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Inner Guidance Development

*Practicing the techniques described
in this free e-book will give you a
solid foundation for developing
your Inner Guidance.*

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Table of Contents

Chapter 1: Introduction.....	3
Chapter 2: Inner Guidance Defined.....	5
Chapter 3: Should You Develop Your Inner Guidance.....	7
Chapter 4: Higher-Self Meditation.....	10
Chapter 5: Protection Prayers.....	14
Chapter 6: Blessings.....	16
Chapter 7: Creating Your Inner Guidance Sanctuary.....	19
Chapter 8: Inner Guidance Meditation.....	22
Chapter 9: Conclusion.....	24



Chapter 1

Introduction

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Welcome to Oralin! Oralin was founded in 1997 by Wendy Kay. Wendy's goal is to ensure you have a fundamental understanding of the techniques necessary to develop your Inner Guidance abilities. These techniques will create a solid foundation for your development and self-discovery journey. This is the ultimate personal growth experience.

This e-book will explain a bit about Inner Guidance and then it will detail the simple techniques designed to help you unlock your hidden potential in a safe and simple manner. We suggest you read through the e-book from beginning to end before starting any exercise.

You will be given the basics that will create a solid foundation for your development which will result in increased awareness and knowledge. Many doors of opportunity for spiritual growth will open. You may choose to use this new information to heal yourself (if there is any healing needed) and/or to help others heal themselves (if you choose to walk that path).

While you develop your abilities, you may find that you have questions about your experiences. If so, we encourage you to visit our web site www.oralin.com and sign up as an Oralin member. Membership is FREE and it entitles you to FREE support. Of course, while you are visiting, we hope you will browse the site and enjoy other areas you may find of interest such as:

- **The FREE Online Courses Area**

This area currently has 30 courses on Inner Guidance Development where you can learn about Healing, Energy Cleansing, Energy Protection, Learning to Love Yourself and so much more.

- **The Health & Healing Area**

You can request a FREE absent healing for yourself or a loved one (human or animal). These healings are sent by volunteer Healers from around the world and they create our Global Healing Circle.

- **The Articles Area**

Each month there is a new Feature Article for you to read relating to Metaphysical awareness, Inner Guidance development, life lessons, self-love and healing.



- **The Playground**

Visitors love this area! You can participate in the monthly exercises designed to help you develop and practice your Inner Guidance skills. You can also do the crossword puzzle, read your horoscope, see if you were sent a channelled spirit message and our instant readings and inspiration sections. We are always coming up with new ideas to keep you challenged and entertained.

- **The Oralin Directory**

Visit this area if you are looking for Healing, Spiritual and Metaphysical Services & Products.

- **The Oralin Ethical Readers Association**

If you want a reading, choosing one of the professionals listed in this Association guarantees you won't be taken advantage of or "scammed". These are ethical readers dedicated to giving you information to the best of their abilities.

Other features of our site include:

- Feature Interviews with Metaphysical and Health & Healing professionals
- An Events Calendar
- Oralin Meditation Groups and Classes
- "Light Whispers" - The Oralin Newsletter which keeps you updated on changes to the site and you can receive it by signing up on our mail list
- If you are a Healer, we invite you to become a Volunteer in our Global Healing Circle

And coming up soon...Oralin Certificate Correspondence Courses.

So...if you want to develop your abilities
and begin walking a new or different path, read on...





Chapter 2

Inner Guidance Defined

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All answers to your life issues are found within yourself. You don't need external confirmation of your decisions if you learn to trust your Inner Guidance. Often however, it is easier and safer to be influenced by others (society, family, or friends), rather than to trust what you feel or know to be "true" and "right" for you. You must keep in mind that what society, family, or friends feel is best for you and your life path might not be best for you at all.

Your Inner Guidance originates from Spirit. It is composed of the same senses that exist in the Material or Physical World. The five senses you experience in Physical correlate directly to the senses in Spirit in the following manner:

- **Sight** is the ability to see things that exist in Physical.
- **Clairvoyance** is the ability to see things that exist in Spirit.

