

COMMON SENTIENCE

GUIDES

*Mystical Connections to Soul Guides
and Divine Teachers*

Featuring

MARILYN ALAURIA

BURGE SMITH-LYONS • SANDRA PELLELY • ANDREA ANDREE
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Marilyn Alauria

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PART ONE

Understanding Guides

*Your heart knows the way.
Run in that direction.*

—RUMI

JOURNEY WITH YOUR GUIDES

Are you ready to go on a journey with your guides to co-create your most infinite and magical experience? They are inviting you. All you have to do is say yes, and you will be on your way.

Try it! Close your eyes, say “Yes!” out loud to see how it feels, and then breathe.

This book is an invitation to live every single day of your life in connection with your guides. Before I consciously knew what guides are or that we all have them, my soul experienced deep conversations with these beings through dreams, prayers, and feelings that something greater than us exists and is here to support us. During the most crucial moments in my life—with my outstretched desires reaching into the darkness—I would wonder, *Am I alone? Am I safe?*

I couldn’t articulate the rumblings in my heart, but at moments, my inner awareness caught glimpses of a faint, shimmering light guiding me to its love. Before I finally met my guides, a love affair with something greater than me had danced in and out of my life.

Then, the moment happened. I found them, and we have been dancing through life together every day since.

Our guides invite us into a conversation with them. They help guide us to our highest truth and wisdom and help us discover a deeper understanding and experience. They never take our power away; they empower us, bringing us to our own truth, which is more amazing than we can imagine.

There is no right or wrong way to work with your guides. With some great tools and techniques, which I will describe in this book, you will learn your instrument, the way you communicate with your guides, and how to follow their directions.

The important first step: You have to invite them. That is how you start. Many times, people wait for their guides to show up, but by waiting, guess what happens? You don't see them. It's not that they aren't there; you aren't participating in the conversation.

Before I met my guides, my life was a bit of a mess. I was pursuing avenues that I thought were the desires of my soul. Yet I was miserable, depressed, and felt alone, struggling to understand what I needed to do to change my life. After I met my guides, my life made more sense.

About seven years ago, I was going through an especially difficult time, and my guides kept saying, *Lean into us; lean into us*. I would lean into them and feel their safety. In my most anxious moments, a sense of peace would wash over me, and I knew, without any doubt, that I am unconditionally loved by my guides all of the time.

Our guides' main reason for working with us is to help us live from our souls. They want us to tap into our wisdom and live a spiritual life in human form—a life filled with guidance and unconditional love—and to fulfill our mission, the reason we are here. Our guides can help us discover how to be fully in love with ourselves—and that kind of love helps us to have incredible lives. Don't you agree?

Why do our guides care so much about the details of our lives? Because in our souls—in the deepest part of our beings—we care so much. Our guides reflect our highest truths, our souls, and the loving universe we live in. When

I asked mine why they cared, they responded, *Because you care, that's why we care.*

Once I understood that, and knew I wasn't alone, my soul felt like: *Okay, I can do this life because you're here with me, and you're going to do it with me.*

Maybe right now, you are breathing again because you got a piece of your own puzzle through hearing my story. Take another deep breath, and let's continue this journey together.

Invite your guides to help you understand your own reason for being here. Breathe into that question and trust that the answer will come as you develop a relationship with your guides.

Maybe you already know your guides and are looking to meet a new one or to deepen your connection. Or this might be your first foray into meeting them. No matter where you are, I invite you to go on a deeper journey with your guides by taking them along with you as you read. Ask them to be by your side right now and point out the moments in this book that are meant to carry you to your dreams and desires.

Your guides will give you whatever help you ask for. They are here to help you navigate the journey of your life. They brought you to this book for a reason. Trust that through reading this book with them, you will gain access to the secrets within your soul. All you need is intention and trust in the process. Make a declaration now. Say it out loud:

"My intention is to take this journey with you. I know you are here with me. I promise to trust you as we read this book together."

How did that feel? That's all it takes. People complicate their relationships with their guides. It's so much simpler than you can imagine. In these pages, I will show you just how easy it can be. Your guides want you to live the life you desire, to remove the brackets of limitations from your dreams. They want you to trust the urges you have in your heart and follow them. They might not take you where you set out to go, but they will take you to where you are

meant to be, and you'll find it more extraordinary than you can imagine. Your destiny is so much better than you think.

How do I know? Because my guides have done this for me, countless times. They have been with me every step of the way. From the day I met my first guide until the moment I began authoring this book, my life has changed into a delightful co-creation that continues to surprise me. Each day, I wake up excited to live my life, knowing I'm supported, loved, and always shown the way.

