

**The Limitless Life Experience Podcast**  
**The Convo about Spirit Guides with Yamile Yemoonyah**  
**Transcript**

Intro

We are in the phase in history that we need all hands on deck and that we all need to really realise that we all have a mission. And we are the ones who have to create the change we want to see in the world. And that no one else can do it for us because there is only one you out there. Welcome to the Limitless Life Experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven-figure, serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach, and believer in miracles. My superpower is helping female entrepreneurs like you create six-figure breakthroughs in your business fast, so that you can expand into limitless living and create an incredibly positive difference in the world. In this space you will hear me talk all about wealth, yourself, spirit, and impact. This is The Limitless Life Experience podcast.

**Suzy:**

Hello? Hello, you gorgeous human being. It is Suzy Ashworth here, and I want to welcome you to the limitless life experience podcast. And I have got an extremely fun treat for you here today. I am going to be interviewing a lady that I met maybe four or five months ago. A client of mine had had a session with her and had been completely blown away by what she had heard and what she had received. And it was like, Suzy, you need to speak to this woman. And so I went and booked myself a session and I too was literally blown away. I got to connect with my spirit guides. I don't know how many of them that I have, but I got to connect with a few. And the information that was shared with me was both confirmation and an affirmation as well as providing me with new insights and things to think about. So, uh, when I got the opportunity to invite this lovely lady onto the podcast to share all things spirit guides with you, I jumped at it. So I am going to leave

You or stop you being in any more suspicion. I want to introduce you to Yamile Yemoonyah She is a professional spirit guide, medium and a Hay House author, host of The Spirit Guide Show and founder of The Spirit Guide Society. Um, the very first time a spirit guide physically appeared in her bedroom was in her mid-twenties, which feels quite late. And because she saw the guide, there was no, no choice, but to believe that there was something beyond our 3D reality. So Yamile, welcome.

**Yamile:**

Thank you so much for having me. I'm super excited to be here and thank you so much for that lovely introduction.

**Suzy:**

You are so welcome. So yeah, your mid-twenties feels like, it does feel quite late to be introduced to this world, is it?

**Yamile:**

Yes. Um, so there are some people that have these abilities that have them from like, from birth and for some people it starts later. There's a big discussion. If you have to be born a medium or if you can become a medium, I personally think we all have the ability to do it. Just like we can all dance, not everyone's going to be like a, um, famous professional dancer, but we can all do it. So, um, that's why I also teach how to do it to people. But so I think in my case, it was probably that I already had the ability, but it needed to be awakened also because I grew up in a family that was very scientific that didn't, um, subscribe to any religion or spirituality. So I needed that real wake up call off of my spirit guide being there, physically in my bedroom for me to be like, oh, oh okay, something's going on here, and to get curious.

**Suzy:**

Why did it happen then? Had something significant happened in your life in order to create that experience?

**Yamile:**

Yes. So I, um, was adopted as a baby. I, um, I was born in Colombia, um, to an indigenous lady or partially indigenous and a father that I don't know anything about. Then I was adopted by my parents who were Dutch and I grew up in Germany, and then my mid-twenties, early-twenties, I started being interested in my roots because I was like kind of lost. I didn't know where I was going. I, I just felt depressed, and, um, I always felt that feeling that I have a mission in this lifetime that I have a purpose, but I could never figure out

what it was. And so I decided I wanted to know more about my roots, specifically, the indigenous roots and the, um, spirituality, um, of my ancestors, what, what were they doing spiritually? And so I started doing some research and I found out that they still have shamans that work and heal and do rituals and all that. And so I started looking into shamanism in general because there wasn't much about that specific, um, tribe in, in, um, Colombia, the Emberá. So I looked at generally shamanism, found my way into neoshamanism, which is what's taught here in the West. Um, and, uh, so I started reading a few books on that and a few weeks after I started this, my spirit got chilled up.

**Suzy:**

Wow. Um, and did you know immediately that it was your spirit guide because of the work that you had been doing? Or were you afraid? Were you like, what the fuck is this?

