7 Steps To Access, Awaken and Activate Your Inner Guide

“Dreams are phone lines by which our Inner-ET (eternal spirit) phones home. What is truly amazing is the call is always answered on the ‘other side.’”

Kathleen O’Keefe-Kanavos, Author

See Kat’s 30-Second Inspirational Video
Introduction

The intention of this guidebook is to show you what to do to awaken your Inner Guide so that you can establish the skills for self-analysis to get you on the path of self-improvement and the life you’ve always dreamed.

The ancient Chinese saying, “One picture is worth a thousand words” has existed for eons. Our Inner Guide speaks to us through dreams, a series of moving pictures filled with Universal Archetypes. Drs. Sigmund Freud and Carl Jung used these same archetypes in psychotherapy to help patients understand and work through their emotional problems. In other words, even renowned doctors saw the truth.

Our dreams and Inner Guides speak to us using a Universal Dream Language. Although the archetypes have universal meaning, we each communicate with our Inner Guides through our own personal dream language. Learning that personal language can be a turning point in your life. It opens the phone lines of inner dialogue with Higher Self.

Dreams are revelations that can connect us to our Inner Guides who become our Inner GPS when we face a hole in the road of life. An Inner Compass can point us due North but only Inner guidance will get us around the challenge and back on the right path. Then our Inner compass can take over. We are made up of so much more than id, ego, and super ego. Accessing our Inner Guidance can go beyond keeping us on the right path of life. Medical research shows that at 18 weeks a fetus has REM (Rapid Eye Movement) that can be seen using ultra-sound technology. Even a fetus dreams.
Dreams transform outer activities into an inner experience conveying messages through signs, symbols, colors and emotion. Connecting with our Inner Guidance can enrich our lives.

Romans 12: says: “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” The Western world has come to rely heavily on the conscious mind and has lost the awareness of Inner Guidance.

Dreams are so common place that many people belittle their importance. If we are wise we will attempt to remember and write down our dreams and appreciate the experience that is given so freely each night because it is dialogue with Guides.

Guided Dreams help us to understand who we are and help us to evolve into who we wish to be through Inner Guidance. Dreams and Daydreams come from the same source; our higher level of consciousness where we activate our Inner Guidance.

Dream Facts…

- Inner Guidance can help with physical healing, interpersonal relationships with both the living and loved ones who have passed over, unresolved emotional issues, career opportunities, sexual dysfunction, money matters, and many other areas of everyday life.

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- Levate your existence with Inner Guidance accessed through dreams and prayer.

- Activate personal growth. Dreams are powerful instruments. The only limits our dreams have are the ones we create in the waking world.

- Meditate can greatly transform your life on many levels that include health, career opportunities, physical healing, relationships and making money.
# How Well Do You Know Your Inner Guide?

## Inner Guidance IQ Test

Rate the following statements with the number 1-10 with 10 being the highest “yes” and 1 being the lowest “no.” Add up your points. Each answer is worth 10 points, with a total of 100 points.

<table>
<thead>
<tr>
<th>Statement</th>
<th>1st Try</th>
<th>Re-Test</th>
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<tbody>
<tr>
<td>1. I know how to listen to and have spoken with my Inner Guide in dreams, meditations, daydreams, etc.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I am aware of the many different ways to connect with my Inner Guide.</td>
<td></td>
<td></td>
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<tr>
<td>3. I interpret synchronicities in my life as signs and information of Inner Guidance.</td>
<td></td>
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</tr>
<tr>
<td>4. I use my dream journal and personal dream language to communicate with my inner guide.</td>
<td></td>
<td></td>
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<tr>
<td>5. I know the 5 ways to remember my dreams and the 7 types of dreams.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. I use my dreams for communication with my Higher and Inner Guidance.</td>
<td></td>
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<tr>
<td>7. I know how to use Mirror Therapy to connect with my inner guide.</td>
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<tr>
<td>8. I connect with my Inner Guide to help me solve job, financial &amp; emotional issues.</td>
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<tr>
<td>9. I feel confident enough in the communications I have with my Inner Guides to entrust them with my life.</td>
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<tr>
<td>10. I know how to seek and use validation to verify my Guided information.</td>
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*After completing the Guide  Total Your Points for Your Overall Score:*
IQ Rating: So... How Well Do You Know Your Guides?

