

Spirit Guides

CONNECT TO AND WORK WITH
YOUR SPIRIT GUIDES & ANGELS



AURORA PATHWAYS

UNLOCKING YOUR FREEDOM WITHIN

www.aurorawomenscircles.com



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My name is Patricia and my mission is to be of service; to help you unlearn limiting beliefs and behaviours, and empower you through energy work, inner-work practices, frequency healing, and somatic release. I am not here to 'heal' you; I am here to guide, facilitate and introduce you to your highest being, so you can embody who you were always meant to be.

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WELCOME

ABOUT US

Aurora Pathways is a grounded, intuitive space for people seeking clarity, emotional relief and deeper self-connection, along with direct guidance on next steps from their Spirit Guides.

Our work blends reiki, intuitive energy-healing modalities, and somatic support, grounded in integrity and emotional safety.

Some come for a single session; others return regularly for ongoing support through daily life or energetic ‘tune-ups’. Aurora Pathways doesn’t promise to “fix” you — we exist to walk beside you as you release what you’ve been carrying and grow into who you were always meant to be.



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WHO ARE SPIRIT GUIDES

Our Spirit Guides are loving, intelligent, non-physical beings of light who support us throughout our life.

They're part of our wider spiritual support team — connected to us through soul agreements, ancestral lines, past-life bonds, and the deeper fabric of our consciousness.

Guides aren't distant or abstract. Their presence is personal, relational, and deeply attuned to your growth. They understand your soul's lessons, your gifts, and the places where you're still learning to trust yourself.

Spirit Guides can include:

- Ancestors who continue to guide you from beyond the physical world
- Angelic or higher-realm beings who hold a broader, more expansive perspective
- Past-life teachers, healers, or companions who've chosen to support you again
- Souls with pre-birth agreements who walk with you in this lifetime



WHO ARE SPIRIT GUIDES

Some Guides are with you from birth — steady, protective, and familiar. They walk with you through every chapter, holding the long arc of your soul's evolution.

Others arrive for a specific time, a season, or a particular growth opportunity — such as healing a pattern, navigating a transition, or stepping into a new level of your purpose.

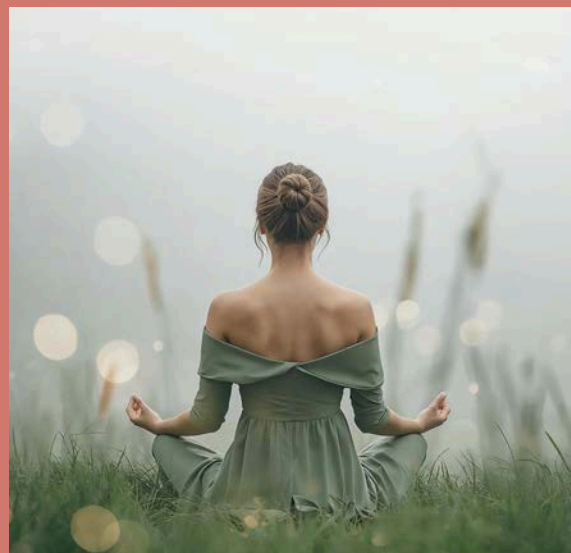
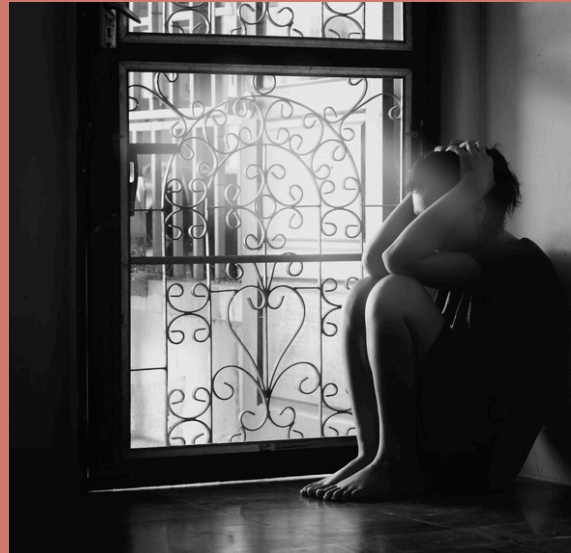
When their role is complete, they step back with love, and another Guide may step forward.