- **Hearing** is the ability to hear sounds in Physical.
- **Clairaudience** is the ability to hear vibrations and thoughts in Spirit.

- **Touch** is the ability to feel or touch things that exist in Physical.
- **Clairsentience** is the ability to feel energies in Spirit.

- **Taste** is the ability to take food/items into the mouth to determine which tastes are good for you or bring you pleasure (sweet, sour, salty, bitter).
- **Intuition** is the ability to take in and evaluate the energy in Spirit to determine what is good for you.

- **Scent** is the ability to smell aromas or scent in Physical.
- **Scent** is the ability to smell aromas or scent in Spirit.

Normally, the senses of Spirit are lumped together and called ESP or Extrasensory Perception. However, in reality there are at least five different "Inner Guidance Skills" hard at work giving you information about your life path from an entirely different perspective - a higher perspective. Each of those Inner Guidance Skills exists within each and every one of us. It is only your level of awareness and understanding that prevents you from using your abilities more often in your life. One of your senses might be stronger than another one. In the same way that



your hearing may be impaired in Physical, it may be impaired in Spirit. Your abilities depend on what you are in Physical to do (i.e. your life's purpose).

Why is it that so many choose to ignore or suppress the messages of Spirit? One reason might be that Inner Guidance is not logical and these skills cannot be scientifically explained. In Physical, it is easier to accept what is logical or "right in front of your eyes" rather than trust a feeling, a vision, or a voice that comes from Spirit. Another reason why you might ignore or suppress your Inner Guidance is that there is a certain amount of fear associated with delving into new ideas or concepts. The fear level is different in each person. Any new experience can make you afraid, but once you repeat the experience many times, the fear disappears. It's a good idea to remember this as you nurture your abilities.

Instead of suppressing or ignoring your Inner Guidance, you should be trying to develop these skills. We need to nurture these sensitivities and understand how to take care of them just as you need to take care of your physical self. In the same way that you feed your physical body, experience positive activity and rest your physical body, you must feed, experience positive activity and rest your spiritual self.

Feeding, experiencing positive activity and resting of the spiritual body are a bit different from what you do to maintain your physical body. When you feed your physical body, you take food into your body, which gives you nourishment. Feeding your spiritual body is done through personal growth (life challenges) and helping people. Practicing positive activity (exercise, pleasant hobbies, socializing etc.) is pleasurable. Positive activity in Spirit is done through building a relationship with that particular reality which includes trusting what you feel or know to be true (your intuition). You rest your physical body through sleep or doing something where you don't need to think and can relief yourself from the pressures of day-to-day living. In Spirit, you meditate to refresh the spiritual self.

When you can merge your Inner Guidance with your physical self, you will attain a state of inner peace. You will live your life based on what you are supposed to do as opposed to doing what others think is right for you and all decisions will be based on self-love and not fear.



Chapter 3

Should You Develop Your Abilities?

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Each and every person has Inner Guidance skills that vary in terms of intensity and strength. The strength of your abilities will depend on what you are meant to accomplish during your lifetime. If you are meant to be a healer, then you will probably have a strong healing ability. If you are meant to help the police resolve kidnapping or murder cases, then you will probably have the ability to see visions clearly or to intuitively "know" things. If you are meant to give proof to people about the existence of life after death, then you will be able to communicate with loved ones that have passed on. Each person is unique in his or her gifts.

The most typical types of Inner Guidance are:

- Clairvoyance (the ability to see things that are not seen with the physical eyes)
- Clairaudience (the ability to hear things that are not heard with the physical ears)
- Clairsentience (the ability to pick up the feelings of those around you) and
- Intuition (your "gut" feeling that tells you if something is true or false or right or wrong)

There are other types of Inner Guidance such as telepathy (hearing people's thoughts) and telekinesis (moving things using the mind) to name two, but they are not seen as frequently in people.

