

guide may be replaced, but this is unusual. On occasion, a medium may be impressed with the name of a guide that you don't recognize. This doesn't always mean that you have a new inner band guide. There could be a guide or loved one around you who has a guide-like energy there to help you, or the guide may be identifying themselves with a different name or energy. For example, a guide who calls himself "Dr. Smith" might choose to identify himself with his first name, which you may not recognize. On occasion, a guide may have a formal name and a nickname, each representing different levels of energy.

Example: One minister has a joy guide who goes by her nickname when they are having fun, and by her formal name when she sheds her "child" persona to talk about more serious matters. If you haven't figured it out already, don't get hung up on names. The purpose and wisdom of your guides and teachers are far more important than how they refer to themselves. Even if you make up a name, they will know who you are talking to!

Most importantly, trust in your guides and teachers. You may not hear or see them, but you will feel their presence and respond to their gentle impressions!

About Us

The Meditation Center is a study group inspired by the teachings of the United Metaphysical Churches. Our mission is to teach the principles of meditation and Divine Metaphysics as a serene way of life. In addition to a variety of classes in meditation and spirituality, we also offer a selection of meditation-related items for purchase. We also plan to offer worship services. Please visit our website for our current schedule of activities and events. We're sure you will find a light on your path of unfoldment!

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The Meditation Center

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What are guides and teachers?

Spirit Guides are people from the spirit world who help us with different aspects of our life. They are referred to by different terms, including Guardian Angels, Master Teachers, Spirit Doctors, etc. Regardless of what we choose to call them, they are there to help us and influence us. When you hear someone say that "something told them" or "they had a feeling" that they should (or should not) do something, it is often a spirit guide impressing the person to let them know that a decision is needed.

Who are my guides?

Each person has a group of guides and teachers who have agreed to stay with us throughout our physical incarnation. Each guide has a specific role. Occasionally, other guides will come in for specific purposes. The five main guides and teachers are:

Master Teacher

The Master Teacher is the guide who is interested in our spiritual growth and leads us "upward and onward forever." He or she is generally not concerned with everyday physical matters, but rather our spiritual path of progression.

Doctor of Philosophy or "Philosopher"

The Philosopher is interested in all phases of our life and helps guide us (when we are ready) to the philosophy which we need for spiritual growth.

Chemist or "Physical Doctor"

The Chemist oversees our physical well being. Also the one who uses the chemicals of our body for physical mediumship. They are concerned mostly with our physical health.

Guides and Teachers

Protector or “Indian Guide”

The Protector one who walks with us and protects us. Though many protectors present themselves as Native Americans, they can be from other cultures known for wisdom, spirituality or lack of dogma.

Joy Guide or “Gatekeeper”

The Joy Guide brings joy into our lives and becomes the “door opener” when we connect with Spirit for messages or readings. The Joy Guide is sometimes referred to as a “little guide” because they tend to present themselves as children. Some joy guides are child spirits who are learning from our experiences, while others may be more advanced souls who choose to present themselves as children. Our human nature tends to be more trusting of the pure love and energy of children, so that is the form in which they have chosen to present themselves.

What are my guides’ names?

Each guide typically identifies him/herself by a name. This may be a name that they used in a physical life, or simply a name that imparts an energy of the wisdom or purpose that they serve. Philosophers and Chemists tend to use the title “Doctor.” Protectors tend to have Native American names. Joy Guides tend to have names that we would associate with a child, a flower, or other inspiring forms of nature. Master Teachers tend to have authoritative names, often just a first name.

An experienced medium may be able to give you the names of your guides and teachers, or you may be impressed with names. The important thing to remember is that a name is just a name. The purpose of your guide is more important than how you verbally identify them. Just knowing they are there helping you is valuable, even if you never know their names!

Were my guides real people in the physical realm?

Many spirit guides are beings that have experienced a physical life and are now continuing their spiritual progression in the afterlife. They have chosen to continue their path of progression by being of service to others. If they choose to, they will identify themselves by the name they used in a physical life. Quite often, spirit guides will identify themselves by a unique name that reflects the energy of their current role, rather than a name they used in their physical life. They are no longer that person, and

they don’t want you to be distracted by who they were or what they did during their time in a physical body. Our guides are drawn to us through the Law of Attraction. The nature of our guides will resonate with our level of progression and the path we have chosen in this life .

We must remember that we are all on an eternal path of spiritual progression. A guide may have been a criminal during a physical lifetime, but has now gone through the “doorway to reformation.” The physical experiences your guides may have had have helped them achieve a level of understanding that now can help you. Knowing who they were, or what they may have done in their past may detract from your level of trust in them. As the saying goes, “The past is the past,” and really doesn’t matter anymore!

What is the difference between “Inner Band” and “Outer Band” guides?

Your “inner band” guides are your primary guides (listed above) who typically stay with you throughout your life. You may have other inner band guides, depending on what your life path is, for example, some people may have more than one Joy Guide or Protector.

“Outer band” refers to other guides and teachers who are around you to help you with specific matters. You can call on Spirit to help you with any situation. Just as you might go to a specialist for a particular need in the physical world, there are “specialists” in the Spirit world, who can help you with anything. If you are selling a house, you might call on a spirit guide who understands real estate. If you are having health challenges, you might call on a guide with a medical specialty to help your Chemist with your particular issues. If you are working on your mediumship, additional guides and teachers may come in to assist you with the specific phase of mediumship you are working with. Just as you would call a plumber to fix a broken pipe, you can call on spirit guides to help you with specific matters in your life. Again, you don’t need to know their names, only that they are there to help!

Do my guides change?

Typically, the same “inner band” guides will stay with you throughout your life. Other guides may come and go depending on specific needs during different phases of your spiritual journey. In some cases, a primary