100% You and your Guides are a team and work well together. You hear and understand each other. Let go and let your Inner Guide lead you to new heights and there will be no limit to the positive possibilities in your life. As a coach, I recommend you take the next BIG steps in your relationship. Find an advanced course to help & teach others.

90-80% You are on the right path! You know you have guides, and have met them. It’s time to take your work together to the next level for a more fulfilling life. You would enjoy an advanced training in Guided Communication. You are on the right path. Now what areas still need work and how can you help make them stronger? What areas need work? How can you build on them?

70-80% You and your guide are in the same room in your spiritual house, but standing in different corners. You are still perfecting your personal symbol language so communication is difficult but has the potential to really progress with formal instruction. You hear but cannot make out the information in your dreams and day-dreams. You see but are not sure what is being shown. You are aware but not sure what to do. It’s time to perfect the lines of communication. Where can you find professional instruction and open your life to endless possibilities?

60-70% You and your Guides occasionally connect, but it feels more like an unconscious accident than a planned event. Your Guide wants you to know that your success is “accidently on purpose.” You would enjoy taking some easy classes in Guided Communication. Where can you seek this Outer Guidance to activate the phone line to your Inner Guidance?

50-60% You think you believe in Inner Guidance but are unsure about the concept of having a Guide with you. The bridge of trust is still half built. The good news is you are here. The better news is your Guide is smiling and standing beside you right now. Enough doubt. Get to work! You would enjoy a private coach or taking easy classes in Accessing Inner Guidance. Where can you seek help to meet your Inner Guide?

40-50% There is much room for work and improvement here and your Inner Guides are rolling up their sleeves. Find a private coach who will take the time to help you make the connection. Write down your thoughts on how you can make this happen.

30-40% No, you are not alone! Yes, you do have guides. You are their job. And, they take their job seriously. Say “Yes” to Inner Guidance and you’ll take the first big step to connect with it. Get some serious one-on-one instruction and you’ll see a big difference in your life. What would you like to work on first?

20-30% Your Inner Guide is so glad you are here. That little chill that ran up your spine was a warm hug from your Guide. Find a coach to help you with the basics of Accessing Guidance. Write a message to your Guide to start the communication process.

10-20% Listen. Do you hear that faint ringing in your ears? Guess who? Say, “I love you.” It is your Inner Guide singing with joy because you’re here. The line is open! Quick, write them a message, then find a coach!

0-10% ...But your Inner Guide still believes in you. And that is a very good start! You are here for a reason. Welcome! Connect with an instructor to help you connect with Your Inner Guidance. Yes! You can do it or you would not be reading this. Take my hand.... Describe what you think your guide looks like. You are right!
What's the Difference?

**Inner Compass vs. Inner Guidance**

Your Inner Compass gives you direction. Just as a regular compass points you in a specific direction or shows you where you are at any given moment, an Inner Compass keeps you on your Life-Path.

But what happens when you come to a pot-hole in the Road of Life- or quick sand?

The compass points the direction but does not lead you around it and back onto the proper path. That is where Inner Guidance comes into play.

Inner Guidance goes beyond directionality. Our Inner Guidance becomes a GPS that leads us around the pitfalls and back onto our Path of Purpose.

Inner Guidance is necessary to complete our Life Purpose on the road of Life Destiny.

**Life Purpose vs. Life Destiny**

Life Purpose is your reason for living. Life Destiny is the road by which you will fulfill your purpose.

Do you know your Life Purpose?

Are you on the road of your Life Destiny?

Connecting with your Inner Guidance can help you answer both of those important questions.

**Inner Guide vs. Inner Guidance**

What is the meaning of your life? The answer is different for everyone and therefore often requires a life time of searching.

Your Inner Guide can help you find the answers you seek for a more meaningful life. Inner Guidance can come in many forms like dreams, meditations or prayers that can include a specific Guide or many Guides working together.

There are many ways to access your Inner Guidance: It is a long and winding road, but one worth taking that often leads to your Inner Being. In this guidebook we are only going to focus on our 5 senses and dreams to access, awaken and activate our Inner Guide in 7 simple steps.