You will know when it is time for you to develop your Inner Guidance gifts. Some of you will have a very strong urge or desire to develop your abilities. There is nothing in particular that would push you in that direction except for what your heart is telling you. A small percentage of you will have life altering experiences (accidents, coming back to life after being clinically dead), which activate your abilities. Some of you will experience unusual events such as:

- Hearing someone's voice when there is nobody else around you
- Seeing people or Beings made from light and energy
- Seeing energy which could be in various forms (a bird flying across the room or a shape floating in the air)
- Seeing flashes of light or
- Having an out-of-body experience.

These experiences will occur so frequently that you will want to go searching for answers and



understanding. (You should also rule out any physical reasons for these events happening.) Prior to having these events happen, you may have less obvious experiences such as:

- Seeing things out of the corner of your eye
- Sensing someone or something around you when physically you are alone
- Picking up the feelings of another person
- Knowing when someone is going to phone you or when something is wrong
- Having a dream or vision that comes true
- Hearing someone's thoughts
- Changing your eating habits to a more vegetarian diet (helps raise the vibration)
- Having a heightened sensitivity to noise, lights and crowds.

If you are meant to develop your abilities in this lifetime, you will most likely have a general interest or curiosity in the metaphysical realm of existence or Spirit World. You will probably start reading books on various metaphysical topics (crystals, reincarnation, Atlantis, healing, card reading, numerology, meditation, out-of-body experiences, dowsing, Edgar Cayce, auras). You might also choose to investigate various philosophies or religions such as Buddhism or Wicca. Most people will find they have an interest in receiving readings.

Exploring the Spirit World is fascinating and it can also be a bit scary. If fear is preventing you from venturing into new avenues of thought, remember one very important promise from a Higher Power Filled with Light and Love that is, "you never get more than you can handle." This is important to understand.

Another important concept that you need to understand is that the events that happen to you which are of a psychic nature do not occur by accident. You do not control them. Your Spirit Guides or a Higher Power Filled with Light and Love controls these events. With this in mind, you can relax and enjoy the adventure knowing that nothing is going to happen to you that you can't handle. You can't make these events happen and you can't stop them from happening if it is not meant to be. All events that happen to you are meant to get you to the next step on your life path (this is true not only for Inner Guidance development but for your life path in general).

You may not need to experience any of these Inner Guidance events during your lifetime. The path of Inner Guidance development is not meant for everyone although we all have some ability. If you are not meant to develop your abilities in this lifetime, you won't have the urge to pursue a path of this nature and that's perfectly acceptable. Your life path will be filled with other experiences that you need to have in order to fulfill your destiny.

However, if you are meant to develop your abilities, then it will happen when it is time. For some of you, development of your Inner Guidance may start early in life. For others, it won't happen



until much later. Again, it depends on what you have to accomplish during your lifetime.

If you are meant to develop your abilities, then you will be led to the means that will accomplish this goal whether it is through a correspondence course, a book or teacher. Development of your abilities can easily be a lifelong undertaking.

Each person's path is unique and should be respected and not compared to anyone else.



Chapter 4

Higher-Self Meditation Technique

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If you choose to develop your Inner Guidance, this is the first type of meditation you should practice. This type of meditation is very easy to learn, but usually very difficult to do. The key to this meditation is clearing your mind of all thoughts and in this day and age, that is very hard for most people to do. This type of meditation is good to practice if you have a day that has left you feeling stressed.

We all have a spiritual body as well as a physical body. The spiritual body vibrates at a certain rate. The faster it vibrates, the easier it is to contact your Spirit Guides and Teachers. Through your meditations, you will increase the rate at which your spiritual body vibrates.

There also exists within each of us what is known as your Higher-Self. Your Higher-Self is that part of you that knows all and understands all without your being aware of it on a physical level. It is the essence of who you are — it is you.