**Yamile:**

I was not afraid, but, um, so this is what happened: it was in the middle of the night I woke up, um, my partner at the time was still sleeping next to me. I wake up and I see this guy standing there in the doorway of my bedroom and he's just wearing jeans, like no socks, no shoes, no shirt, nothing just jeans. He had short, dark hair, darker skin. Um, and it was clear that he was like indigenous from South America. But I was just staring at him because yeah, it's kind of weird right? So, and then he was staring back at me and out of nowhere, he had this red, glowing orb that he held in his hand, it was maybe the size of a baseball and he threw it over to me, and I still remember what it felt like when it like hit my bed. And then I blacked out and the next morning I wake up, my eyes weren't even open yet. My brain hadn't really started working, but my left-hand started searching for that red, glowing orb and couldn't find it. And then my brain started working and I was like, whoa, what the hell happened? And I know it was something spiritual. That's what I knew, but otherwise I had no clue. Um, so I was signed up for a workshop two days later on neoshamanism or core shamanism, um, in the tradition of, um, Michael Harner and the foundation of some shamanic studies. And so on the way there with my friend who was also doing the workshop, I told her the whole story and we tried to figure it out, but we just didn't know. So we come to the workshop and the guy that leads the workshop, Paul, he explained what we were going to do, we were going to travel to the spirit world and meet our spirit helpers. And he said, once you meet your spirit helper, they usually give you like energy. Um, and they oftentimes do that by hugging you one day, you really feel the energy go into you. Or sometimes they

will give you the energy in a form of a red ball or a globe. That was the moment when I was like, Oh, okay. I think this was my spirit guide. And so that's how I find out.

**Suzy:**

That is crazy!

**Yamile:**

Yes.

**Suzy:**

I have so many questions. Can I just ask you before we talk about the guidance again, whereabouts in Colombia, were you born?

**Yamile:**

In Manizales, it's in the Andes in the coffee region.

**Suzy:**

Oh, wow. I went to Colombia last year and I went to Medellin and it is one of the most vibrant, exciting cities that I have ever been to. I was just really, really blown away by the energy and the atmosphere and all of the things like I'm in love with Colombia.

**Yamile:**

Yeah. It's a beautiful country and I love Medellin too. I was there for a few months in 2012, I think. Yeah. Definitely want to go back.

**Suzy:**

And have you done much studying actually in Colombia?

**Yamile:**

No. I was there for other reasons. Um, mostly to, um, see what my country is like, where I'm from. Um, and I started building a business there. So at that time I was more focused on like the outside world, like building a business, these kinds of things. Only after I got back again to the spiritual side of my life.

**Suzy:**

And do you believe that our spirit guides are separate entities from us or are they facets of our own personality?

**Yamile:**

I believe that real spirit guides are separate entities.

**Suzy:**

Ooh, interesting.

**Yamile:**

However, I think that a lot of times we start connecting with our spirit guides by first accessing internal archetypes.

**Suzy:**

Yes. Yeah. Which I've just started playing around with the archetypes myself. Do you, uh, I mean, I mean, there are many, many different types of archetypes, but do you see a pattern in, the ones that we connect with when we're on this spiritual path?

**Yamile:**

Yes, definitely. And I think it's very much influenced also by culture and the time we live in.

Um, when I look at, for example, at mediumship in the tradition of, um, um, spiritualism, then oftentimes you see that mediums from let's say 40 years ago, oftentimes had spirit guides that, um, were Chinese or Indian and now, and then we've suddenly had a lot of spirit guides that were native American. And so I think, um, there's two reasons for that. First of all, sometimes like we said, it's like archetypes, like the shaman or the priestess or the monk or the nun - these kinds of things. But, um, the other reason is that our spirit guides oftentimes use, um, the way we view the world to present themselves to us. So it's easy for us to, um, yeah acknowledge them and communicate with them. So the way they show themselves is not always the way they actually look because they are not in the physical world, they don't have a physical body. So, um, but they know that it's easier for us when we have an image that we can connect with.

**Suzy:** So would you say that the archetypes that we access and that being the gateway for many people into the spiritual realm, that is our intuition more than a guide, an external guide?

**Yamile:** Yes. Um, but the, the boundaries are like very fluid also with intuition and spirit guides. So our spirit guides can use our intuition to work with us. So we just like, we can, they can work with our imagination, like a guided, that's why there are guided meditations to meet your spirit guide. So your imagination is being triggered and then you see whatever you're being told to see, like you're in a forest and you walk down a path and then you come to a little hut and you open the door and then there is your spirit guide. So they use your imagination and, um, basically put themselves in there with their messages. And so a lot of times we communicate with our guides without even noticing or realising it.