If you are advanced, these steps will help you to continue on the road to a more meaningful life. For continued learning, my blogs and articles, accessible on my Web site, offer many insights into Inner Guidance Techniques.
The 7 Steps to Access, Awaken and Activate Your Inner Guide

Step 1

Express Your Desire to Connect in 4 Ways

Open your Inner Telephone Line to Inner Guidance. (You innately know the number.) Your dreams help you remember while meditations and prayer open lines of communication.

1 Write your desire on a piece of paper. Place it beneath your pillow. You have taken the first step in manifesting your desire by shifting it into physical form. You have brought the abstract 4th dimension of emotion into the concrete 3rd dimension of life.

2 Connect the abstract and concrete through the dream world of communication and the dream language of universal archetypes used by Drs. Freud and Jung.

3 Decipher using Dream Dictionaries - a great first step for Inner Guide communication to learn what dream images and symbolism mean.


Quotable

“The only thing standing between you and your dreams is YOU. Achieve by leading the way; don’t stand in it.”

~ Kat
Step 2

**VISUALIZE IN 4 DIFFERENT WAYS**

Visualize your special place for communication. Meditation and Prayer can help you get there.

- How do you get there?
- What do you hear?
- What do you smell?
- What do you feel?

Step 3

**MANIFEST USING 4 TECHNIQUES**

- **Dreams**  See it as completed
- **Prayer**  Give thanks as if it has already happened
- **Meditation**  Focus on your desired outcome
- **Mirror work**  Speak to your soul (Be your best friend!)
Step 4

REMEMBER YOUR DREAMS IN 6 EASY STEPS

Voice your intention

Write in Dream journal

Lie back down in same position

Write down your feelings

Write down your colors

Name your dream

Step 5

WRITE DOWN & DETERMINE YOUR DREAM CATEGORIES IN 4 STEPS

Determine what kind of dream you had using the 7 types of Dreams illustration at left.

Name your dream.

Watch for “dream hints” during Day Dreams to remember Guided information.

Carry a piece of paper with you to write down synchronicities, information or validations that trigger forgotten dreams, write them down and add them to your dream journal.
Step 6

BE AWARE OF THE 3 S’S

Write these down and list daily.

 Signs
What is happening around you

 Symbols
Day symbols and dream symbols

! Synchronicities
Are they numbers, signs or symbols

 How is the Universe speaking to you?
Feel the vibrations around you. Is your hair standing on end? Do you feel like someone just punched you in the stomach? Do you see numbers? Don’t dismiss these as “silly feelings. Embrace them and learn from these signs and symbols.

Step 7

LEARN TO LISTEN TO YOUR “PERSONAL DREAM LANGUAGE” IN 3 WAYS

 Write down key words and symbols

 Underline specific words

 Write your definition in the interpretation
# 7 Step Inner Dialogue Exercise

**Your Guide may speak to you with “Inner dialogue.” Don’t dismiss it as “mind chatter”**.

Here are some questions to consider in getting in touch with the power of your inner dialogue.

<table>
<thead>
<tr>
<th>List words or phrases you have “heard?”</th>
<th>Where they repeated in dreams? How?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you seen or heard them during the day? Describe.</td>
<td>If yes, what time and how often?</td>
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*Your Guides may also give your reassurance or answer questions using synchronicity numbers. If you know your synchronicity number, what is it?*
Validation is often underestimated and can come in many forms. It reassures us that we are on the correct path in life and can be as simple as finding the proper people at the right time to teach us how to move forward in life.

Don’t row your boat against the tide, row it gently down the stream. Validation can come in nightmares that are really blessing or opportunities in disguise, or through Guided Card Readings.

My validation for Life Purpose and Destiny was being led by my Inner Guidance to Wake Up Women, an organization dedicated to spreading the message of empowerment to women across the world.

Success with Validation

A client battling bone cancer asked me to give her a validation reading over the telephone using her Personal Tarot Card connected to her Astrology Sign-- the North Star of her life in the card spread.

She had concerns about an important move she was planning for alternative treatment in another state.

The validation cards chosen by her Guides using colors, numerology, corners of the earth and elements validated her decision to move and quite possibly saved her life.

Another client found closure in a recurring lucid nightmare. In her dream, there was a knock at the door. Startled, she would yell to her husband, “Don’t open the door!”
There I met Kindred-Souls from a previous life who became my current “Sisters by Choice” rather than by birth. We have now co-authored books together, helped each other emotionally, spiritually and professionally and have built a platform by which to share our messages of health and happiness others.

