



Everyone has a spirit guide,' says acclaimed Australian clairvoyant Artemis. 'We have loved ones from the other side, we have our own higher self, and we all have more than one guide around us working with us.'

She says guides can communicate with us in different ways. Sometimes it's dependent on the person – if you are clairvoyant you're more likely to see your guides, if you are clairsentient you'll feel them. 'But sometimes it's up to the guide. Some guides send feelings to you, and others might be as chatty as anything,' she grins.

'If you want to be more in connection with your guide, put out that intent. And be very aware of what you're feeling and sensing. If you feel a light brush on your skin, or have a profound dream, or an intuition about something – those can all be ways your guides are communicating with you.'

'Another way is to use a guided visualisation to communicate with your guide, instead of waiting for them to come to you. With this you're given imagery to help you relax, and from there you imagine yourself journeying to meet your guide. The relaxation part of this is important regardless – it takes us to a deeper part of ourselves.'

Artemis has released a CD, *Discover Your Spirit Guides*, which can help you do this, even if you've never meditated.

She also does beautiful drawings of people's spirit guides, either face-to-face or by phone. She clairvoyantly connects with the person's guide and is able to draw their essence.

'Sometimes people feel stumped around getting an image of their guide, so having a drawing of the guide gives you something tangible you can speak to and connect with,' she explains.

According to Artemis, there are three kinds of guides.

LOST LOVED ONES

'When loved ones pass over to the other side they don't truly leave us. They stay around because they love us, because their connection with us is still real to them, and to us. They keep an eye on us. It's comforting for us, and it's also comforting for them,' Artemis says.

'We never leave those we love. We might change form, but we are always connected through the love that exists.'

'It's beautiful that if we're incomplete with our healing when someone dies, we can continue that healing when that person is no longer in the physical body.'

OUR HIGHER SELF

'This is our soul, the part of us that is eternal, that continues beyond the body and beyond this lifetime and personality.'

'We can relate to the higher self as if it's a guide, even though it is us. It's the more aware part. I get woken up with a voice in my head saying: "Get up, your next client is going to be early." And

GUIDED BY SPIRIT

Connecting with your spirit guide can teach you about yourself and your purpose



sure enough it happens. There are little promptings or awarenesses.'

According to Artemis, it's the easiest part to open up to – when people say they're developing their intuition, they are developing the ability to be in communion with their higher self.

'The purpose is to remind us of our own being, of our unique personal power. Even if someone doesn't believe in spirit guides, they can still achieve the same thing, by connecting with their intuition or their gut instincts.'

SPIRIT GUIDES

'The true spirit guide is often a being we've known in another lifetime. It's a soul not in a physical body, which guides us,' she says.

'They're not in our life to predict the future – their purpose is to help us be more in touch with our soul's desires, and to help us fulfil our purpose on earth. To remember how to love. To experience the joy of truly being with another person. To connect us with our heart.'

'These guides can be around for a short time, to help us through a particular phase, or be with us for a lifetime. And they take a form we can relate to so we can connect to them.'

TO FIND OUT MORE

Artemis runs psychic development workshops and does psychic readings and spirit guide drawings. She will be at the Mind Body Spirit festivals in May and June.

Website: www.artemis.com.au or www.mbsfestival.com.au.

Phone: 1800 880 022.

PRETTY AS A PICTURE

Artemis draws people's spirit guides and passes on messages from them. She says each guide has a unique vibration which equates with the lesson they are teaching you, and this vibration becomes part of the picture.

Through the drawing, it is much easier to connect with your guide.

'It's an image you can feel connected with, that contains your

guide's energy so you can experience true connection with them, and relevant symbols to remind you of the lessons your guide is teaching,' she adds.

The day I met Artemis, it was my higher self who wanted to be known.

'She portrays herself as a fairy. The vibration

she's helping you work with is love. There's a real presence of compassion and love, and a peacefulness behind that. It's not an agonised love, it's a really empowered love – that is what your soul is learning, and what your higher self is helping you understand.

'The higher self is a very special guide. When we are ready to see the beauty and power within us, that is when our higher self manifests, so it's very significant that your higher self wishes you to know her now.'