The goal behind this type of meditation is to become closer to your Higher-Self. When you are closer to your Higher-Self:

- issues and problems in your life are easier to handle
- intuition is stronger
- you will receive knowledge very quickly
- you will begin to merge with your Higher-Self to become a calm, fulfilled, happy soul.

When you practice this type of meditation, you will generally open your eyes feeling better about life without knowing why. If you had a problem, the problem doesn't seem so bad. If there is stress, then you become more relaxed.

The long-term results of this meditation are inner peace and a feeling of oneness with all things.



The Technique...

Read the technique over a few times until you are comfortable with the steps. Once you feel you understand the procedure, take a few minutes and practice the meditation.

1. Sit or lie down in a comfortable position where your spine is straight. Don't cross your arms, legs or ankles as this blocks the flow of energy.
2. Gently close your eyes.
3. As with any meditation, you will want to say a prayer asking your Higher Power Filled With Light And Love (which many call God) to protect and guide you. Saying the prayer ensures that your Spirit Guides will be helping you with the meditation. Here is a prayer that you can use (say it with meaning and feel the energy):

Higher Power Filled With Light And Love,

Please surround me in your Light and your Love. Protect me while I meditate and help me to raise my vibration so that I may become closer to you. Help me to find peace and to become one with my Higher-Self.

Amen

4. Feel the energy surround you. Let the peace flow through your body and then begin.
5. In your mind, focus or stare at the spot between and above your eyes on your forehead.
6. Start to meditate by thinking about absolutely nothing. Clear your mind of all thoughts and mental chatter.
7. Continue to concentrate on the point between your eyes and breathe deeply and slowly. In your mind, see and feel only that spot between your eyes.
8. When you feel like it's time to "wake up", open your eyes.
9. Give thanks for the peace received.

Remember, the most important part of this meditation technique:

Release all problems and worries.

Do not ask Guides to appear to you or tell you anything.

Do not ask to be shown any information and if you see anything, push it from your mind.

Push ALL thoughts from your mind.

Concentrate on feeling the presence of a Higher Power -- of absolute peace. If any mental chatter starts at any time, gently push it from your mind. That's all there is to it.



Ideally, It is suggested that you practice this meditation technique for 1 month on a daily basis for 5 to 30 minutes per session before moving on to the Inner Guidance Meditation technique. However, most of you will be impatient to get on with the "good stuff" so go with the flow. If you can only meditate once a week or once every couple of days then that's okay. Do what you can. Do try to do this technique for at least 7 days before moving on.

Tools To Help You Focus...

If you are having trouble clearing your mind of all thoughts, you may want to try the following:

In your mind, see a big garbage bag and dump all of your problems, thoughts, ideas and mental chatter into the bag. Tie it up with a big bow. You might want to take note of the colour of the garbage bag. Since colours have different meanings, you could gain some valuable insight into what your thoughts are all about. For example, if the garbage bag was black it might symbolize negative or depressed thoughts. Place the bag in a corner of your mind and forget about it.

All mental chatter is now safely stored away. The garbage bag is not going to go anywhere. Give yourself permission to take a break from all the stress and worry that you normally carry with you. Give all your problems to a Higher Power Filled With Light And Love while you reach for a new awareness. When you finish your meditation you can untie the bag and take back all your mental chatter and thoughts or you may want to leave it tucked away.

You may also want to create an affirmation that you will repeat to yourself over and over and over and over again. This helps quiet your mind and to focus. The affirmation should be something that feels good to you. You can use:

Single Words: Love ~ Peace ~ God ~ Om ~ Joy

Sentences: Love surrounds me. ~ All is well. ~ I am. ~ I am relaxed.

Prayers: The Serenity Prayer ~ Psalm 23 ~ The Lord's Prayer

Count Numbers: Count the numbers 1,2 and 3 over and over and over again. Breathe in slowly to a count of 3, then breathe out slowly to a count of 3.

