

# Connecting with the Power of SPIRIT

## ASSIGNMENT FOUR – Walk with Spirit

This exercise should be done with some measure of protection. Wear an amulet (ie; pentacle or cross) or carry a stone of protection in your pocket as you do this. Red Jasper is a good stone but you can use anything you feel protects you from psychic harm.

One of the best places to feel spirits is in a graveyard. This should not be a scary exercise! You can take a stroll through the graveyard during the daylight hours and still feel the energy of the people and guardians that reside there.

As you walk, imagine the people buried there are walking with you, telling stories about themselves and others that are there. After all, they are just people like you and I that have moved beyond the physical. Some of them will be overjoyed just to receive a visit from someone living.

Open yourself to receiving images, words or sounds from the departed. Sometimes you will smell perfume, or get a feeling that you can't explain. You may also receive messages from the guardian spirits that look after this sacred space.

Once you are finished your “walkabout” be sure to thank the spirits for their participation in your exercise. Take care to smudge yourself afterward just to prevent any negative energy from sticking to you. Taking a shower afterward also disperses any energy you may have picked up on your walk. Do not re-wear the same clothing until it has been washed.



If you are very uncomfortable with going to a graveyard, you can perform this exercise anywhere you know spirits reside, such as heritage sites in your area, or sacred lands such as medicine wheel sites. Just be open to connect with the spirit world.

The point of this exercise is to connect with beings that are unseen. You can take a walk through a fairy glen or sacred area if you wish. Spirit is about connection!