Look around. Listen to guidance. Find your “Extended Kindred Family.” Validation is like a pay-check from your Higher Power.

“Hi, Kathy Just wanted to let you know...I had the opportunity to listen to your interview with Dr. Bernie Siegel yesterday while I was driving around. I found it really interesting and just love your whole attitude about adversity.” – Don

“Hi Kathy, I have been listening to the recording of your interview with Bernie Siegel and am enjoying your comments. You gave a good interview! I wanted to compliment you on saying that “we are spirit within body, and if you want to treat the body you must also treat the spirit within...it’s the part they are leaving out...” Thank you for your work; I appreciate what you are doing and sharing!” – Tamra

Listen to Kat’s Interview with Dr. Siegel.

Validation Success, Continued...

But he always did, and her deceased father would walk in and say, “I love you.”

They had had a stormy relationship in life and the dream would shock her awake and leave her crying and angry.

“It was like I was always waking up on the wrong side of the bed and my bad mood lasted all day. I hated to go to sleep.”

I coached her on how to define her dream, change her ending to resolve lingering issues, and improve her life, forever.

The next time there was a knock on her dream-door she answered it, and told her father she loved him, too. Good-by nightmare. Hello validation.
Where to go from Here…

An Access, Awaken & Activate Your Inner Guide Review

Don’t Forget…

To access your Inner Guide you must make the Journey Within.

To activate your Inner Guide just tell them that you will connect and that you love them.

To awaken your Inner Guide is so easy, you can do it in your sleep!

“Freedom from Want” and “Less is More” are fraternal twins from the Tree of Life. When you realize you have all that you need and do not want what you do not require, you will be home. Inner Guides can show us how. Our dreams can lead the way.”

~ Kat

Now, Retake the Inner Guide IQ Test & Compare Your Progress

Areas that lack Inner Guidance are areas that remain unfulfilled, weak and vulnerable. Which of your areas still need work? List them here.

We are all born with Guides. We are their job and they take their job seriously. Accessing Your Inner Guide in every aspect of your life promotes confidence which creates a more fulfilling life.

Imagine your life as a big pie. Each aspect of your existence is a piece of that Pie of Life. There is health, finance, love life, social life and relationships, spirituality, and daily life challenges.

Each of these areas also has an Inner Guide. Consider these areas of your life and rate them on success using a scale of 1-10 with 10 being the highest rate and 0 being the lowest.

Other pieces of the Pie of Life are… the realms in which Inner Guidance is accessed such as dreams, meditations, prayers, therapies, and affirmations.
Thank You

On behalf of your Inner Guide, let me thank you for taking the time to connect here in my guidebook. I hope the information contained in it will be of service to you in all realms of your daily life and beyond.

My book “SURVIVING TRAUMALAND: The Intuitive Aspects of Healing” and workbooks, show how I used all of the processes and information I have shared here with you to survive Stage-4 cancer and live a more emotional and physically fulfilled life. Without Inner Guidance, I would not be here to share this information with you today.

If you still need help in connecting with your Inner Guides or Guidance, I am here to help you. Email me to schedule your complementary 30-minute coaching call, today. I can help you connect using techniques that meet your needs and time restraints.

Learn more with a free consultation.

About Kat

Kat is a radio host, author, blogger, inspirational speaker, mentor, and columnist for Cape Women Online Magazine.

A two-time breast cancer survivor, Kat penned “SURVIVING TRAUMALAND: The Intuitive Aspects of Healing” to bring real hope to others.

Kat is active as an R.A. BLOCH Cancer Foundation Phone Counselor and Wake Up Women Core Team Member.

Born to a military family, she was raised in Europe, graduated from Munich American High School and Keene State. Kat taught Special Education & Psychology at the University of South Florida.

“Kathleen’s story is powerful, honest, and eye-opening. She asks readers to go a little beyond where some might feel comfortable, but if you are willing to do that, the reward is the story of a profound healing journey.

Kathleen tells us that, ‘My crisis increased my intuition which, in turn, saved my life.’ Thank you, Kathleen. Miracles and angels are a part of our lives, so anticipate them and tune in through your quiet mind.”

Bernie Siegel, M.D., A Book of Miracles

Connect with Kat

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