

THE
Intuitive Awakening
COURSE



CHAPTER 1 FAQs

ANSWERS TO FREQUENTLY ASKED QUESTIONS – CHAPTER ONE

AT A GLANCE:

1. I'm stuck on Chapter One due to a fear of the Spirit World. I'm terrified I'm going to be startled or frightened by spirits if I continue any further with the course! (page 1)
2. Can we use the techniques provided in this course to channel Archangels and Ascended Masters? (page 2)
3. Can I alter the Chapter One prayer request for calling on my higher self, Spirit Guides and Angels to include an Ascended Master or God? (page 4)
4. I'm unsettled by references to Ascended Master Jesus/God, as I have had traumatic experiences within the Christian religion. I thought this course was a spiritual course, not a religious one (page 4)
5. You mentioned soul contracts and life purpose in this chapter. How do I find out what mine are? (page 5)
6. You said in this chapter that most people have between 4 and 8 guides. In a psychic reading, I was told I have 33 Spirit Guides. Why would I have so many? (page 5)
7. In the beginning of this chapter, you said that we have to suspend self doubt in order to develop psychic abilities. How can I actually do that? (page 6)

Question #1: I'm stuck on Chapter One due to a fear of the Spirit World. I'm terrified I'm going to be startled or frightened by spirits if I continue any further with the course!

Answer: I struggled with the same fear on my own journey of psychic development, many years ago. If this is something you struggle with too, please read this article to hear how I overcame this fear and for some pointers on your own path:

- [4 Ways to Make Spirit Communication Feel Less Scary](#)

I also recommend moving straight on to the next chapter (Chapter Two), which covers spiritual protection. Going through that chapter (and doing the exercises contained within it) should help you to feel more secure and protected on your journey of psychic development.

Question #2: I realise that this course is about connecting with Spirit Guides and our higher self. However, can I learn to channel Ascended Masters & Archangels instead? Archangels and Ascended Masters are the beings I feel connected to and speak to, although I've never had a reply!

Answer: Before answering this question, I want to clarify something for anyone reading who does not already know this:

When it comes to the beings that we can channel, there are two categories of spiritual being:

Divine-level beings and astral-level beings.

Divine-level beings are Ascended Masters and Archangels.

Archangels hold positive energetic frequencies for us on a grand scale, which means that we can easily tap into these energies. For example, Archangel Raphael holds the energies of love and healing, and so healers sometimes call on this Archangel to help them in their healing work.

Ascended Masters are figureheads that we associate with certain religions. They are usually beings who once walked the earth, but they no longer incarnate here, because they have evolved beyond the need to do so. If they do incarnate here, it is usually to help out humankind, rather than for their own evolution. They also transmit positive energetic frequencies to us, ones which were associated with their 'message' and life path when they did last incarnate here on Earth. For example, Jesus transmits love and healing, whereas Buddha transmits peace and serenity.

Our Spirit Guides & Guardian Angels, on the other hand, are astral-level beings.

Our **Spirit Guides** are there to help guide us, so that we can stay on track with the kind of path our soul chose for us before we even incarnated. Our guides help us to have the experiences our souls are looking to have here, and they can give us guidance to keep us away from the type of experiences we're not looking to have. Our **Guardian Angels** also help to keep us on our soul's path by protecting us from dangerous people or experiences. So if it is not our time to pass away, we are kept safe.

Overall then, you can see that the astral-level beings have a more personal relationship with us, whereas Divine-level beings are beings that anyone can call on.

Having made the distinction between these two categories of spiritual being, let's go back to your question:

"Can you also learn to channel Ascended Masters & Archangels?"

Yes, you could learn to channel Divine-level beings such as Archangels and Ascended Masters. However, the likely reason you haven't heard back from those beings is because Ascended Masters & Archangels are not associated so much with spiritual guidance. Instead, **Divine-level beings are mostly called on to help us to raise our vibration, to heal us and to protect us spiritually (we will learn about this more in the next chapter)**. When you do manage to hear back from the Archangels & Ascended Masters, they tend to give more universal guidance, which is less specific to you personally.

To give you an example of the difference here, Divine-level beings, such as Archangels & Ascended Masters, will often give out universal messages (i.e. messages that could apply to any of us, but which are also true for you) such as "You are loved".

Your Spirit Guides, by contrast, are more likely to impart guidance that is specifically for you – for instance, "you left the garage door open" or "you may want to reconsider your friendship with so-and-so".

