

Talks 4... Besides Spirit Guides - God, Jesus and the Holy Spirit can contact anyone - doesn't matter if you're a farm worker, shop assistant, retired - but the problem is people probably wouldn't believe it, if they had a message.

And mostly I would say this is during the night - for me it's usually 1'sh, then can be accompanied by a ringing in the ear, feeling hungry, restless legs etc.

My little dog Billy Miracle lies on our bed at night, and he sometimes knows when I am getting guidance.

This happened to me recently, in a dream I was reading to people, and I finished by saying the words Jesus Christ, when I would normally say Jesus, and woke immediately - so that was guidance for me to write this.

I've had many messages like this in the night - when you just know something, and quietly, don't wake the wife - and write it down on my notepad.

So that one message I had, helped me complete another page, when the night before I looked up and said what can I use for the concluding paragraph, and then as a reminder, enough 'info I that know' came for me to write this page.

So God's Mysterious Ways and how messages of help are delivered to you and I... You'll know when it happens to you, because you'll suddenly be wide awake - i've even known my leg or arm to freeze, a bit like no circulation, this happened many times to teach me - to share with others.

You've heard of the phrase look after yourself, behave yourself - that's because we are 'The Self' - and it's important to remember to keep our personal vibes up - that's energy vibrations.

Because if your vibes are low, you can connect to the ego or the so called lower self with low vibes messages that don't seem right - so keep those vibes up everyone, do a little research on how to.

And just to conclude on this section - at any age people can suddenly know how hard this life journey can be sometimes - so don't forget to ask for help, and when resting 'mind clear' you can just know something, a nudge or a sign, go this way - many times it's just 'gut feeling' clues / guidance that's given.

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