

Your guides are spiritual entities who have chosen to stay in the spirit realm and help you on this journey on the earth plane. They can be your greatest allies when you connect with them and will help you follow your chosen pathway in this lifetime. Many believe that you choose both your plan for this lifetime, and your guides, before you incarnate on the earth plane. However, when you are born you forget what your plan is, but your guides know and seek to help you every step of the way.

Building a relationship with your guides is one of the most important aspects of your spiritual journey. Some spirit guides are with you prior to your birth, others join your team when you need them at different life stages. Each person has a guide that acts as their main guide and this entity can have many different names, such as gatekeeper, doorkeeper, and guardian angel. Guides come in many forms, and you can read more about this topic in the *'Learn About'* series – *'What are the different types of spirit guides?'*

As you connect with your guides, it is important not to put them on a pedestal but rather to see them as your friends. In this way, you will find your connection and communication with them a lot easier. Each person has their own way of communicating with spirit. Some people hear spirit, some see spirit, and some have a knowing of what is being shared with them. As you develop your connection with your guides you will learn to allow them to write or speak information to you to help you and others, with your daily lives. For more information, see the article about *'Ways of Communicating with Spirit'*.