

quires an expert, ask a helper. If you require insight or knowledge, ask a teacher. If you want to be released from old patterns, ask your master. And if you're just plain in need of reassurance or protection, ask your angels.

The biggest task this week is to take the chance of asking for and letting yourself receive the love, support, and guidance being channeled to you from your guides. Your guides love you. Your guides are there specifically to help you. And when they help you, they in turn are evolving ever upward into the light of divine oneness.

By agreeing to be helped, you help your guides. You help the planet, too; as you achieve more balance, you contribute more balance to the earth plane. And you help your relationships. If you are spiritually peaceful, you can touch other people's lives in a good way, and the domino effect goes on and on. The more you receive light from the spiritual plane, the more light you throw out. At this point you begin to shift toward those who heal and away from those who hurt.

When you open yourself up to the influx of psychic support, every life you touch will also be helped. It doesn't stop with you. The energy flowing into you ripples outward from you like ripples on a lake, on and on and on. That is the continuance of love.

Write in your journal this week all experiences you have of being helped. Get ready—you're in for a wonderful surprise!

CHARTING YOUR PROGRESS

Reflect on your experiences this week when answering these questions.

How many days this week did you meditate? Were you aware of any guides? _____

How many days this week did you make an entry in your psychic journal? Talk to anyone new? _____

Have you remembered to ground yourself? _____

Have you remembered to clear your aura? _____

Did you meet an angel? _____

Did you employ your runner? _____

Did you feel a helper's hand? _____

Did you learn from a teacher? _____

Did a joy guide make you laugh? _____

Did your master whisper new directions? _____
