

## Finding your Guides and Gatekeepers

by Kathie Brodie

Some people call them guides, some people call them angels, some people just call them "hits" or "gut reactions." Whatever the term, it refers to an answer that seems to come from outside you. Where do you think it comes from?

We've all had that sensation of asking a question and either "hearing" or "knowing" the answer, and there isn't anybody there telling us, right? That is your higher guidance answering you. Have you ever wondered what that guidance looks like or how to get in touch with it? It's easier than you think.

First, let me tell you that there is a hierarchy. My know- ingness tells me there is a gatekeeper and guide assigned to each of us. There are lots of them, so we don't all have the same one. I don't have the same guide or gatekeeper as my friends have, for example. Some guides are quiet, some are tricksters, some have a great sense of humor, some just sit and watch, but they are all different. And remember, you might call them angels or some other word. What you call them doesn't matter for this exercise.

They have been waiting for us to acknowledge them and to ask to meet them this entire lifetime. I was so surprised to learn that. And they were so excited when I actually did meet them! A

friend/mentor first brought in the description of my guide and gatekeeper in 1999. I was in awe.

One day I thought to myself, I wonder if I can do that? Personally, I don't "see" pictures or "hear" messages, I just have a knowingness. The way I contact my higher intelligence is by journaling, and I do that on the keyboard. I suspect it doesn't make any difference how you contact higher intelligence, it only matters that you make contact.

This same mentor/friend said, "Start out by writing with your non-dominant hand." Okay, I did that, and it worked! My hand sort of glided over the paper and I started writing! Unfortunately I couldn't read what was written, (it looked like hieroglyphics) but at least my hand was moving. So I contacted my mentor/friend again and she said, "Did you ask them to answer you in English?" Well, who would have thought? Once I asked for a response in English, it actually did come in English and I could read it.

The fun part was that I didn't really know what was going to be written and it was awkward with my non-dominant hand because the letters didn't seem to be formed in the right direction (for example, sometimes the "a" started at the bottom and went up instead of going from the top down) but I could usually read it. I was looking for

earth-shattering insights and I have to admit I was just a little disappointed. Then I learned to put what I wrote aside for a few hours or a day and read it later. At first it seemed like nonsense, but after some time went by, the answer really began to make more sense. Holy cow, a whole new arena just opened up.

After that, I thought, I wonder if I can actually meet my guides without the help of a mentor/friend? Why not give it a try? I got everything set up at my journaling spot and just started aimlessly keyboarding. Pretty soon I had a sense that "somebody" was there, so I got bold and asked, "Is there anybody there who wants to talk to me?" I nearly fell off my OSHA-approved chair when I sensed the answer was yes.

Well, what do you ask a guide? "How's the weather there?" Would I offend him/her and risk abandonment? Is it even a him/her versus an it? I started out pretty slowly and asked general questions like what do you look like, do you have a name, things like that.

When you do this yourself, try not to be afraid or intimidated, just go for it. Sit down and journal in longhand or with the keyboard, however you are most comfortable. I have found it is better to write something down so I can refer back to it. Many of the messages that my guides give me are very profound

and I doubt I would be able to remember them later, and I also doubt I would realize the import without having a record of the intelligence that is passed on.

You may doubt yourself and wonder if you are just making up the communication simply to "hear" an answer. If that is a concern, go within and listen to the answer. Often it is an answer that you weren't expecting and it may not make sense, but just see how it unfolds.

After a little practice, communication just happens. We

all have guides that are "assigned" to us. If we have a hobby, we have a guide for that. Invite that guide in when you start that hobby, and just see how much better the finished product is. Just be open. Listen. Sit quietly. Keyboard or write without purpose for a while. The words will start to flow.

We don't need a special place or a special chair or a special incense in the air, although if those things help to put you in the right mood or frame of mind, by all means use them. The important thing is the intention of connecting and listening to our higher guidance. It is

easy and it is fun.

The guidance that is available is amazing. So try it. Invite your guides to sit down for a visit, and enjoy the knowingness that they are there to connect with you and they will be there any time you want to talk to them. The only thing that is holding you back is you. They are jubilant, even I can "see" them doing cartwheels. Suspend self-judgment and just do it!

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## Click With Your Audience

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who you are and how you relate to your listeners will draw them into your presentation. Recently, I heard a CEO share a camping experience and how it related to what he learned about business. By telling that story, he became a fellow human being rather than the person who dictated the company's mission statement. It was much easier for his audience to relate to him. Dare to share one of your own stories and how it relates to your subject matter. Then watch your audience open up and work with you rather than against you.

We've talked about building trust and allowing people to know you. Now how do you get them to like you?

Many presenters are overly concerned with receiving acceptance and approval from the audience. In striving too hard to be liked just the opposite can happen. Distracting habits can creep into the best-dressed executive's presentation without them even knowing it. Anything that takes away from your natural presence (such as a forced smile, jingling change in the pocket, lack of eye contact, talking too fast with no "white space," or any of the other habits) must be addressed. With the assistance of a professional coach you can eliminate these unproductive habits. Increase your likeability by being yourself. The more relaxed you are the more they can relax and open up to your ideas. But

keep in mind that you want to be your best self, not a self that goes on automatic with habits of the past.

A good presentation can win people's trust and motivate them to act. One hour in front of a group can be the difference between people working with you or against you. Keep them tuned in and engaged by being the kind of presenter they know, like and trust. Subtle changes in your presenting style are well worth the time and attention. Your speaking speaks for itself.

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