**Suzy:** This is so interesting. So your book is called, is it the seven spirit you'll.. meet your seven spirit guides?

**Yamile:** It's called The Seven Types of Spirit Guides.

**Suzy:** The Seven Types of Spirit Guides. So is it that you believe that there are only seven types?

**Yamile:** No, but these are the seven types that my guides, um, told me about. I, um, I definitely it's, it's, it's a system that works, um, for them and for me to work with at the moment, I'm sure there are others out there that I don't know about yet, but this is how far

I've come so far.

**Suzy:** Okay. So before you tell me all of the seven guides, I am curious who was your diet Coke man? Who was the guy in the jeans? Which type did he fall into?

**Yamile:** He's an ancestor guide. So he, yeah, he represents my ancestors. I'm still not sure if he's actually someone who lived at some point or if it's like the collective of my ancestors that just showed up like I said earlier in a specific forum that works for me. but in the end it doesn't matter for me. I know this is like the connection to my, um, specifically indigenous ancestors. I have another guide that's, um, um, connects me with my African ancestors. Um, and that works for me.

**Suzy:** Okay. So I am curious as to how you see the world. We have our 3D experience and then everything else, where do our guide sit in terms of the everything else? Like how do you, um, yeah, I'm really curious as to how you see the world. If you had to put an a, if you had to put a visual on that, how would you describe it?

**Yamile:** That's a really good question. Um, I would say if a lot of people talk about dimensions, for example, and I, yes, you can view the world that way, but just like with the seven types of spirit guide, um, realise that this is just a concept, a human concept to make things easier for us. Um, we, we can't like hold on to it too tight, but if we talk about the dimensions, I would say that, um, our guides start at the sixth dimension and up, um, so different types come from different dimensions and have different kinds of knowledge and can help us with different things. So I would say it starts at the sixth dimension.

**Suzy:** What's going on at the fifth dimension?

**Yamile:** The fifth dimension. So I think the fourth dimension is really the astral world and the fifth dimension. I'm actually not 100% sure. I think the fifth dimension is where we humans as fully embodied in 3D world can reach up to, above that, um, beings have to also, um, meet us in the middle.

**Suzy:** So when, when I hear you talk about spirit guides, and obviously I'm a believer, which is why we had our session together, I am wondering how much, but when do you know that it's not just your imagination? I think that so many people, even when we're talking about the basics of intuition, we hear voices in our head, or we might get an image, a picture, and our mind immediately says, you're imagining this. And there are so many people out there that

on the surface of it, you think when you listen to what they're saying, you're like, they sound a little bit crazy. How do you know that you're not being a crazy person? How do we know that you're not being a crazy person?

**Yamile:** Um, well, the thing is I had, I think I've actually been in touch with spirit guides my entire life, but I didn't realise it, um, because I thought I was making it up. So I remember when I was a little girl, I would like, um, walk around with my mum and she would talk to people and I would get like these, I would get information bits. Um, for example, a lady that had just, um, uh, it wasn't, it wasn't an emotional state. She was sad about something. And I remember getting the information that she had just had a fight with her husband, but I thought I was just making it up. So yes, I have that same thing I learned later on after my spirit guy showed up, um, that first time, um, it still took me like 15 years to figure out, oh there's something about this, I can do something with this, I can help other people. Um, and after these 15 years I started realising that I'm getting messages for people. And the only way that I could figure out and learn, what's the difference between my imagination and what's real was by going up like, or giving people these messages and getting feedback. So what I'm trying to say is like, it's really about practice. Just like any other skill, you can practice it. And in the beginning you won't always get it right. Sometimes it's your imagination, sometimes it's not, but the more you practice, the more you will notice the difference. Um, for example, if it's really a spirit guide showing up, they will have what some people call a calling card. And that can be just that you get really cold or really hot, or you're just your hands start to suddenly feel really big, or you start like shaking a little bit, or the air around you get sticker or electric. And so there are these little signs and the more you practice, the more you realise, oh this is what always happens when my spirit guide is actually here. And then, um, you know.

**Suzy:** Do you think that things like Oracle cards help or hinder your connection with your spirit guides?

**Yamile:** I think they definitely help. Any kind of tool, like even astrology, tarot cards, crystals, all that helps, um, because it gives us, it gives our mind something to hold onto, um, and to help our Western mind specifically to, um, have something that makes sense at least a little bit. And so, um, yeah, it definitely helps.

