




# TIPS & TRICKS FOR WORKING WITH GUIDANCE







TO BEGIN:

-  RELAX
-  ASK DOUBT TO LEAVE THE ROOM
-  CLEANSE \*

TAKE YOUR TIME. DON'T WORRY ABOUT "GETTING IT". JUST DO IT. PRACTICE IS THE MOST IMPORTANT THING.

AND HAVE FUN. YOU CAN MAKE THIS SOMETHING SERIOUS, BUT IT WON'T MAKE IT ANY MORE VALUABLE.

ALWAYS KEEP IN MIND:

-  GUIDANCE HAS NO AGENDA
-  GUIDANCE NEVER CAUSES PRESSURE
-  YOU DO YOUR 50%, GUIDANCE DOES THEIR 50%
-  EXPECTATIONS CAN GET IN THE WAY
-  GUIDANCE HAS A MUCH BIGGER PICTURE THAN YOU HAVE
-  TRUE GUIDANCE NEVER FEELS LIKE PRESSURE

\* TO LEARN THE SPIRITUAL CLEANSING TECHNIQUE, PLEASE REFER TO MY PRESENTATION FOR THE 2020 SUMMIT. OTHERWISE, JUST TAKE A FEW DEEP BREATHS AND RELAX.

## MAKE IT A REGULAR PRACTICE!

- ALTHOUGH YOUR GUIDANCE NEVER LEAVES YOU, THIS IS A *RELATIONSHIP*: IT NEEDS ATTENTION. YOUR GUIDANCE APPRECIATES YOUR ATTENTION, AS YOU WILL THEIRS.
- CHOOSE TO DEVOTE A *REGULAR TIME* SUCH AS THE BEGINNING AND/OR THE END OF THE DAY. I FIND THAT FIRST THING IN THE MORNING IS A GREAT TIME TO RECEIVE INSIGHT. SO DOES THE DALAI LAMA ;).
- USE A *NOTEBOOK*: ONCE GUIDANCE STARTS TO FLOW, WRITING OR DRAWING IT DOWN CAN EVEN MAKE IT FLOW MORE AS GUIDANCE KNOWS THEY HAVE YOUR FULL ATTENTION.
- *LOOK BACK* ON YOUR NOTEBOOK FROM TIME TO TIME. NOTE WHAT REPEATS ITSELF. YOU MIGHT BE SURPRISED.

## USE YOUR GUIDANCE TO:

✧ REGROUP A PAST EXPERIENCE:

*GUIDANCE PLEASE GIVE A PICTURE/ WORD/ KNOWING/ FEELING OF WHAT I MOST NEED TO LEARN FROM THAT EXPERIENCE?*

✧ GIVE AN IMPRESSION OF WHAT IS COMING IN THE FUTURE:

*GUIDANCE GIVE ME AN IMPRESSION OF THE NEXT 3 MONTHS, THE NEXT 6 MONTHS, THE NEXT YEAR.*

✧ ASK FOR SUGGESTIONS IN DEVELOPING YOUR ABILITIES IN CERTAIN AREAS:

*GUIDANCE I WOULD LIKE TO BE MORE "X" (eg: LOVING, PATIENT, FOCUSED, ORGANIZED, ETC). OVER THE NEXT WEEK, PLEASE GIVE ME IMPRESSIONS ON HOW I COULD GET TO THE NEXT LEVEL IN THAT AREA.*

✧ ASK GUIDANCE TO HIGHLIGHT WHAT IS *ALREADY* WORKING FOR YOU! REGROUPING YOUR GROWTH IS REALLY REALLY IMPORTANT.

*GUIDANCE GIVE ME AN IMPRESSION OF THE AREAS IN WHICH I HAVE INCREASED MY SELF-MASTERY IN THE PAST MONTH/YEAR.*

## RECAP OF YOUR PSYCHIC GIFTS:

### ✦ THE VISIONARY FUNCTION



OPERATES THROUGH IMAGES AND PICTURES.

IF YOU ARE HIGH IN THE GIFT OF VISION, YOU NEED THE PICTURE!

### ✦ THE INTUITIVE FUNCTION



OPERATES THROUGH WORDS AND IDEAS.

IF YOU ARE HIGH IN THE GIFT OF INTUITION, YOU NEED TO UNDERSTAND:  
YOU NEED THE FACTS.

### ✦ THE PROPHETIC FUNCTION



OPERATES THROUGH INNER KNOWINGS, HUNCHES, PREMONITIONS.

IF YOU ARE HIGH IN THE GIFT OF PROPHECY, YOU NEED THE FREEDOM TO  
OPERATE FROM THAT PLACE OF INNER KNOWING.

### ✦ THE FEELING FUNCTION



OPERATES THROUGH FEELING AND SENSATION.

IF YOU ARE HIGH IN THE GIFT OF FEELING, YOU NEED TO USE YOUR FEELINGS  
(NOT THOSE OF OTHERS HOWEVER!) TO MOVE YOU INTO ACTION.

## A FEW MORE TIPS:

- MIND YOUR OWN BUSINESS. YOUR GUIDANCE IS HERE FOR YOU. EVERYONE HAS THEIR OWN GUIDANCE: YOU DON'T NEED TO SHARE.
- DON'T EXPECT YOUR GUIDANCE TO GET INVOLVED IN MORAL ISSUES. THEY DO NOT OPERATE WITHIN ANY RIGHT/ WRONG, GOOD/BAD PARADIGM.
- ASKING THE SAME QUESTION OVER AND OVER WILL MOST PROBABLY RESULT IN SILENCE.
- STAY OPEN, RECEPTIVE. TRUST.
- LAUGHTER: IF I GET TO THE POINT WHERE I LAUGH WHEN I RECEIVE AN ANSWER, I KNOW I HAVE GOTTEN TO A DEEP TRUTH. SEE IF THAT APPLIES TO YOU.



I HOPE THIS HAS INSPIRED YOU TO TO MAKE YOUR RELATIONSHIP WITH YOUR GUIDANCE A REGULAR HABIT, OR TO TAKE YOUR RELATIONSHIP WITH THEM TO THE NEXT LEVEL.

***EMPOWERING YOURSELF THROUGH YOUR SENSITIVITY IS A WONDERFUL HEALING.***

HAVE FUN!

### **RESOURCES:**

FOR MORE INFORMATION, PLEASE VISIT [KATERUSKO.COM](http://KATERUSKO.COM). SIGN UP TO KEEP IN TOUCH!

PLEASE ALSO CHECK OUT [WAYSHOWERSCOLLEGE.COM](http://WAYSHOWERSCOLLEGE.COM)