

SPIRIT GUIDES ON SPEED DIAL

A PRAGMATIC APPROACH
TO GETTING WHAT YOU WANT

Jules Apollo



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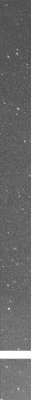
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*In memory of my brother Mark.
And to my three sons. Love you more than sunshine.*



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CHAPTER 1

START WHERE YOU ARE



IT'S THE FALL OF 1986. I'm sitting in the chipped old bathtub of my apartment near the University of Minnesota's St. Paul campus, where I've just started graduate school after two years of planting trees at the edge of the Sahel desert in Niger, West Africa, with the Peace Corps. I'm trying to find a way to quiet all the voices in my head telling me that I suck so I can have a few minutes of calm, and I've read that sitting in warm water can help.

After quite a bit of work over six months, I am now able to spend a few minutes at a time in quiet meditation. And today, I start noticing white blobs around me when I close my eyes. I'm just curious about these, as they don't feel bad. In fact, they feel great. There's so much gentle love flowing from them.

From that day on, each time I meditated, the blobs were there. And over a few months, the blobs got closer and more defined (but still indistinct figures; I didn't see clear faces). They were some sort of beings of light, as they only felt good. What could they be?

This was before the internet, so the only books I'd been able to find on meditation were dense tomes about Tibetan monks. The only ones that mentioned spirit guides were in the small

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occult sections of some bookstores, and they didn't give clear steps on how to work with guides, how to start communicating with them, or what it meant if they just started showing up. Were there established spiritual protocols I was supposed to adhere to? It felt strange, like I was invited to a fancy banquet and didn't know how to use all the silverware.

I bought and checked out books from the library on Tibetan Buddhism, Hinduism, Islam, and Christianity, searching for details on anyone who shared visions, such as Hildegard of Bingen, and anything I could find on angels. As far as I could tell, angels were the only type of being of light mentioned in almost every religion.

This went on for a year, me researching and the shapes moving closer, feeling wonderful. As they became more defined, I seemed to see wings. Finally, I asked if they were angels. They got brighter when I asked this, and I felt a huge wave of love surrounding me. I felt energy move up my spine, a kind of click-in-place sensation I've come to know as truth moving through me.

Why were they hanging around me? What did they want? I pulled out of the meditation because it made me so uncomfortable: I thought I must be making it up. But regardless, if they got too close, they'd see I wasn't worth talking to. I had no experience with angels, let alone the belief there was any possible way they'd find me worthy enough to spend time with. I grew up going to a strict Missouri Synod Lutheran church in Iowa, where angels were never mentioned; it was mostly "ask for forgiveness and get back to work."

My need to quiet my inner voices was too strong for me to stop trying to find some peace of mind, though, and over time I

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became more comfortable around the angels. They showed up in different sizes, all of them exuding peace and love, hovering around me without asking me to do anything.

So, over the next few years, I played with the angels without telling anyone and simply enjoyed their presence. Sometimes I heard the singing of angelic choirs, which was luscious, and sometimes they shared messages of love and support. They didn't seem to want anything.

I looked for books about angels to see if I could figure out whether their different sizes might indicate that they were different kinds of angels, and what those different kinds might be. Some books I found contained representations and lists of the supposed different types of angels and their roles and hierarchies. It took many more months for me to figure out that the tall angels who exuded the brightest light might be archangels.

When I asked if they were indeed archangels and got the same energy hit that felt like a yes, I instantly pulled out of the meditation and didn't go back for a while. There was no reason archangels would want to hang out with me. I was mentally messed up, with lots of voices in my head, and had (still have) a terrible temper. With my low self-esteem, there was no way I could accept archangels showing up to be with me.

But, oh, the love that poured from them! Shutting them out was like asking myself not to butter and shove freshly baked bread into my mouth. I craved the love and acceptance that is always part of their light, that just beams from them. Who doesn't want that? There is so much exuberant joy in their energy; it's not just a still and silent love. So, over time, I got comfortable with them being around.

