



Spirit Guide Workbook

A Journey to Your Soul

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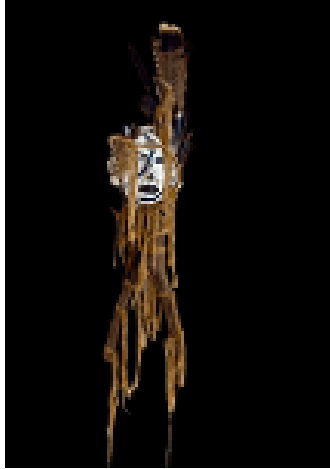
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Each Chapter Includes:

1. Image of a Spirit Guide Mask with a description of the Guide's purpose and message.
2. Further Exploration: Exercises, Ceremonies, or Rituals.



Unity

Introduction - A GALLERY OF GUIDES

As I write, I am surrounded by a dozen or more masks of my Spirit Guides. I rely on their wisdom daily. I created each one when I needed guidance, whether in a problematic relationship, career quandary, challenging situation, or grieving time. Occasionally they rotate, as I sell one meant to guide another Soul in need. But, there are some I will never part with because they are so much a part of my Soul's essence.

I've been creating Spirit Guide Masks since 1996, before I knew that's what I was doing. My mother, who is also an artist, introduced me to mask-making. I thought it was an intriguing process. Then in 1997, I enrolled in a master's program at JKF University in California, where I received an MA in Arts and Consciousness Studies in Transformative Art. While there, I took a mask-making class with Kaleo and Elise Ching called *Faces of the Soul*, and I was hooked! Much of how I approach the physical mask-making process is based on the foundation I received in that class.

The first mask I created is *Unity*, and she leads this chapter. It seemed only fitting since she was my first Guide. Over the years, I found feathers that I knew belonged to her, so I added them to her original headdress until she appears as she is today.

Unity embodies the four elements – earth, wind, fire, and water. She came to me when I was seeking unity in my personal and professional life. At the time, I was working as a Nursing Home Administrator and was increasingly disillusioned with corporate life. I knew I needed to find a path that fed my creative, intuitive Soul.

In the mask, the wooden branch supporting the face of *Unity* symbolizes Earth. Earth is the element of the first (root) chakra and energetically correlates with our family of origin, money, career, and belonging. *Unity* was telling me I needed to shift from outdated childhood beliefs about my career and the proper ways to make money. I needed to find a new tribe where I belonged.

The feathers represent Wind. Wind is the element of the seventh (crown) chakra and energetically correlates with spiritual connection, consciousness, understanding; love for all; the desire to live more authentically; fully embracing your divine purpose; overcoming objections to your chosen path and walking it no matter what others say.

Walking my chosen path was challenging – it still is sometimes. I feel that I am called to do the work I do. Part of my spiritual journey is to stay on my path in the face of others' objections. Frankly, I could make more money doing something else, but I know in my heart and soul that this is the work I am to do in the world. I've had too many dreams, synchronicities, and knocks on the head (literal and figurative) to ignore Spirit's call to live and work authentically and help others walk their soul path – something different for everyone.

Fire is represented by the 'flames' of cloth that hang from the branches. Fire is the element of the third (solar plexus) chakra, which energetically correlates to vitality, strength of will, personal power, a sense of purpose, and effectiveness. This is the inner adult. This element calls me to find my inner source of success and power rather than rely on the outer culture's definition. That doesn't mean I want to live in poverty or don't appreciate the value of a lovely house, a good car, or stylish clothes. However, I've had to learn how to balance and harmonize my desire for the material things I enjoy with my higher purpose, which takes strength of will and an awareness of when I slip into grasping for the outer symbols of power and success.

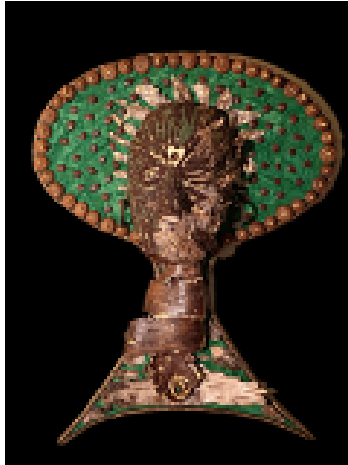
The sea shells represent water. Water is the element of the second (sacral) chakra, which energetically correlates to fluidity, passion, pleasure, beauty, desire, romance, and connection. Allowing myself to flow energetically is an area I have to pay special attention to so I stay true to my feelings, sense my intuitive spirit, and continue to discover and embrace my creative spark.

The messages I just described came to me over time. When I first created *Unity*, I only had a vague sense that She had something important to teach me. Through our long-time relationship, I've learned to listen more deeply to Her wisdom and heed her messages.

As part of my training as a transformative artist, I learned to use my intuition and tap into Greater Spirit for inspiration to create each mask. Over the past ten years, I have deepened my intuitive practice and now work with others to develop their intuition as an Intuitive Coach and Counselor.

I also do intuitive Spirit Guide Readings and create unique Spirit Guide Masks for my clients. The Client's Guide always has powerful messages, both in the physical realm and at the soul level. Their Guide also directs me in constructing the mask; I become a conduit of creation. I'm deeply honored to do this work.

In this workbook, I will act as your intuitive coach and creative guide. I will show you, step-by-divine-step, how to use your intuitive connection with Spirit and tap into your innate creativity and imagination. You will discover that you are your own divine conduit. The perfect Guide will show up for you and share their wisdom as you create your own Spirit Guide Mask that will support you on your soul journey.



Grandmother Oak

Chapter 1: THE DEEP, DARK WOODS

Do you feel like you are wandering in a deep, dark wood? Have you hopelessly lost your way? Are you looking for a golden thread that will lead you back to your original Soulprint? Don't worry, Wild Heart; there is wisdom in the woods. Sit for a while with your back against the aged Grandmother Oak. Take time out from activity to rest and be.

The journey to our original Soulprint is rarely a straight path. We often ramble uncertainly and get lost. We drop our golden thread and end up back in the deep, dark woods and have to find our way out again and again. Rather than running around looking for the thread, if we sit still, we will hear the whisperings of our Spirit Guides.

We are all born with inner wildness, wisdom, and innate gifts, which may be considered odd, unacceptable, or quirky. Indeed, these gifts are the golden thread to your Soulprint. Throughout life, parents, teachers, friends, mentors, and others help define who we are. They give us advice that reflects their expectations and perceptions of reality.

As well-intentioned as they may be, many of them don't know themselves, let alone who you are. As a result, starting from a very young age, you were led to walk a path other than that of your Soul.

The over-culture encourages you to seek happiness and fulfillment outside yourself. Perhaps you believe you can fill the holes in your Soul by living in the right house, driving the best car, and holding the most prestigious job. You might fall into the trap of romanticizing relationships and think that the perfect partner, parent, child, or friend will materialize if you wear the right clothes, eat the right food, or go to the right school.

Unfortunately, as long as you focus only on the outer world, you will never stop wandering in the deep, dark woods. In the stillness of the woods are Spirit Guides to help you retrieve your golden thread and reclaim your wild and wise Soul. They are always near but easily overshadowed by constant internal chatter and the outer distractions that fill your life.

So sit quietly at the feet of Grandmother Oak. She will listen while you tell her your story and introduce you to the Spirit Guide, who will help you journey to the center of your Soul and reclaim the forgotten aspects of yourself. You will love what you find there.