to see, hear and feel signs of your spirit guide's presence in your life, through the people who come into it. Your guide will also bring you gifts - angels will leave feathers, while ancestors will 'remind' you of gifts you've inherited, such as psychic abilities. Teachers will lead you

to other teachers and books to instruct you, while animal guides will bring out positive aspects of your character - such as the courage of a lion helping you take the first step towards change, or the ability to fly high in your career like a bird in the sky.

Some people keep the same guide throughout their life, but your spirit guide can change and develop as you change and develop yourself. We're all individuals. Your spirit guide will alter and reflect what you need most at any one time, which is why they are often referred to as the Higher Self.

## HOW TO CONNECT

### STEP ONE FIND THE RIGHT PLACE

So, how do you make contact with your guides? The simplest and most direct form of connection is Calling. This is done by entering a trance-like state and inviting your spirit guide to join you inside your mindscape - a beautiful, natural space that you create from your memories, imagination and dreams.

Some of us like the mountains, while others prefer meadows or deserts. We're each drawn to a landscape that best reflects ourselves or sometimes our astrological signs - for example, water signs are usually drawn to the sea. Think about it for a moment. In which natural landscape would you feel most at peace and able to think clearly?

Now find a time and a place where you can relax without being disturbed. Turn off your phone and close the door if you're indoors. Some people prefer to get into their comfort zone outside, in order to connect with nature - choose whatever makes you feel peaceful and at ease.

### STEP TWO GO INTO A TRANCE

Close your eyes and focus on your breathing. Trancework is a way of getting in touch with your inner magic, and the easiest way to start is to count yourself into it. Recite the numbers down from 100 to zero, using your out breaths to guide you as you count. Be reassured and soothed by any sounds you hear around you, and let your inner voice recite the figures as you ground yourself with this simple process. The more you practise taking yourself into a trance, the easier it becomes.

### STEP THREE TRAVEL AROUND YOUR MINDSCAPE

When you have counted all the way down to zero, tell yourself that you're making an inner journey to your mindscape. You'll remember the beautiful landscape that you thought of earlier, and your mind will begin to make this vision as real as it can. Some people notice that when they enter the mindscape it's different from how they thought it would be, with more life and colour. Each time you go there it can change and develop, as the mindscape is a reflection of yourself. You'll always be safe here, and nothing harmful can enter.

### STEP FOUR MAKE THAT CALL

Spend some time wandering around the mindscape, seeking the best place to call your spirit guide. Once you've found it - it could be a cliff overlooking the sparkling ocean, or the top of a snow-capped mountain - say, 'I humbly invite my spirit guide to take its place within me. By calling them to me, I request their protection and support.'

After that, there's nothing for you to do except wait. Your guide will come to you in one of three ways - as a fully formed image, a sound or a sensation. If this doesn't happen

the first time, practise going back into your trance until they do come.

Meanwhile, your guide will send you signs in your daily life that will help you recognise

**‘Your spirit guide will surround you with unconditional love’**

them the next time you come to the mindscape. When your guide does appear to you, the first thing you must do is thank them - gratitude is the beginning of forming a relationship of trust with your guide.

### STEP FIVE ACCEPT THEIR LOVE

The final step in making the connection is to accept their love. Your spirit guide will surround you with unconditional love without question or limits. When you accept it as part of your life you'll always feel its presence. Don't try to force these steps - if it takes a few visits, then let it. When you have their love, bathe in it and let it energise and invigorate you. It's the most wonderful feeling in the world! Thank them again, and ask them for a name that you can use to call

on them for guidance in your daily life.

You can now spend some time with your spirit guide. Walk with them in the mindscape. At some point they'll leave you and that's fine, because you can come back here whenever you have a question or a concern. To return from the mindscape, walk back to the point where you first came in. Focus on your breathing and revert to a fully alert state. The more you do this, the easier it will become. Enjoy the connection with your spirit guide - it's the first step to spiritual strength. **SPIRIT&DESTINY**

**NEXT MONTH** Ursula will show you how to manifest luck.

#### CONTINUING YOUR JOURNEY

Ursula has recorded a free meditation to help you reinforce the connection with your spirit guide. To listen and download as an MP3, visit [www.spiritanddestiny.co.uk/ursulajames](http://www.spiritanddestiny.co.uk/ursulajames)

**WANT TO FIND OUT MORE?** • Ursula James is author of the international best-seller, *The Source: A Manual Of Everyday Magic* (£8.99, Arrow). For more details about her work, visit [www.ursulajames.com](http://www.ursulajames.com)