Sometimes, with this type of meditation, you will think that nothing happened or that you didn't receive any information. This occurs because one tends to "phase out" and not realize what actually took place.



What normally takes place during this time is communication with Beings who are of a much higher vibration. This is also the time you may be traveling the Astral Realm or Spirit World but are not meant to remember the experience.

Some people will give up because they think they are not accomplishing anything. **This is not the time to give up.** Many interesting events are taking place. You may not remember them, but it is still an important part of your development.

Most importantly, **you are raising your vibration** through this type of meditation and becoming closer to your Higher-Self and a Higher Power Filled With Light And Love and making it easier for your Spirit Guides to communicate with you and for you to receive messages and information.



Chapter 5

Protection Prayers

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When you become involved in developing your Inner Guidance, you will need to create a solid foundation of protection. This protection comes from one source and that source is A Higher Power Filled With Light And Love. The protection ensures that:

- the information you receive comes from a Higher Power Filled With Light And Love
- those entities in spirit that come to you are from God and do not have any negative intentions.

All meditations and energy work need to be based on the energy of this Higher Power. This means that you will meditate with the knowledge that this Higher Power is helping and guiding you on your path. The energy of this Higher Power is there to protect and support anyone anytime it is needed.

Your meditations provide the opportunity of experiencing and understanding the power and love of this Higher Power. Through meditating, you will develop a strong, personal relationship with this Higher Power. It is this Higher Power that makes all meditative experiences possible. All of your experiences are controlled by this Higher Power.

You should be comfortable with the name of the Higher Power that you are using. All are acceptable. Some frequently mentioned names include:

God ~ Goddess ~ Lord
Father ~ Mother ~ Heavenly Father
Great Mystery ~ Great Spirit ~ Jesus Christ
Infinite Source of Love ~ Universal Energy ~ Universe
He Who Watches Over Us With Light And Love

All names are acceptable and there are many others that are not mentioned. It is the energy behind the words that is important, not the actual words. When the heart is filled with love, the energy will reflect the Infinite Source of Love.



By now, you may be questioning whether this is a religious following. Let me put those who have this as a concern at ease. All this talk about God is not to get anyone to follow a religion. It is to ensure that:

- the metaphysical experiences are done safely
- you increase your awareness in a positive manner
- you have a solid foundation from which you can develop on your own.

With this foundation, you do not need anyone else to guide you on your path (unless you choose that for yourself), as you will be guided by this Higher Power Filled With Light And Love.

You will have the key that opens various doors of opportunity and learning.

Here is a sample prayer for protection that you can modify to suit your own personal relationship with God.

Dear Lord,

Please surround me in your Love and your Light. Guide and protect me as I strive towards you. Ensure that all Beings that come to me, are positive and come from you and from no other. Please ensure that all information I receive comes from you and from no other. Allow your energy to flow through me so that I may reach my full potential, raise my vibration, contact my Guiding Entities, and become closer to you.

Amen

Take a moment to change the above prayer so that is better suits your own personal relationship with A Higher Power Filled With Light And Love.



Chapter 6

Blessings

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While the Protection Prayer is used to protect you from negative energies and ensures God is helping with your meditation, there will be times where a negative entity or energy will be allowed to contact you. This is usually done for testing and is controlled by your Spirit Guides and God (there are many tests on this path). Sometimes, you will encounter your own negativity or fears. Whatever the circumstances, **ANYTIME** you see an entity during your meditation, ask it for a blessing.

An entity is simply a Being who appears in Spirit. Your Spirit Guide is an entity. Relatives or friends who have passed on are entities. Your fears can come to you as an entity. Animals in Spirit are entities. If it appears in Spirit, then it is an entity.

A blessing is used to ensure an entity comes from God. A positive entity will be happy to give you a blessing. Sometimes, blessings are very detailed and long or they can be as simple as **God Bless You**. An entity with negative intentions will **NOT** give you a blessing. Which of the following would you accept as a blessing?