Their purpose is never to override your free will.

They don't dictate or control. They guide, gently and compassionately, helping you return to clarity, alignment, and your own inner truth.

They communicate through intuition, synchronicity, energy, symbols, and subtle shifts in awareness. And you can ask them how you want to receive their guidance.

Their guidance is always loving, always supportive, and always aligned with your highest good.



HOW TO WORK WITH YOUR SPIRIT GUIDES & GUARDIAN ANGELS



You Can Call On Your Guides (and/or Guardian Angels) Anytime

You don't need a crisis, a full ritual, or a special moment. Your Guides respond the moment you reach for them. It's all about intention, being open and gratitude.

You can connect:

- before a conversation
- before speaking publicly
- before making a decision
- or simply because you want to feel connected

The act of asking opens the channel. The guidance follows.

THE PROTOCOL

1. Arrive in Your Body

Before you reach outward, go inward. Choose one embodying action:

- feel your feet on the floor; or notice how your body feels on the surface you're on
- lengthen your breath; make it deep and slow
- place one hand on your chest and one on your lower belly & breathe into that space
- soften & drop your shoulders

You're not aiming for perfect calm — just enough groundedness to be present to receive.

2. Set Your Intention

Once your body feels settled, open the channel.

Say (silently or aloud): "Hello my Spirit Guides. I'm open to receiving guidance of the highest truth and compassion from you."

3. Ask One Clear, Specific Question

Your Guides respond best to clarity. Choose one question for this session. Keep it simple and specific. Examples:

- "What is the next right step with this situation."
- "What do I need to know about this decision."
- "How can I support myself today."

Specific questions create specific answers

HOW TO WORK WITH YOUR SPIRIT GUIDES & GUARDIAN ANGELS



4. Tell Your Guides How You'd Like to Receive the Answer

This makes the guidance easier to recognise.

You can say: "Please show me the answer in a way I will clearly understand."

Or choose a specific channel:

- "Let me hear the answer through a song."
- "Let me see a specific symbol (that you choose) that confirms this."
- "Let me feel the knowing in my body."
- "Come to me in a dream that I will remember"
- "Let the message come through something I read or a conversation."

You're not controlling the Guides — you're giving them a doorway you'll notice.

5. Shift Into Receiving Mode

Close your eyes for a moment. Let your breath soften. Imagine your awareness widening — like opening a window.

You're not trying to "hear" anything. You're simply allowing.

6. Notice What Arises (Without Questioning or Judging)

Guidance can come through many forms:

- a thought that feels softer or wiser than your usual mind
- a physical sensation (warmth, tingles, expansion - a *knowing*)
- an image or symbol
- a sudden sense of clarity
- a phrase that drops in
- a song that plays at the perfect moment
- a sign you asked for (a button on the street, a feather, a number sequence)
- a message through someone else's words

Your job is not to analyse — just to notice.

HOW TO WORK WITH YOUR SPIRIT GUIDES & GUARDIAN ANGELS



7. Automatic Writing (Optional but Powerful)

After your meditation or quiet moment, you can write with your Guides.

Open your journal and begin with an invitation such as:

- “Thank you, Guides of the highest truth and compassion, for revealing what I need to know.”
- “Thank you for showing me the solutions to these challenges.”
- “Dear Guides of the highest truth and compassion, I welcome you to write through me now.”

Then let your pen move.

- *This is called ‘automatic writing’ and is part of how I take the information from your Guides when channelling during a 1:1 energy healing.*

Write freely — without editing, judging, or trying to “sound spiritual.” Just let the words come. Sometimes:

- the first lines are your mind clearing
- then the tone shifts — softer, wiser, clearer
- sometimes the writing switches into second person (“You are...” “Dear one...”)
- occasionally the handwriting changes or feels guided

This is all normal. It simply means you’re allowing a presence of guidance to move through you.

8. Write Down What You Received

Anchoring the experience helps you recognise patterns over time. Write:

- what you asked
- how you asked to receive it
- what you noticed
- any sensations, images, or thoughts
- any signs that appeared
- anything that came through automatic writing

This builds trust in your own intuitive language.

HOW TO WORK WITH YOUR SPIRIT GUIDES & GUARDIAN ANGELS



9. Ground Yourself

A clear 'closing' gets you back in your body, rather than your mind.

