

## *Rosemary Butterworth is Michael's Messenger*

### How to Connect to My Guides.

All connection is made by being present. To be present we have to be fully aware. Not only of external sounds, but also how we feel, what the mind is thinking and being totally detached, going beyond the limitations of mind; being conscious that we have a body (but are not the body).

All this happens simultaneously. It takes practice.

To begin, realise that the mind is used to controlling us and that we have begun to believe everything it tells us. This gives it its power to control us. This part of the brain is called the Lower Mind and it is what chats to us incessantly all day. This chatter prevents us from connecting to our Guides or our Higher Self. It is extremely negative and always tells us what is wrong with our world and criticizes us. This criticism produces stress and negative emotions which produce an overload of chemicals in our body that produce illness. It does not want us to be present for then it has no power – it is called the ego.

So the next thing is to practice **noticing**. When you wake up practice noticing what your thoughts are about as you walk into the bathroom. Are they glad to be alive thoughts, or are they depressed and stressed about the day ahead. As you **notice** your thoughts, give your mind a job to do, distract it in other words, ask your mind to feel your feet on the floor or the water as you shower or wash your hands. Stand still for a moment and just feel the water. **This will bring you into the present.**



Next **notice** how quickly the mind steps in to distract your focus to gain the upper hand again. The Lower Mind is like lightning. Quick as a flash you will become involved in your thinking quite oblivious to what your hands are doing, such as dressing yourself, getting breakfast etc. So the need is to keep focussing on noticing your thoughts and bringing your focus back to what is going on right in front of your eyes for that is where your hands work but you are seldom there. You are seldom in the moment now.

Practice meditation every day – even for 10 minutes even though your Lower Mind will tell you that you haven't enough time. Do not believe a word it tells you it just wants your energy. It is not you.

Continue this practice and eventually you may begin to feel an energy around you when you are still, maybe during meditation. Always declare that only energy that is for your highest good, and acknowledges Christ Consciousness is welcome in the room. If the energy stays ask a question or simply stay still and see what your intuition tells you. Your intuition is the voice of your Guides.