- a] Yes, you may have a blessing.
- b] May the light of God shine upon you.
- c] The most powerful one sends you his protection.
- d] The most loving force in the universe sends you love, light, happiness and joy on your path toward enlightenment.
- e] Free your soul and come unto me.

When you are given a Blessing, you will need to decide whether it is acceptable. In the above question, b and d are appropriate and acceptable.

Unacceptable Blessings...

A positive entity will be happy to give you a blessing. Whenever you see an entity say to it, "Please give me a blessing." Don't wait to see what happens—as soon as you see it— **ASK FOR A BLESSING**.

Sometimes, blessings are very detailed and long or they can be as simple as **God Bless You**. An



entity with negative intentions will **NOT** give you a blessing.

Unacceptable blessings are:

- Yes, you may have one.
- The one I serve is Great.

"Yes, you may have one" does not mean you have been given a blessing. I imagine if you asked to borrow \$10.00 from a friend and they said sure but never gave you the money. You didn't actually receive it.

"The one I serve is Great" is not acceptable because a negative entity would consider the one it serves as "great" -- it just would not be God.

To ensure a verbal blessing is acceptable, and especially if you are just learning to speak to Spirit, make sure it has the word God in it and that it **feels** right. At the beginning, we suggest you accept nothing less than "God Bless You". Until your vibration raises to the point where you can identify entities by the feel of the their energy, use Blessings for confirmation. Feelings and intuition are very important. Pay attention to them.

Guidelines...

- You may ask for a blessing more than once. For example, if you are speaking to your Guide and suddenly you feel unsure or uncomfortable in the situation then ask for another blessing.
- If you do not like the blessing you are being given, ask for another one. A positive entity will be perfectly willing to oblige.
- Blessings do not have to be verbal. An entity may give the sign of the cross, or a vision of Jesus, or something else that is suitable.
- Ask for a blessing **EVERY TIME**, even if it is not the first time that you have spoken to the entity. When your Inner Guidance is sensitive enough, you will **feel** the energy of your Guides and know they are positive. Getting to this stage could take years.
- If you think you are sensitive enough to know the difference, and you have never used this method to validate your intuition, test it out by asking for a blessing. I have known many people who thought they were talking to a positive entity when they were not.



If You Don't Receive A Blessing...

When you encounter an entity who will not give you a blessing, say to them,

"In the name of God, GET OUT!"

Get angry and mean it. Saying it as though you are ordering a cup of coffee is not sufficient. There must be the energy behind the words. Don't stop saying it until it is gone. If you tell it to go and use God's power, a negative entity must leave.

As you become more comfortable dealing in the metaphysical realm, you will be tested to ensure you can deal with negative thoughts and entities.

You always have the power and protection of God behind you if you need it.

If you are unsure if a blessing is acceptable, use your membership and ask us!

And remember, a positive entity will NEVER want to scare you.



Chapter 7

Creating Your Inner Guidance Sanctuary

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You will need a place to go in the Spirit World where you can work on developing your Inner Guidance. This is necessary because it is in this place that you will contact Spirit Guides and other entities. The place that will start off as your "etheric classroom" is called your Inner Guidance Sanctuary and it exists in the non-physical realm or the Spirit World.

Nobody is allowed to be in your Inner Guidance Sanctuary without your permission. This means that either you or your Higher-Self (that part of you that knows all and sees all without you being aware of it) may give the permission.

You may find entities in this area that you do not remember saying, "I invite you to come into my Inner Guidance Sanctuary" but know that your Higher-Self would have allowed the visitation.

Also, there will be times that your Guide asks certain entities to enter your Sanctuary for purposes of your development.

This is your safe area on "The Other Side" and it is created through visualization and controlled by you, your Spirit Guides and God. Each time you meditate, you will attempt to go to this area. I say "attempt" because there will be certain times when your Spirit Guide will want to take you somewhere else and you won't even go to your Inner Guidance Sanctuary and as long as you receive a blessing, it is perfectly acceptable. Your Inner Guidance Sanctuary is a starting point for your communication.

