(QFF) How to Tune in, Check and Discover Who is Your Divine Guide

Here are 3 simple ways you can support a client to tune in: use them individually or together. Ask your own Guidance which one(s) to use.

Once tuned in, ensure they are 100% connected. Then you're ready to find out who their Divine Guide is for the the session. See below for details.

1. **Heaven and Earth.** (From Qigong teachings – creates strong connection, bringing together the energies of connection and grounding within.)

   Begin by taking a breath in and doing a nice long, slow out-breath.
   - Bring your awareness to the top of your head and
   - open your crown chakra like a big funnel to the universe,
   - then breathe in the energy of the heavens
   - down into your body, like a big shaft of light
   - cleansing and clearing old energies
   - and as you breathe out, send it down right to the centre of the earth
   - where there's a crystalline energy of a certain colour, (you'll know what colour)
   - now breathe in that colour and grounding earth energy
   - up through your feet, into your body
   - and when you breathe out, send it up into the skies
   - then, when you're ready, breathe in the light and energy from the cosmos down into your body
   - and on your out-breath send it down into the earth
   - again, bring the grounding energy of the earth up through your feet
   - and breathe it out, up into the heavens –
   - you are now the conduit between heaven and earth
   - (Repeat a 3rd time if needed, check in)
   - And now breathe in heaven and earth at the same time
   - up through your feet and down through your crown
   - into your heart
   - and as you breathe out, allow them to mix together in your heart, your body and in the space around you
   - again, when you're ready, breathe in heaven and earth
   - (Repeat a 3rd time if needed)

2. **Heart Activation**
    - Take a breath in, and then do a nice, long out-breath. *(Leave this out if adding to the end of one of the other methods)*
    - Put your hand on your heart and say out loud (or your head) – thank you, thank you, thank you.
    - Then take another breath.

3. **Words of Connection (I AM NOW)**
    - Begin by taking a breath in and then do a nice long, slow out-breath. *Leave this out if adding to the end of one of the other methods)*
    - Now say these words out loud, or in your head. (Say slowly)
    - I AM NOW…(pause at the end of each line)
    - Empowered and enlightened
    - Connected and grounded
    - In full faith and trust
    - Unattached to the result
    - Open and curious
    - (Anything you feel guided to add)
    - Thank you, thank you, thank you.
    - When you're ready take another breath.

Check-in: After you've finished getting tuned in, now ask:

- Now just check in – are you fully tuned-in 100%, yes or no? If no, have a drink of water.
- Check in again.
- (If still not 100%, do a couple of slow, deep breaths.)
- (Practitioner note: check yourself too.)
- This has always been enough for me, but if the person is still not 100%, ask Guidance what they need.

Connect with your Divine Guide:

- Now you're tuned in, let's find out who your Divine Guide is today. It could be The Universe, God, Nature, Source, Energy or a Divine Guide with a particular name may come forward …
- Just notice who/what name occurs to you or who you notice stepping forward.