



Thoughts from Pastor Vita

Spirit Guides and Guardian Angels

As Spiritualists, we openly affirm contact with our Spirit Guides and our Guardian Angels. Sometimes we confuse the two. *Spirit Guides* are people who have transitioned from this life to the etheric and have reached a high spiritual level where they are, in the spiritual world, but still retain an interest in what is going on in the physical world. They are different than *Guardian Angels* who protect us and send us help in many different ways. *Angels* are etheric beings who have never lived in the physical world. They answer us in ways that we can not foresee. Very often when we are being helped and protected by our Angels they help us in ways that don't make sense until later when we look back on the situation we were in and realize how we were helped. Spirit Guides are around us to help and guide us when we ask for help and advice. Guides are mainly concerned with our spiritual growth and are prepared to help us along the way. However, since we have free will they want us to be independent and stand on our own two feet, they discourage us from asking for help every time we have a small problem. They prefer to act as mentors and guide and advise us on the big problems. Communicate with your guides as often as you want, but ask for help only when it is really necessary.

Spirit Guides are non-judgmental. Even when we make mistakes by ignoring or going against their advice they will never say, "I

told you so." They recognize that we have to make mistakes to learn important lessons. Spirit Guides are usually, but not always, ancestors or close friends we have known and loved.

Many of us work with *animal spirits* and they communicate with us in many different ways. Animals, insects, and birds are drawn to us by a vibration field that surrounds our body. Songbirds are drawn to backyards that have good vibrations. A friendly neighborhood dog will give you feedback about the warmth of your personality. Bumblebees will give you different information. Basically, when insects, birds, or animals are around, they reflect the conditions present in your environment. These animals are not in spirit form, but they are sensitive to your magnetic field and are drawn to us for a reason. Use them as a barometer to assess yourself and your current environmental conditions. Birds and animals from different dimensions in spiritual forms also give us assistance and sometimes warnings. Crows are known to give us warnings or sometimes confirmation about a decision we have made. Master teachers may appear as birds or animals and offer experiences or lessons that provide information or guidance.

Remember that whether we choose to work with Spirit Guides, Guardian Angels or Animal Spirits the spiritual message is the same. All serve as symbolic representations of the love, guidance and help that is available to us from the spiritual world.

~Pastor Vita Balsino