Guidelines...

Your Inner Guidance Sanctuary:

- is a place where you feel safe and happy
- should reflect your personality
- brings you a sense of peace and contentment



There are two stipulations to keep in mind when you are building your Inner Guidance Sanctuary:

- It must have a path or steps leading up to it. The path or steps are used as "spiritual" steps to help raise your vibration. The further up the path you walk, the higher your vibration. This makes communication with your Spirit Guides easier.
- It must have protection around it. This protection is used to keep uninvited guests from showing up and intruding on your privacy. Some examples of protection would be water (a moat or a lake), trees, a wall, a fence, or a glass bubble.

You can put whatever you want in your Inner Guidance Sanctuary. Since you are creating this area through visualization, the possibilities are endless. This means you can landscape the area to your liking. Place flowers, a pond, or trees wherever you would like to see them. Place pieces of furniture wherever you need them. Use colours that bring you a sense of peace. Decorate to your heart's content.

A possible Inner Guidance Sanctuary could be:

- a beach
- a campground
- a room
- a cabin
- a mountain
- a pool
- a garden
- a field
- a cave

It is recommended that you do not choose an area that already exists in physical. In other words, don't pick the beach you and a million other people go to each summer for your holidays. You may think that the area is great, but it may not be all that great on an etheric level or in the Spirit World. In physical, you may socialize and have a really good time but in the etheric, the energy may be filled with the thoughts of everyone who has been on the beach. The energy may not be as positive as you would like it to be.

If you build your Inner Guidance Sanctuary and find that after a while you want to change it, go ahead. You can also build more than one area. Some people go to different areas depending on their mood.

Take a few moments and jot down a few ideas of what you would like your Inner Guidance Sanctuary to be and what you will put in it.



Creating Your Inner Guidance Sanctuary...

Now that you have an understanding of how you want your Sanctuary to look, you can create it. Read the following procedure a couple of times until you feel you know what you have to do. Once you feel comfortable with the procedure, create it in your mind.

1. Lie down or sit up and close your eyes.
2. Keep your spine straight.
3. Do not cross your arms or legs as this impedes the flow of energy.
4. Say your Protection Prayer.
5. When you are ready, create your Sanctuary using visualization. A visualization is similar to daydreaming or fantasizing. The difference is that you control your daydreams but you will not control your visualizations. Things will occur in the visualization that **you** do not make happen. Think about the ideal place you would like to be right now. A place that would bring you a sense of peace and contentment. Go to that place now. See it in your mind with all the details.
6. Stay in this visualization and continue building your Inner Guidance Sanctuary until you have the area set up the way you want it to look.
7. Remember, if you see a person or animal you must ask it for a blessing. If you don't get one then tell it "In the name of God, get out!".
8. When you are finished, ask your Higher Power to keep your new home safe and protected until you return to it.
9. Gently open your eyes.

Congratulations on creating your Inner Guidance Sanctuary. You are well on your way to nurturing and developing your Inner Guidance. You will have many wonderful, exciting and interesting experiences in your Sanctuary.



Chapter 8

Inner Guidance Meditation

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The 3 Laws...

To develop your abilities, you will need to meditate on a continual basis. There are 3 Laws or promises from God of which you need to be aware:

1. you never get more than you can handle
2. you will get what you **need** and not necessarily what you **want**
3. that you have the protection of God anytime you need it.

Never forget these important Laws.

As well, there are a few other tidbits of information that you should know about...

When you are just starting, it is better to meditate:

- Before eating a large meal. When you are full of food, your vibration is heavier and it is more difficult to communicate and connect with the other realms.
- When you are well rested. If you are tired, chances are you will fall asleep and not be able to concentrate as well.
- When you are not emotionally distraught. It is usually harder to concentrate if you are angry or upset although if you can manage to focus, you may actually receive some help from your Guides.
- When you are not fighting an illness. It takes energy to meditate and if you are already trying to fight off an illness, you may not have the energy to meditate. Keep in mind that sometimes it is good to meditate when you are ill to perform healings on yourself. Go with the flow.