The time is now to step out in faith, trust, and surrender to this exciting journey with your guides. Your new life is about to begin. Enjoy.

END OF EXCERPT PART ONE

PART TWO

*Mystical Connections to Soul Guides
and Divine Teachers*

*Until you make the unconscious conscious,
it will direct your life and you will call it fate.*

—CARL JUNG

FROM BEHIND THE VEIL

Two days before the winter solstice and the ending of the Maya calendar on December 21, 2012, I was 10 days away from the expected birth of my first child.

With the weight of him dropping I felt like he was actively swimming toward his new home. Tired of not being able to bend over to tie my sneakers or wash my feet in the shower, I was restless too. Looking out the window of our home, the nearby lighthouse flashed its green light, inviting me for a walk. The cold wind off the Atlantic welcomed me outside, and as I leaned into it, I felt a sharp and deep pain in my abdomen and low back.

I went back inside to call my partner and my midwife about what might be my first contraction. My midwife insisted I wait for a stretch of close contractions about five minutes apart before heading to the birthing center for a planned water birth. My partner drove while I tried to find a comfortable position for the forty-minute ride. Even though the pain in my back was increasing, I was filled with joy and excitement. A quickening of my heart arose, reminiscent of the anticipation I regularly felt as a runner before a race as if toeing the starting line while simultaneously imagining the finish line tape tearing across my chest.

Determined to have a natural birth, I labored for the next 21 hours. I had two rounds of sterile water injections administered into my back, which felt like fire igniting my skin, but the searing pain in my low back only grew. At 6:30 p.m. the next day, December 20th, I decided I wanted an epidural.

I was devastated to leave behind my midwife who knew me, my body, and my birth plan, and had been such an emotional support for nine months. Before my partner and I crossed the parking lot to the hospital for a traditional birth, I glanced one last time at the birthing pool—the cauldron from which I had thought my son would emerge in an alchemical birth of ease, moving from amniotic fluid to its inviting waters.

An anesthesiologist gave me medicated relief while he talked to me about marathoning and his wife’s pursuit of qualifying for Boston. My anxiety eased and I caught my breath again while the medicine flowed into my spine. My new nurse, a kindred spirit with eyes of green that held my gaze, explained what to expect. She told me to rest as much as I could and that, given my state of dilation, it wouldn’t be long. The clock on the wall revealed it was now after eight o’clock in the evening.

Almost an hour later, I felt a sudden and enormous pressure. He was ready. The soothing sound of R. Carlos Nakai’s flutes playing on my iPod was shattered by the doctor and other staff running in.

“His heart rate is dropping. Get oxygen on her!” screamed the nurse.

“We are going to prepare you for an emergency C-section,” she said to me in my terror and confusion. “We need to take him out right now.”

With tears flowing, I did the only thing I knew to do—I called on the Goddess Green Tara, a Divine ascended master. Chanting her mantra over the voices of the medical staff, “Om Tare Tuttare Ture Soha,” I repeated it like an incantation, a call directly to her. *Please, Green Tara, come, please help me,* I prayed as I looked down at the tattoo of her on my right forearm. For I was a mariner caught in a sudden storm, searching the landscape for her, for the green rays of my island lighthouse to guide me to safety.

The room started spinning, and I became lightheaded. A bright emerald green light flashed in front of my eyes while my nurse's hands appeared with an oxygen mask. I closed my eyes, still seeing the flashing green light behind my eyelids.

"Breathe," she instructed.

The pillows behind my back transformed into the strong arms of the Goddess. Green Tara held me from behind, her legs up at her sides, as I lay against her luminous body. The only sounds I heard were the soft murmur of the medical equipment and the flutes as I let go into her embrace.

"Om Tare Tutarre Ture Soha," I repeated again and again.

Someone began wheeling the bed out of the room, and my heart sank. But just as suddenly, the movement stopped, and the bed reversed back inside.

"His heart rate is normal," someone said. "We can do this here."

I heard a knock. It was my midwife; she had just finished her shift and was watching from the doorway.

"He is coming," she said before telling the doctor and nurse her role.

My midwife held my hand as she and the nurse guided me to push.

My son's head emerged, and my nurse shouted, "Oh my God, he's in his caul! Look! He is in his fully intact caul! I have never seen this."

My partner stared in awe at my son's dark hair flowing inside the perfectly intact water sac surrounding his head as he emerged.