**Suzy:** Okay. So tell us who are, are the remaining six types? So we have our ancestor guides and who else?



**Yamile:** Yeah, so ancestors can be, um, like literal ancestors, like grandparents, great grandparents that can also be, um, ancestors from hundreds or thousands of years back that you don't even know, or it can also be ancestors from past lives and that's important to know. Then we have angels and I think most people know what angels are. Then we have, um, animal guides and animal guides are not the souls of an individual animal, but the spirit of an entire species, then we have star beings otherwise known as aliens, but I don't like the term aliens because too many people have seen too many scary Hollywood movies and it freaks them out. Um, and also star beings as like a bigger category, it includes like the grays that we all have heard about, but it also includes the stars and planets themselves, for example, because they are sentient beings and we can communicate with them. And, um, it includes any kind of being, that's not from planet Earth basically. And then we have, um, the ascendant masters who were once humans here on earth, but who reached enlightenment and therefore don't reincarnate anymore. And then we have deities, so gods and gods, um, and last but not least we have nature spirits. So that would be elves, fairies gnomes, and all the other names that they're known under, um, across the world.

**Suzy:** And have you had contact with all of these types?

**Yamile:** Yes. Um, that's how my spirit guides gave me these seven kinds of spirit guides. First, the first one was that ancestor guide that showed up. But over the next 15 years, I had random visits or interactions with all of these at least once. So I had three aliens in my bedroom, same story. I woke up in the middle of the night and there were like these three aliens, like, like they just jumped out of a Hollywood movie. And they were just as surprised that I could see them as I was that they were there. So that was also fun story. Um...

**Suzy:** What did they look like? You say a Hollywood movie, but like, are we talking green, big heads, big black eyes?

**Yamile:** Grey, grey big, big heads, big eyes, spindly legs, spindly... yeah. That's what they looked like.

**Suzy:** Wow! And did you, so did you communicate with them or was it just like, you know..

**Yamile:** No, it was interesting because like I said, they were just as surprised. I apparently I wasn't, I'm not sure, but I don't think I was supposed to see them. I'm not sure, but, um, so I basically woke up and I wanted to leave the room. Um, and I turned around to face the door

and there they are, two are standing up. One is like kneeling as if he was going to propose to someone and they look at me and I, they, I look at them and then one of them comes running over and touches my wrist. And then, and then I blackout. And the next morning I wake up and I realised that in this case, it wasn't like my physical body that had gotten up, there was my astral body that was about to like go on some journey and in my astral form I saw them, and they saw me and one of them came running over and touched my physical wrists because he knew that when you touch the physical body, the astral body will go back in immediately.

**Suzy:** Wow!

**Yamile:** So I don't know if they, um, wanted to teach me this lesson about like how the physical and astral body work together, or if they really didn't want me to see them, but that's how it happened.

**Suzy:** That is crazy! Tell me about meeting elves or fairies. What's that like?

**Yamile:** Um, that was an interesting experience in the woods. Um, when I was standing in a specific place that I already had identified as having like specific energies that I kind of, like, it was easy for me, for me to when I'm there to open up to different worlds. And so I was sitting there and meditating and then the entire surroundings changed. It was still the same, but it kind of changed into, um, elvin world. So everything became a little cartoonish, um, and, and just different, like at the same location, but in a different dimension, it's really hard to describe. And there, I saw elves, um, in the woods and walking around and yeah, and another time I, um, saw one in my plant at home, that like it was kind of like the, the face came out of like the leaf and then went back in, um, and I've seen something similar in Barcelona at a park, um, in the bark of a tree, like the face just came out and then went back in. Um, so yeah, that was nature spirits.

**Suzy:** And then which ascended master have you met? Oh, which of the ascended masters?

**Yamile:** The ascended masters. Um, so there's one particular spirit guide that I'm connected with that falls into two categories. So once a goddess and, but at the same time, she's also seen as an ascended master sometimes, and that would be Yemaya the goddess of, um, the ocean in the Orisha tradition. So Santeria and Candomblé and these traditions. Um, and she, I never saw her physically, but, um, how I met her was actually through a guided

meditation. I started that guided meditation, and then I just like, you usually would, you like visualise all the things that you're being told and then all that that suddenly fell away, and I felt the air thicken around me, that's for me my sign. And, um, there was suddenly this amazing feeling of love that washed over me. And I saw this lady in, like in my, um, how would I describe it? So this wasn't outside of me, this was inside of me, but I saw her and I knew this was like different from just imagining something, that was very clear in that moment. And just because I felt this wave of love, and I was like, oh my God, I know her, not that I knew a name or I didn't I didn't recognise the way she looked like it was just this feeling, I know this being, and I literally started crying and I was on a train like they were people around me, but I literally started crying. Um, and I never felt as much as home as when I connected with her. And she's the one who really, um, got me into doing online businesses and starting online business. So she's basically my spiritual business coach.