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And my work on feeling worthy of that love began.

It's so difficult for us to feel we are worthy of spirit guidance of any kind, let alone the joyful love we experience when we do tap into it. I see this with students and clients all the time. But what I know from my experience working with people for more than thirty-five years is that we all have a bunch of guides around us all the time. And they're already working with us and want to help, so we might as well lean into that.

What I share in this book comes from decades of learning to work with the different guides who showed up when I quieted my mind, and how I came to see them as my spiritual family. I hope that what I share can bring you some of their peace and comfort as well.

My intention with this book is to give you the tools you need, including proven scripts and tips, to work with your spirit guides starting right where you are today. This process doesn't require you to have an existing spiritual or meditation practice—it doesn't even require quiet, sitting meditation. I can't do that—my brain just doesn't shut up—so I developed other ways to work with my guides. We all have access to inner wisdom from our soul and guides. There are no tests to pass and no gatekeepers to the wisdom and love they share.

You may have sensed your spirit guides before, and worked with them a bit, but haven't created a sustainable practice that works for you: this book is for you, too. It's filled with pragmatic approaches to creating a practice that slips right into your life.

The suggestions I offer aren't tied to any religion or specific belief system and can fit into any practices you already have.

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It's about what feels best for you, and all the steps and scripts can be altered.

BUSTING MYTHS

BEFORE YOU START, I WANT to point out some myths about working with spirit guides. My approach is different from what you may imagine is required to receive guidance, and it has worked for my students and private clients as well.

- It doesn't require a quiet space. You can ask your guides for help under your breath even when there is noise and chaos all around you. We learn the practices best in a private place, but that's not a requirement. In fact, times of chaos or stress are the best times to reach out for help, and we're seldom in a quiet space when those are happening. The guides are with you. They'll hear you.
- You don't need big chunks of uninterrupted time. That's unrealistic for most of us. I developed the techniques I share as a single parent with limited time and energy to focus on a lengthy, undisturbed practice.
- You don't need to have a spiritual practice, reach some level of "goodness" or purity of thought, or be forgiven for anything before you can work with your guides. You are good enough just as you are, no matter what you have or haven't done, and you are worthy of all the love and support they are lined up and ready to give you.
- You don't need to know the names of your guides or who they are to start working with them. Getting stuck on

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specifics keeps you in your mind instead of your heart, which is where you can best sense guidance.

- You don't need to see, feel, or hear your guides—ever—to work with them. This is part of what makes your life magical; it happens when you ask for help with the assumption that help is coming. You just need to pay attention and notice what happens.
- No special equipment is needed, no singing bowls, incense, meditation pillows, or special loungewear. The guides don't care, they just want to help.

We look to spirit guides to help us by providing answers to our questions, but what has surprised me most about working with guides is how much love they bring. Waves of it, always flowing to us. It's like standing in front of the sun with the heat and light loving, healing, informing, and empowering us all at once. It's amazing and it's always there. The most common message the guides give—at the end of every meditation, every podcast, every session with clients, and every class I teach—is *how deeply loved we are*. The archangels phrase it like this sometimes: *What beauty be this love we have for you*.

Did all of this just blow up your ideas about working with spirit guides? Let's take a few minutes to sit with these statements. I'm sure you have some of these beliefs; I had all of them at one point or another. The ideas that I am worthy of guidance, that I can work with my guides even with all the mistakes I've made, and especially that I am being bathed in love are the ones I've struggled most to accept.

I didn't even realize that self-worth was at the base of so many of my struggles until probably a decade after my guides

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started showing up, because I didn't yet realize how little I valued myself. I couldn't separate my inner critics from who I was as a person, free of those constraints. But the guides frequently share that we are all divine, that we come from divinity and are created with that energy. They say, repeating it like a mantra: *You are divine, you are holy, you are needed, you are seen.*

If you back away from that text, if you can't yet accept that, it's all good. One of the best benefits of hanging out with your guides, even if you don't sense them around, is that their energy entrains yours, making it easier for you to see yourself as they already see you and the truth of the beauty within you.