My son came forward with surprising ease. The doctor carefully removed the now partially broken sac around his face and head and placed him on my chest. When I asked about the caul, my midwife explained that this thin membrane containing the amniotic fluid in which the baby grows is rarely intact upon birth.

"He is a caulbearer," she whispered to us.

Leaning over, she explained that caulbearers are thought to be born behind the veil. Magical lore suggests they will never die by drowning and often become midwives due to their ability to work with the Divine, being

deeply intuitive and blessed with a healing touch. As I held my son, stunned by the Divine influence on what had transpired, flutes played softly in the background as the mantra of Green Tara echoed in my soul.

Seana Zelazo

END OF EXCERPT PART TWO



PART THREE

*Deepening Your Connection
with Your Guides*

*For things to reveal themselves to us,
we need to be ready to abandon our views about them.*

—THICH NHAT HANH

PRACTICES TO DEEPEN YOUR RELATIONSHIP WITH YOUR GUIDES

In this life, you are dancing with the universe, and everything is information for you. When you're vibing with the universe, you're realizing, *Oh, that's why the birds showed up. Oh, that's why there's a yes here. Oh, that's why I don't really like that teacher.* Even the “no” answers you receive are for your greater good. Everything is information for your personal journey—your soul—and your guides are here to help communicate that knowledge to you.

Your relationship with your guides is a deep and personal experience. They're building trust with you. It's like going on a date with someone. You're starting to get to know them. You don't build that relationship overnight. It can happen quickly, but it's still a relationship. As you develop your connection, you get to know them on an intimate level.

To know what form your guides may take, start with how you feel. What inspires your love? Ascended beings, nature, the moon? Whatever answer you decide is your guide, because you've picked it, and they've picked you. It is an intimate relationship that is meaningful to you. You are in co-creation, and your relationship grows with your guide, just like your relationship grows with a loved one.

When your guides are communicating with you, it's important to remember they are not "in a box." You can't meet your guides in a box. All souls are creative, and guides are the true essence of creativity. They will communicate with you using imaginative means. I encourage you to stay open and practice using all your intuitive senses to expand your experience with your guides.

My guides are creative teachers. I'd like to share with you some of their tools, so you can have a meaningful, deep, beautiful, and loving relationship with your guide. This relationship will help you to live the life you are meant to live—a life you love.

BREATHE WITH YOUR GUIDES

One of the best ways to start communicating with your guides is through your breath. Your breath was given to you because it's Divinity, it's God, it's the Universe; it's your existence. Your breath is what makes you unique, and it is intimate to you.

First, pick a guide to work with. If you don't have a guide, then pick an ascended being, an angel, someone famous you admire who is deceased, or an animal. I usually suggest you don't work with a deceased loved one right away because people sometimes struggle with hearing their loved ones in their new consciousness. They confuse it with their memories of the person, and therefore, it can be difficult to truly hear them.

Do you have your guide? Remember to trust and not overthink it.

Now close your eyes and ask that guide to come forward. Tell them to stand in a particular place near you. They may already be standing somewhere; you decide if that feels good for you. They want you to decide. Remember, this is a co-creative relationship. You get to have feelings and opinions about how you would like to do this work. Notice the distance that

feels comfortable to you. Are they five feet away or twenty feet? It doesn't matter; it's whatever feels good to you.

Now inhale, and as you exhale, send them your breath. Feel them taking your breath as they inhale, and when they exhale, they send their breath back to you. By the second breath, when you are inhaling, you are taking in breath from them. When you exhale, you are sending them breath. Do this for about five breaths. On the sixth breath, when you send them your breath, send them a color with it. See it as a line of colored energy. When they breathe back to you, that color is getting stronger. As you continue to breathe with them, that color becomes a line of energy like an umbilical cord, connecting you to your guides.

Notice how you feel. This is so important. People forget to feel, and it's one of the biggest ways our guides communicate with us.

When you feel ready, you can open your eyes. How did that feel?

If you didn't feel your guide, don't worry. There is nothing wrong with you. You are learning a new language. Do it again. Play with the location and color if you want. The important word here is "play." You don't learn a new language in ten minutes; it takes time.

Remember to surrender and trust. The more you do this, the more you will feel your guides.

SYMBOLIC LANGUAGE OF THE SOUL

Your "clairs" are how you see, hear, feel, sense, and know—how you receive information. The Symbolic Language of the Soul is a way to discern the deeper meaning and the message for you. As you experience the diverse ways to connect with your guides, a better understanding of their unique message for you is key.

We've seen guides speak through different forms. One of the best ways to open to their communication is by using your life experiences and feelings to interpret the symbol and message your guides have specifically shown you.