**Suzy:** You know, you're making me want to go back and listen to relisten, to our recording. And I think what is interesting about this is that for people who are new to this idea, although I think that most of my listeners have some connection and affinity with spiritual work, otherwise they wouldn't listen to, they wouldn't listen to the podcast because we delve into, maybe not these realms exactly, but certainly how spirituality plays a part in our business and in our mission and our vision and how we want to serve and help people. But I think that a lot of people would listen to this and just be like, this sounds, well, I said, it sounds crazy, it sounds insane, it's like whoa. And if I hadn't had a session with you, it would be difficult maybe to really get on a level, like, okay, sounds fun, but really, you know?

**Yamile:** Yeah, I totally get that.

**Suzy:** Because I've had a session and the way that you shared and what you shared, and it's a bit like for a lot of people, when they go to see a tarot reader or whatever, you deliberately try not to say anything because you're testing them. It's like, what are they going to say? You don't want to give anything away. And there was, it resonated with me so deeply in terms of the messages and the support and the images that you got. I, so I suppose why I'm like, this is the real deal. This is the real deal people. Um, but also it raises the question for me about the wider mission. And I think that during this year, especially, and the pandemic and, you know, lockdown, so many people have turned to spirituality and many people have said this got to be a bigger reason, a higher purpose for me and for the planet. And there's been a lot of talk about the planet's ascension during this time, and like moving into a new spiritual age. And what that means is if you believe, believe some, any, or all of the stuff that is talked about when it's the mission and the vision on a global universal level is

that there is a force or a collective that has a mission for us or a vision for us that requires us needing help. Does that ring true to you? I'm like, otherwise it doesn't make sense to me that we would even need these guides. If there wasn't a bigger vision or mission for us as a humanity.

**Yamile:** I definitely believe in it. Um, the only thing that I disagree with a little bit is that we need the help. I think we are part of like, let's say a bigger vision, but we are part of it. It's not like we are the victims and we need to, we need the help. And I think we work with other beings like our spirit guides together to bring about this change. And I definitely think, um, we are in the phase in history that we need all hands on deck and that we all need to really, um, realise that we all have a mission. And we are, we are the ones who have to create the change we want to see in the world and that no one else can do it for us because there's only one me, there's only one Suzy, there's only one you out there.

So no one else is gonna do it for you. And I think that our spirit guides can definitely help us with that because they can see the bigger picture we are incarnated. And so even though we have a higher self and we, on a higher level, we know all this stuff, like we know what our purpose is, but because we're incarnated, and so we have, it's a little bit like having a blindfold on, it's harder for us to realise what it is, and so our spirit guides can help us with that, and that's why I think my mission is to go out there and talk about these things, even though they sound crazy to a lot of people. Um, but I think especially those people that, um, are willing to go there and want to connect with their spirit guides. I want to bring these people together so that we can all really, yeah like I said, create the change we want to see in the world. And I think it's time that we all do that.

**Suzy:** I love that so much. So let's pretend that we are talking to somebody who has never had any experience with consciously connecting with a spirit guide. What would be your starting point? What would you recommend?

**Yamile:** So the starting point, um, is that you, well, first of all, for some, especially for someone who's never had any inkling about this, doesn't know anything, a good starting point is to figure out which type of guide you have, because depending on what type of guide you have, um, it also gives you information about the specific, um, um, gifts that they bring with them and what it really says about you, so if you have a nature spirit, then it's very likely that your purpose has something to do with, um, the environment for example. It doesn't have to mean, it doesn't have to be that you have to work for Greenpeace, it can be in an indirect way. Maybe you work in a, you're the CEO of a company, but you start paying more attention to how your company can do better when it comes to protecting the environment

and like go paperless, for example. So if you have a nature spirit, then that gives you clues. And so, um, it also gives you clues in the sense of how to connect with them. Again, if you, for example, have an ancestor spirit guide, then you can look at other cultures, how do they connect with their ancestors guides, the cultures that still have like these traditions, that still do these practices. Um, you don't want to like culturally appropriate. So don't just copy what they do. Ask yourself, why are they doing this?