- imagine roots growing from your feet or tailbone into Mother Earth
- visualise zipping up your energy from feet to top of head
- drink water, eat something small
- walk in nature; feet on sand, or grass - grounding
- touch something with texture
- breathe deeply, slowly, into your belly

This helps you come back into the present moment after being in a more intuitive, receptive state.

11. Trust What You Felt

Connection strengthens through repetition and allowing.

- If you felt held, guided, softened, or clearer — trust that.
- If you noticed something subtle — trust that too.
- If nothing came through this time — that's completely normal. Some guidance arrives instantly, and some unfolds slowly over hours or days. Your system often needs time to soften, open, and recognise what's coming through.

Your Guides will always meet you exactly where you are, and the timing is always right for your growth.

12. Stay Grateful - IMPORTANT

Gratitude keeps the channel open.

A simple: "Thank you for supporting me today." is enough to strengthen the connection and honour the guidance you've received.

REMEMBER! Your Guides can only help if you ASK them for help. They cannot and will not ever interfere - we all have free will. So get asking!

WHAT YOU CAN EXPECT OVER TIME

As you keep showing up for this practice, your connection naturally strengthens. Over time, you may notice:

- Guidance becomes clearer and quicker — answers land with less effort.
- Your sensitivity sharpens — you recognise the tone of your Guides versus your own thoughts.
- Synchronicities increase — signs feel more obvious and better timed.
- Automatic writing deepens — the words begin to flow with more ease, clarity, and a tone that feels wiser than your everyday mind.
- Your intuition strengthens — **you trust yourself more because you recognise how guidance arrives for you.**

The relationship evolves as you do. Gratitude and consistency keep the connection alive and clear.

I TRUST MY
INTUITION



TAKE TIME TO REFLECT



AURORA PATHWAYS & WOMEN'S CIRCLES
EMPOWERING WOMEN

RETURN TO YOUR INNER VOICE

TRUST WHAT YOU ALREADY KNOW

Sometimes we spend so much time looking for answers outside of ourselves that we forget: the wisdom we seek is already within. It speaks in quiet moments, in gut feelings, in dreams, and in the stillness between thoughts. Learning to hear it again is less about doing and more about allowing. Allowing yourself to slow down. To soften. To listen. This is an invitation to reconnect with your inner truth, your higher self – the part of you that has always known the way. Let your breath guide you. Let your body speak. Let your truth rise.



CREATE QUIET MOMENTS

Give yourself space to breathe, even just for a few minutes. Silence invites your inner voice to speak.

FEEL YOUR YES AND NO

Notice how your body responds – expansion or contraction? That's your compass.

WRITE FREELY

Journal. Let the words pour out without judgment. Your truth often hides in the unfiltered.

FOLLOW WHAT FEELS TRUE

What lights you up, what brings ease – these are signs you're aligned. Not what's 'easy', but what you *know* is right.

CLIENT FEEDBACK



Patricia at Aurora Pathways is a truly gifted healer. I've seen her several times now, and each session has been an intuitive and profoundly healing experience.

Her after care is also exceptional, a level of genuine care and follow-up that's hard to come by. I'll continue recommending her to friends and look forward to seeing her again soon. Thank you, Patricia

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1:1 SESSIONS

WORK WITH ME

If you're feeling a pull to go deeper — to understand your guidance more clearly, move through what's been keeping you stuck, or receive support that's tailored to your exact needs — this is the work we do together.

Clients choose 1:1 because they want:

- clarity & calm when their mind is noisy
- guidance that blends Spirit-led guidance & energy healing with the nervous system
- help interpreting the messages coming through
- to feel seen, heard, supported, in what they're feeling & navigating

Each session is a blend of:

- Spirit-guided messages
- intuitive energy healing
- nervous system reset
- inner child or shadow work
- practical next steps you can actually use

You leave with clarity, direction, and a sense of being supported — by both me and your Guides.

This is for - people who are:

- in transition
- seeking clarity
- feeling overwhelmed or stuck
- wanting to deepen their intuition
- ready for real, grounded spiritual & personal support

You don't have to navigate this life alone.

You can book a 1:1 session, online or in person, and receive the clarity and support you've been asking for.

→ Just visit the website or use the QR code, below.



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