If you can give me the benefit of the doubt, accept that the above statements about working with your guides are correct, and are willing to try out the new approaches proposed in this book, you will find that you can easily work with your spirit guides using the processes, tools, and scripts I've provided.

Where did these beliefs about working with spirit guides come from? It used to be that only people trained in meditating for long periods of time (like monks) or people with particular practices (like mystics) could work with guides. You needed a special practice or path and years to develop it, so it was only for people with lots of free time and/or money to pay somebody to teach them.

Forget all that! None of it applies anymore. And it keeps us from tapping into the wisdom that is literally standing right next to us, trying to get our attention.

Look—the planet is messed up. A lot of people are suffering. The world needs all the compassion, wisdom, peace, and power you can bring to the table. These techniques are designed to help bring out the best in you, so let's dive in.

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Working with your guides can be an ongoing, rambling conversation, just like you'd have with an old friend—times of comfortable silence, knowing they are there, interspersed with comments and requests. You can get to that point using what I share in this book.

WHY THESE PRACTICES WORK

I UNDERSTAND BEING BUSY: I had three sons under the age of six when I got divorced and no child support or time off from having them with me. I developed practices that didn't require a lot of time or money since I didn't have much of either one.

I don't like to waste my time, so something must help me, or I won't do it. I'm also a scientist, used to testing to see what works and adjusting as needed. How does this relate to what you'll see in this book? These techniques have been tested and revised for efficiency and effectiveness over my several decades of working with hundreds of people.

- They will fit into your life, no matter how much you have going on. They have the single mom seal of approval.
- I'm not going to blather on. This book is lean for a reason. The point is for you to get answers you can trust using steps that fit into your life.
- I know where I (and others) got stuck in the process, so this book offers ways around those pitfalls, too.
- I've taught these techniques to many others, and the steps have worked for them.
- You can discard what doesn't work and revise everything to fit into your life.

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YOUR SPIRIT GUIDES ARE ALREADY WORKING WITH YOU

YOU HAVE MANY GUIDES, ALL of them ready and willing to help you. And in subtle ways, they already have been. We'll look at how you're already getting guidance (even though you may not have realized it was happening) and build upon that using your intention, imagination, and energy to create a practice that's grounded and clear so you can trust the guidance you're receiving.

Through the steps in this book, you'll learn:

- How guidance comes (and how you're already perceiving it in subtle ways)
- Tools to use (you probably already have everything you need)
- How to set up a practice that allows you to trust what you're sensing
- The types of guides that might be helping you
- How to ask for help and understand it when it comes
- How to ask for help in times of trauma
- How you might get stuck and how to address it
- How to work with your guides to go after your dreams
- How to work with your guides to reach your goals
- How to pull it all together into a sustainable practice that fits into your life.

I'll share scripts and tips to help with each step, along with wisdom from my guides to support you. By the end of this book, you'll have the tools you need to get results and trust the guidance you're getting.

MY SPIRIT GUIDES HELPED WRITE THIS BOOK

I WORKED WITH MY SPIRIT guides to get their input as I wrote this book, and they've shared many messages of support for your process as you learn to work with them. You'll find these comments throughout the book, in italics, under the heading "From the Guides." The guides I work with, whom I consider my family, come from all the categories shared in Chapter 3; you have a whole range of helpers waiting to work with you as well.

When I teach this process as a course, my guides share meditations and energies to create a container of light that helps my students understand and feel the presence of their own guides. The words they share here are intended to provide a similar context for you.

Working with my guides has literally saved my life, as I used to feel that I'd made so many mistakes I might as well end it all. And aside from giving my sons squishy hugs, it has brought me the greatest peace and joy of my life. I hope you can find that ease and peace in these pages.