For example, if they always wear white, when they connect with their ancestors, why do they connect? Why? Because for them that connects the spirit world, but maybe for you the spirit world it's a different colour, then wear a different colour. It's more about being inspired. And so if you know what type you have, it's easier to figure out what your own purposes, why they're working with you and how to connect with them. And then you can start, um, yeah connecting with them.

**Suzy:** So working out who is the first, which one of the spirit guides to start with, and then how best to connect and looking, doing research. So looking to see how other cultures might be connecting with their own spirit.

**Yamile:** Yeah, and so, um, I have like a quiz on my website that people can take to, um, figure this out, at least have a first idea. And then in my book I have an extended quiz that helps, um, yeah figuring out what kind of type you have. And then in the book, I also go into the different types and what their, yeah, like I said, what gifts they bring and also what challenges they bring, what it says about you and then how to actually connect with your personal guide through a customised DIY spirit guide ceremony.

**Suzy:** Ah, I love this. So we'll make sure that we have links to the book and the website in the show notes for shizzle. How do you think that it would change the world if everybody was able to connect consciously to their spirit guide?

**Yamile:** I think, um, the world would change. Well, the, I think the biggest change would be that we see the world in a more spiritual way. And I know like you and me do that, but a lot of people out there obviously don't and if we see the world in a more spiritual way, there would be no like, wars, there would be no abuse, there would be, wouldn't be any of that, and that by itself would completely rewrite history, obviously, because if you connect or want to connect with like the spiritual dimensions with your spirit guides, you have to raise your vibration, you have to become more empathic. And if you do these things, you become more sensitive, you become more empathic and you feel more what's going on. You feel what you're doing to other people, you feel how you're hurting them, or you feel, how your, what

your, what the consequences are. And so, um, I think that would be amazing if everyone did that.

**Suzy:** Talk to me about raising your vibration. What is required and how have you done that over the years?

**Yamile:** So for me, raising your vibration is really about being authentically yourself and being fully connected with your higher self. So you are integrated, your human self and your higher self is integrated. Um, because then you are really on, you'll have a pure vibration, it's not diluted in any way. And so, um, you can do that by really a lot of things by really figuring out for yourself, what is it really that I want to do with my life, um, and going for it, like taking those steps towards doing what you want to do, what makes you feel happy, what makes you feel whole, what makes you feel connected to your inner most being. Um, and then of course you can do things like meditation. Um, and I have a very specific meditation that I, um, recommend that I learned from one of my mediumship teachers, um, Gordon Smith. Um, and it's like, you sit, um, just like you would meditate, don't lie down because your body will fall asleep usually because that's what our body is trained to do. So sit up on a chair for example, or on the floor, both OK. Um, and then just first, um, calm yourself, take a few deep breaths. And then you visualise your, um, root chakra and you visualise roots growing out of that root chakra into the earth, all the way to the core of the earth. And then you breathe the energy of the earth into your body, through these roots. And then you focus on the top of your head, like your crown chakra and visualise a white pillar of light that connects you with the center of the universe. And then you breathe in the energy of this, of the universe, into your body. You do this because then you align yourself in the universe basically. And then you focus on your third chakra. So where you, where your stomach sits. Um, and you visualise a sun and you may have, because this is where our personal power sits, our own energy center. And so then you visualise that sun and you make it bigger and bigger and bigger and bigger until it fills up your entire aura. So you're basically sitting in a bubble of like sun. Um, and it's important to do that because when you visualise that sun becoming bigger and bigger and bigger, you basically push out all the energy, that's not yours until it's just your energy. And you are sitting in a sacred space in your own energy. And it's important because most people don't even know what their own energy feels like. They have never ever like, bathed in their own energy without like other people's energy in there or anything else that's like diluting it.