There is a place for both types of guidance in our lives, but remember that Spirit Guides are chosen by us (before we even incarnate) to accompany us on our path. That means that they know us really well, including our life path, our life lessons and karmic patterns, and they are often very tuned into our daily lives, our relationships and the contents of our minds. This makes them an excellent source of guidance.

Spirit Guides' guidance tends to be more relevant to the details of our human lives than the kind of guidance that comes our way from the Divine-level beings. We can draw upon both sources, but I don't recommend excluding your Spirit Guides, because the most relevant guidance is likely to come from them.

So to summarise, I recommend utilising Divine-level beings (Ascended Masters & Archangels) for healing, raising your vibration, spiritual protection and universal messages that apply to all humanity, and I recommend tapping into astral-level beings (Spirit Guides, etc) to obtain guidance which is more relevant to your own life.

This course will teach you how to do both.

Question #3: Can I alter the 'prayer request for calling on my higher self, Spirit Guides and Angels', to include an Ascended Master or God?

Answer: Yes, although before doing so, you should take into account my answer to question 2 above.

If you follow a particular religion, you may also wish to call in God or an Ascended Master from that spiritual tradition, such as Moses (Judaism), Jesus or Mother Mary (Christianity/Catholicism), Krishna (Hinduism) or Buddha (Buddhism.) To do this, insert the following piece of text into the prayer at any point:

*"I call on you Ascended Master(s) _____ to be present in this moment.
I ask you to make your guidance and assistance known to me, in the easiest way I can receive it..."*

Note that this is totally optional and is usually only added in by those who have some kind of religious affiliation.

Question #4: There are mentions of God/Jesus in this course – are you religious? I thought this course was a spiritual course, not a religious one.

Answer: Please substitute the word 'God' for a word of your choice, such as: Divine Intelligence or Source. I believe that we are all a piece of God – we have Divine energy within us. I don't believe this Divine energy is outside of us.

I have been influenced by Christian Mysticism but I am not religious. If you wish, you can find out more about my background with religion in [this article](#).

If you don't wish to call on an Ascended Master from a specific religion, there is no need to as part of this course. I mention Ascended Masters like Jesus in this document because some of my students do want to involve these Divine beings in their psychic development process. Students come from a whole variety of spiritual and religious backgrounds and I aim to support them in their beliefs and preferences.

Question #5: You mentioned soul contracts and life purpose in this chapter. How do I find out what mine are?

Answer: Life purpose is composed of various different aspects. The best way to find out more about the various aspects of your purpose is to get your Akashic Record read.

There is also a guest intuitive (trained by me) who offers Akashic Record readings via my site. You can find her sessions [here](#).

A more affordable (mini) version of this reading is offered [here](#).

I also offer email Akashic Record readings occasionally, which can be found [here](#).

In addition, I have a list of people I have trained to do this type of reading on my website. You can find that [here](#).

To find out more about soul contracts, I recommend Michael Newton's books 'Journey of Souls' and 'Destiny of Souls'.

Question #6: You said in this chapter that most people have between 4 and 8 guides. In a psychic reading, I was told I have 33 Spirit Guides. Why would I have so many?

Answer: It's unusual to have more than 7 or 8 Spirit Guides. The psychic who picked up on 33 guides may instead be picking up on the presence of your Guardian Angels (there's usually 2-3 of them), along with ancestors and deceased loved ones (and there could be many of them) and mistaking them for guides.

They may also be picking up on the presence of Divine beings, such as Ascended Masters and Archangels. (When we call on these Divine beings repeatedly, their energies can often be found around us, and a psychic will pick up on that, too.)

In addition, if your soul purpose is complex and you are here to fulfil an important mission as a lightworker, you may have an extra team of Spirit Guides (and again, there will usually be 4-8 guides in that team), specifically related to the fulfilment of your soul's purpose. However, this is quite uncommon.

Question #7: At the beginning of this chapter, you said that we have to suspend self doubt in order to develop psychic abilities. How do I actually do that?

Answer: The best way to suspend self-doubt is to adopt an approach of 'play' and light-hearted experimentation. Don't be afraid to make mistakes in this process and 'get it wrong'. I realise that you have taken this course because it matters to you that you develop your psychic abilities. But, the most effective approach to psychic development is one of non-attachment. I shared some ideas on how to release attachment to an outcome in this article: [Releasing Importance - You Must Do This to Manifest Your Desires](#) (the article is about conscious creation, but I would say that the information in it also applies to psychic development.)