I've used a question-and-answer approach with my guides to provide concrete answers to questions you might have as we go. Here are a couple.

| Why are you coming forth to help write this book?

Many people want the support we are right here ready to share. There are a lot of misconceptions about guides: who we are, how we can help, how to get help, how complicated it needs to be. It can be as straightforward as talking to a friend over a cup of coffee. That's

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what we hope to bring through this book: easy answers, clarity, and comfort when you need it most.

| What do you want most for people to get out of the book?

We are right next to you, and our role in your life—and on this planet now—is to help you release tension so you can share your love, gifts, joy, and creativity. They're all needed now.

Our intention is for this book to support the creation of a safe and sacred space, imbued with love and the highest divine light, that cocoons you in support and guidance so you can embody and complete your divine missions and creative expressions with ease, grace, flow, and joy.

I'll end with this short note from Archangel Gabriel, one of my favorite messages ever.

We walk with you and beside you, sit on your bed and help you put on your shoes, sit next to you in the car as you drive to work, and watch movies with you as you eat popcorn. There is no time in your day when you are not in the company of angels. We are beside you in all aspects of life, so that if or when you need our assistance or guidance, we are ready, attendant, and respectful of your choices. Call on us—we are already here.

QUICK CHECK-IN: WHERE YOU ARE RIGHT NOW

SINCE WE'RE STARTING WHERE YOU are now, let's figure out where that is. Here's a brief list of three questions for you to

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answer to see how you're feeling about working with your guides. It's important to note that this is just to gauge how you feel right now, not to judge yourself or the process. We'll check in again in the middle and at the end of the book to see how things have improved and demonstrate your progress.

Using a range of one to five, with one being the lowest and five being the highest, answer these questions:

- Do you know how to work with your guides?
- Do you know what guidance looks like and how to tell if you're getting it?
- Do you feel confident that you can tell the difference between guidance and just making something up?

Make a quick note of your number for each question to compare with your middle and final results.

Another way you'll measure your progress is by creating a clear image of yourself and how you'll feel once you're able to work with your guides and trust the answers you're getting. Let's imagine this future vision of you: calm, confident, clear, and creating what you want. This is an image I'll remind you of as we move through the book together, so take five minutes and give yourself the time to truly see, hear, feel, and imagine this as real.

It's helpful to have a vision of where you want to get to, and who you'll be once you're there, to drive toward. How do you feel, how does your day go when you're able to work with your guides? How does it feel to know you have support all around you? What happens when you're clear on what to do

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next to get what you want? How does feeling calm change your days?

I use this approach a lot to try on the feeling, energy, and identity of what I want to achieve. While writing this book, for example, I tried on the identity of a beloved, bestselling author. If I knew that my words were printed and enjoyed and that people shared them, how would I approach my writing each day? Would I be happier? Would I spend more time in the garden relaxing and less time worried about whether I really could express what I want in a way that helps people?

This approach can work if you're focused on a health issue or a financial concern. I also used it when I was looking for a house in a hot market and worried about finding something I could afford that wouldn't be snatched up by other buyers. As I write this, I'm sitting in the kitchen of the house I imagined—not every detail, but the way it feels, how we live in it, its beauty and sense of peace. Focus on the feeling of having and being what you want and ask the guides to help you with the how, when, and where of it.

Make some brief notes on your vision now. You can update it as you go through the book, but having an idea of where you want to be and how you'll know when you get there gives you energy and momentum. You may want to get a notebook specifically for working through the book, or you can use the workbook I created, *Spirit Guides on Speed Dial Workbook*, which is available wherever this book was purchased. It includes exercises, journal prompts, check-ins, and scripts to support your progress.

GETTING GUIDANCE

NOTICING AND RELEASING YOUR OLD assumptions and rigid ideas about whether you can do this and how it should work will propel you forward. We'll look at your assumptions, and some of the ways you might block your understanding of the guidance you receive, as we go through the steps of learning to work with your guides.