We all have had a variety of experiences in our lives. Even people raised in the same family by the same parents experience life differently. We were different ages when things happened in the family; therefore, our experiences and memories may differ from those of a sibling or parent. For example, if your father came home and told you that he got a new job that would require your family to move, you might have been thrilled because you didn't like the school you were in, but your sister, who loved her school, would have had a different response to that news.

No one else has experienced what you have; they haven't read the same books, dated the same people, or had the same friends. No one else has the perspective you have. You are unique, and your guides know it. That is why they send you certain symbols. They know that symbol will carry a message to you that is different from what your sister or the person sitting next to you would perceive.

The Symbolic Language of the Soul is a technique to help you interpret the symbol without the need for Google or books. With that said, there is nothing wrong with looking something up. There are great internet sites and books out there to inform you. Heck, you're reading one right now, aren't you? But have you run to Google to look up a symbol and had tons of sites come up? You don't know which one to pick, so you just pick one. You read it, and you are disappointed by what it says, or you are unsure what it means regarding your life. Sometimes, the message might even scare you.

Your guides are asking you to find your personal identity and language so when you receive a message, you can understand what your truth is. In that way, you can have a unique experience with your understanding of the symbol and not somebody else's experience of it. You decide on the best thing for you. To me, that is the key to your soul and your journey.

MEET OUR FEATURED AUTHOR



MARILYN ALAURIA is a gifted psychic medium, teacher, and coach with an unmatched capacity to ignite deep, soul-level transformation for her clients around the world. Marilyn provides messages from guides that are always with us and from loved ones who have crossed over. As the creator of Soul Finder Academy and Membership for Your Soul and host of the podcast Who Can It Be Now, she offers a clear action plan for developing our talents, following our purpose, fulfilling our dreams, and living in alignment with our souls.

After a successful Emmy Award-winning career in the entertainment industry with MTV and NBC Olympics, Marilyn shifted her focus to sharing her natural gifts and helping others discover their own intuitive abilities and living a life from the seat of their soul. She teaches spirituality in a way that leads to a practical, meaningful, and joyous life—no unicorns, flying carpets,

or impossible routines required. Marilyn simplifies the path to living a life of peace, ease, and alignment, making true fulfillment easy and achievable. As a psychic medium, healer, teacher, author, and speaker, she lights up audiences around the world and is devoted to using her abilities to bring awareness and enlightenment to every life she touches.

Learn more at marilynalauria.com.

GUIDES introduces new ways to recognize what a guide is and how they work with you. Through stories, techniques, and tools, you'll develop a relationship with your guides and begin a co-creative journey to your dreams.

—Dee Wallace, actress, author, healer

Sharing from her personal experiences and years of teaching others to connect with their guides, Marilyn Alauria normalizes this mystical realm of consciousness and makes it accessible and fun. Get ready to be led into new worlds of possibility.

—John Burgos, producer and host of Beyond The Ordinary Show

Journey with Your Soul Guides

Are you ready to create your most infinite and magical life experience? Psychic medium Marilyn Alauria explains how all of life offers information for your personal journey, and your guides are here to help communicate it to you. Guides can be ascended beings, deceased loved ones, angels, animals, nature, planets, colors, or beings from other dimensions and star systems. When you approach life from a limitless consciousness, you will be amazed at the guidance you have access to.

Guides answer the questions inside of you and help you remember who you are and why you are here. They reflect your highest truths and the loving universe we live in. Be delighted and inspired as Marilyn Alauria and our sacred storytellers share their mystical connections with their guides, including:

- a woman and her children saved from a neighborhood gang.
- a grandfather in spirit rescuing his young granddaughter.
- an overlighting deva of healing guiding a woman to her healing gifts.
- Yogananda interceding to assist a man deepen into self-love.
- the goddess Green Tara invoked to aid in a miraculous birth.
- loving guidance and healing received from Jesus.

Your relationship with your guides is a profoundly personal experience when you practice communicating from your inner awareness and knowing. Learn the symbolic language of your soul, how to breathe with your guides, the dot.dot.dot technique, and more.

GUIDES will show you how to step out in faith, trust, and surrender to a magical relationship with your guides. Your journey starts now!



Marilyn Alauria is a gifted psychic medium, teacher, and coach with an unmatched capacity to ignite deep, soul-level transformation for her clients around the world. Marilyn simplifies the path to living a life of peace, ease, and alignment, and she is devoted to using her abilities to bring awareness and enlightenment to every life she touches.



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