And um, just doing that for 10 minutes a day will raise your vibration. And then you can take the next step and you can ask your guides to come and enter that sacred space that you've created. And when they do you will feel a difference, but you can only feel the difference

after you know, what your own energy feels like. So you have to do that step first until you realise, okay, this is what it feels like when I'm really at peace, when I'm fully connected to myself. Then like I said, you invite your guides to step into your aura into that sacred space. And you feel that difference. Like I said, you can become really hot, really cold. Maybe the air feels different. Maybe you hear a tingling in your ear, it's different for everyone. There's one famous medium in the US her name's Lisa Williams. Her nose will start running when her spirit guides are close. So it can be weird things. But, um, so you have to just practice and once they come in and then you feel something, um, you ask them to step out again. And when that feeling stops, you know, okay, this could be like the calling card. And then you ask them again, step in, step out until you are sure, okay, this is it. This is what - the sign that my spirit guide is close. And then you can start having conversations. First you ask yes/no questions. For example, you tell your guide, okay. If the answer, this is my question. If the answer is yes, step in. So I can feel that your calling card, if it's no stay outside, so I don't feel anything. And then from there, you can take it further.

**Suzy:** I love this so much. I am curious as to, what would you say if somebody feels overwhelmed by their own energy? Cause I hear this frequently, actually, when I take people into guided meditation or they do their own guided meditation and they tune into their own energy field. And there is a sense of, because they've been disconnected because we've been really busy and disconnected from our body and form our energy. When we start to allow it to really radiate from us and all around us. And then especially if we push it out into the room, some people are like, oh my, I, I felt blown away. Like it was so big. What do you say when people say things like that to you?

**Yamile:** Um, take baby steps. So if, if like, if you do it and after five minutes you feel overwhelmed, just like stop, take a deep breath and come back to it tomorrow or next week. Um, the main thing is that you have like a, um, regular practice of doing this. Um, and it's okay if you do it just one minute a day, if that's all you can take totally fine. Um, like anything else we have to get used to it. Um, so do one minute and then maybe in a week start doing it 90 seconds and then maybe two minutes. So just take baby steps and you'll get there eventually.

**Suzy:** Do we all have huge energy bodies?

**Yamile:** Yes, I definitely think so. I mean, some people would like contract it, and then with like a lot of people, and I was one of these people we hide basically. So we make ourselves really small and even smaller and smaller, and, um, but I think naturally like our energy is

much bigger than we even realised.

**Suzy:** Hmm. And.. it's interesting I think when we first started and I said all these facets of ourselves, or are they separate? And you said they're separate. And I'm wondering, how does that fit in? Or perhaps doesn't fit in with the philosophy that we are all connected. What do you think about that, um, that idea that we're all connected?

**Yamile:** I definitely think we're all connected. Just like, I don't know why, but I thought about the stars. Um, when I see the stars, I often see like energy lines that connect them all. Um, especially I've done, um, Ayahuasca ceremonies a few times and when I, um, have taken, I asked them to look at the stars and I see it really clearly that the stars are all connected by energy lines. And I think the same is true for all beings, all sentient beings in the universe, we're all connected. Um, so in that sense, it depends how you look at it. But, um, we are all one being one, um, organism. But if you look at it like from a smaller perspective than we're all separate, so, um, yeah, our spirit guides are, and we are part of one thing, so in that sense, you can say we are one, but on another level we are separate.

**Suzy:** Yeah. I feel like it's we're all individual expressions of the one category. Yeah. Um, this has been an absolute joy. Thank you so, so much for your time today. If you had to leave the listeners with one more thing, what would that be?

**Yamile:** Follow your purpose. It doesn't matter how you do it, connect with spirit guides, do it another way, whatever makes sense to you, but live your life as you meant to live it before you came here. Because like I said earlier, I think it's very important that we all do our part right now. It doesn't matter how you do it. Just stop hiding, step up and shine your light for the rest of the world.

**Suzy:** Thank you so so much. And can you share how people can find you and where they can buy the book?

**Yamile:** Sure. So you can go to [thespiritguidemedium.com](https://thespiritguidemedium.com). That's my website. And there's also a contact form. If you have any questions, feel free to ask me and you can order my book at [thesevenspiritguide.com](https://thesevenspiritguide.com).

**Suzy:** Perfect. Thank you so much Yamile. And I will speak to you in our next session, which will be soon now.



**Yamile:** Thank you so much for having me. This has been super fun.

**Suzy:** You are super welcome. Thank you for listening. If you loved this episode, please do me a favor and leave us a review on iTunes. And don't forget to tag me on Instagram so we can share the love and remember that...

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