I want to be clear: This isn't a one-and-done thing. It takes time, energy, intention, and focus to create a relationship with your guides that allows you to ask for and receive guidance, but this is the same with any deep friendship or relationship. How quickly this develops depends on your efforts to reach out to them and pay attention to what comes after that. But you already initiated the relationship by picking this book, so they know you're interested in working with them, and you can begin to deepen the relationship starting with the details shared in Chapter 2.

In fact, you can do it right now by saying, "Hi, spirit guides of highest light, I'm looking forward to working with you. Thanks in advance for the help." They will come closer with hugs and love and help you in every step you take while reading or listening to this book. It's a wondrous thing to feel deeply supported and loved, which is what you are; this book will show you that.

Why did I use the phrase "guides of highest light"? We'll go over that in detail in Chapter 3, but for now, just know it's to make sure you call in guidance that's for your highest good.

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It's important to remember that guidance is subtle; you have to pay attention, especially at the beginning. Your body is one of your greatest aids in noticing guidance because a lot of it comes through physical sensations. The guides will use any method they can to get your attention, even license plates or billboards. Here's a short list of ways guidance comes for me and my students and might show up for you:

- Through physical sensations like goose bumps, pressure in your shoulder blades, or warmth in your heart
- A song or dream repeating, providing the answer to a question
- A feeling of optimism, joy, or love washing over you for no apparent reason
- Via external messages, like hearing answers you're seeking in others' conversations, or seeing objects (such as billboards or license plates) that relate to a question or concern you have.

Chapter 3 includes many more examples of how you might receive guidance. All these ways they try to help! Paying attention, so you note the guidance you're receiving, is a playful game and makes life feel magical; it's another layer of reality you weren't aware of before.

Everyone has spirit guides around them. We just need to reach out for their help. Why do we have to reach out? They have assignments to help us out (yes, you have a guardian angel and many other guides with specific skills and expertise), but we must ask as part of our free will. They can and will nudge

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us as noted above, but we need to show them we're ready for a partnership, a friendship, for them to come in more actively. Not to worry, we'll go over how to start communicating with them in the next two chapters.

HOW THIS BOOK IS ORGANIZED

WE'LL START WITH HOW GUIDANCE comes (and how you're already perceiving it in subtle ways), how to set up a practice where you can trust what you're sensing, types of guides, how to ask for help, and how to work with your guides to reach your dreams and goals. Then we'll pull it all together into a sustainable practice that fits into your life—all with quick tips and scripts along the way so you can start working with your guides from this first chapter.

Knowing you can trust your guides is key to getting great guidance. Giving your trust to just any guide isn't the best way to get started, though. You want quality guidance that's for your highest good. Just because Jimmy Joe's uncle recently passed over and isn't in a body anymore doesn't mean he has wisdom to share. I'll give you simple scripts and practices to create a container of energy surrounding you, a safe space, so you're only getting solid guidance of high energy and love. Although some people have a particular connection and expertise working with the dead, it's not something I'll be teaching in this book, as it may bring you information that isn't for your highest good.

At the beginning of each chapter, I share a related story for reference and to show that you can find a way out of whatever you're experiencing based on the tips and scripts I share on the topic.

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As I progressed through my spiritual journey, in addition to dealing with external situations and ways I was holding myself back, I learned how to feel more peaceful and joyful. A major benefit of working with your guides is feeling more ease and joy, and we cover aspects of that throughout the book as well.

So you can get some quick wins, I've included brief exercises throughout the book—small steps you can take as you read—under the heading “Try This.” For now, I know you might simply be wondering if you can do this. Chapter 2 goes into the questions I had when I started, and the questions students and clients have shared, so you can see that this will be easier than you think and that you already have lots of support at hand.

By the end of this book, you'll have all the tools you need to work with your spirit guides and trust their guidance. We'll look at the tools and basic framework for communicating with them in Chapter 2.