The Technique...

This type of meditation is a visualization and so it appears in your mind much in the same way as when you are fantasizing or daydreaming. You are using your imagination. The difference between a daydream and a meditation is that your Guides and a Higher Power Filled With Light And Love have a great deal of control over your experiences.



Read through the following technique several times so that you are comfortable with the procedure. When you feel you know the procedure, you can begin your session.

1. Sit or lie down in a comfortable position.
2. Ensure that your spine is straight.
3. Do not cross your arms or legs as this impedes the flow of energy.
4. Say your Protection Prayer.
5. Begin the walk to your Inner Guidance Sanctuary. Feel your vibration increase with each step.
6. When you arrive at your Sanctuary, take a look around. Is everything the way you remember? Is there something in your Sanctuary that you did not put there? Is another piece of furniture added? Are there flowers or plants that were not there before?
7. Is there a person or animal in your Sanctuary? If so, don't forget to he/she/it for a blessing.
8. Stay in your meditation until you feel that your meditation session is complete (use your intuition), thank your Guides and your Higher Power Filled With Light And Love for any information or guidance received.
9. Shut down by visualizing a big dome or bubble which comes up from the ground and surrounds you. Allow that dome or bubble to close over your head. During your meditation, you will be open to seeing the alternate dimensions. After you finish meditating, you do not need to be in that alternate reality so you need to shut off that connection by closing down. You need to close down because you don't want to be walking around "tuned in" to everything that is going on around you. If you see a different method for closing down, feel free to use it.
10. Gently open your eyes.
11. Record your session.

The next step is to develop your Inner Guidance by meditating frequently. You will see changes in your meditations on a daily basis. You will receive more information. You may see more of your Guides. You may meditate for longer periods of time.

The length of time you meditate depends on your level of concentration. It is normal to meditate for about 5 to 20 minutes when you are first learning. Each time you meditate you can increase the session a few minutes. Build slowly and follow your intuition. You will generally feel or know when a session is complete. As time passes, you will naturally fall into a routine and find your typical session length.

Everyone has different abilities and the strength of those abilities will vary. Some of you will see better than others. Colours will be brighter, things will be clearer. Some of you will not see very well, but you might "feel" the colours and the environment. Some of you may hear your Guides very well while others may think they cannot hear them at all. Relax and just go with the flow. We are all unique and each one of our meditation sessions will also be unique.



Chapter 9

In Conclusion

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Each meditation session that you have will be different. Here are some of the typical experiences that you may have:

- You may find items that you did not put in your Inner Guidance Sanctuary. These are messages meant for you to interpret.
- You may meet your Spirit Guide or Guides.
- A Guide may take you somewhere other than your Inner Guidance Sanctuary. This is very normal. Enjoy the adventure.
- You may meet relatives or friends who have passed on. This is controlled and you will not necessarily be allowed to communicate with someone who has passed on.
- You may see energy—colours, light, swirls.
- You may be shown past lives.
- You may slip into the Higher-Self Meditation.
- You may be given future information.
- You may meet your Higher-Self.
- You will become closer to your Higher-Self.
- You will become closer to a Higher Power Filled With Light And Love

You now have the basics to form a solid foundation for nurturing your Inner Guidance. Now you must practice and practice and practice...

If you want to monitor your progress, it is important that you record your sessions or you may forget important details as time passes.

Go with the flow. Try not to get frustrated when you don't get what you want in your meditations. Remember, you will get what you need. Patience is one of the greatest lessons you will learn as you develop your abilities.

Remember, if you have questions about your experiences you can get support by visiting the Oralin web site.



The End...
or perhaps this is just
the Beginning!