Guardian Guide

A Guardian Guide is a spirit ally that acts as a protector, mentor, and stabilizing presence in shamanic work. Unlike other guides that may offer wisdom, healing, or messages, a Guardian Guide's primary role is to provide safety, boundaries, and energetic support in both spiritual and everyday life.

What Does a Guardian Guide Do?

- Protects your energy and helps you stay grounded and safe, especially in emotionally or spiritually overwhelming situations.
- Sets boundaries to keep unwanted influences, both seen and unseen, from affecting you.
- Offers stability and provides a strong, steady presence when you feel uncertain or lost.
- Strengthens confidence and supports you in standing firm in your own power.
- Acts as a first point of contact when working in the unseen world. Your Guardian Guide is often the first to show up, ensuring any other spirits you engage with are safe and aligned with your highest good.

How Do You Work with a Guardian Guide?

Intention & Invitation

- Set the intention to connect with your Guardian Guide.
- Ask for their presence and support in your daily life and shamanic work.

Building Relationship

- Trust your impressions—whether you see, hear, sense, or simply know they are there.
- Speak to them as you would a trusted ally.
- Notice when you feel their presence (e.g., a feeling of warmth, pressure, or calmness in a difficult moment).

Guardian Guide

Calling on Them for Protection

- Before entering spiritual work, ask them to stand at your back or surround you.
- If in an emotionally charged situation, mentally acknowledge their presence for strength.
- Use a simple phrase like "Guardian, stand with me" to anchor their support.

Recognizing Their Influence

- You might feel a sudden shift in confidence, clarity, or calm when they are close.
- You may notice specific symbols, animals, or feelings associated with their presence.
- Over time, their presence will feel familiar and reliable.

Common Misconceptions

- You don't have to see them clearly or know their name for them to work with you.
- They aren't only for deep spiritual work; they support daily life, too.
- They won't make decisions for you but will strengthen your ability to make them for yourself.

Examples of Guardian Guides

Light bubble, animal guardians, archetypes like Merlin or the Cailleach, elements, stones, fire, water, shields, cloaks, armour, torch, candle, lantern.

For those with aphantasia (inability to visualize), Guardian Guides often communicate through felt-sense, inner knowing, or external signs rather than mental imagery. EG sudden calm feeling, or pressure on the back etc.

Connect with your Guardian Guide

This exercise is designed for anyone, including those with aphantasia who may not visualize but can sense or intuit presence.

Find a Quiet Space

- Sit or stand in a comfortable position.
- Close your eyes if it helps you focus, but it's unnecessary.
- Take a few deep breaths, allowing tension to leave your body.
- Light a candle or hold a favourite stone, acknowledging the sacred space you are creating.

Set Your Intention

- Say (silently or aloud): "I welcome my Guardian Guide to stand with me. Show me your presence in a way I can recognize and trust."
- Don’t expect a specific response - stay open.

Notice Any Shifts

- Focus on how your body feels rather than trying to "see" anything.
- Do you feel a sense of warmth, pressure, tingling, or steadiness somewhere?
- Do you have a thought or word pop into your mind that feels reassuring?
- Do you feel a sudden sense of calm or clarity?

Acknowledge the Connection

- If you feel anything shift, thank your Guardian Guide (even if you’re unsure).
- If you feel nothing, don’t force it. Trust that the connection is building.
- Say: "Thank you for being here. I ask you to continue standing with me in my life."

Call on Them in Daily Life

- Throughout your day, try saying: "Guardian, stand with me."
- Pay attention to small changes like feeling steadier, less reactive, or more protected.

The key is repetition.

The more you acknowledge your Guardian Guide, the clearer their presence will become over time.

Ways to work with your Guardian Guide

For Stress Relief

Use this when feeling overwhelmed, anxious, or emotionally drained.

Ground Yourself

- Stand or sit with your feet firmly planted.
- Breathe in deeply through your nose, exhale slowly through your mouth.
- Say (silently or aloud):
- "Guardian, I call on you to steady me. Let me feel your presence now."

Notice the Shift

- Do you feel warmth, a deep breath, or a sense of calm settling?
- If thoughts slow down or your posture straightens, that's your Guardian's influence.
- Let yourself lean into that steadiness.

Acknowledge and Release

- Say: "Thank you. Stay with me as I move through this moment."
- Open your eyes and carry on, knowing your Guardian stands with you.

For Boundary-Setting

Use this before conversations or situations where you need emotional protection.

Establish Your Space

- Stand or sit with a strong posture.
- Take one deep inhale and one firm exhale as if pushing energy outward.
- Say:
- "Guardian, stand at my back. Hold my boundaries strong."

Feel the Support

- Imagine or sense a presence behind you, like a steady wall or a watchful figure.
- Notice any shifts—your spine may straighten, or you may feel a calm resolve.

When to connect with your GG

Step Forward with Confidence

- Before engaging in the situation, say:
- "I stand in my own power. My boundaries are firm."
- Move forward knowing your Guardian is reinforcing your energy.

For Shamanic Journeying

Use this before entering spiritual work to ensure safety and discernment.

Call in Protection

- Close your eyes and place a hand on your chest or stomach.
- Say:
- "Guardian, stand at the threshold. Only what is right for me may pass."

Observe the Response

- Do you feel a sense of stability? A change in body temperature or pressure?
- If anything feels off, pause and ask:
- "Guardian, clear what does not belong here."

Move Forward with Trust

- Once you feel settled, proceed with your journey.
- If uncertain at any point, return to the phrase:
- "Guardian, stand with me."
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These adaptations let you integrate Guardian Guide support into everyday life and spiritual practice.