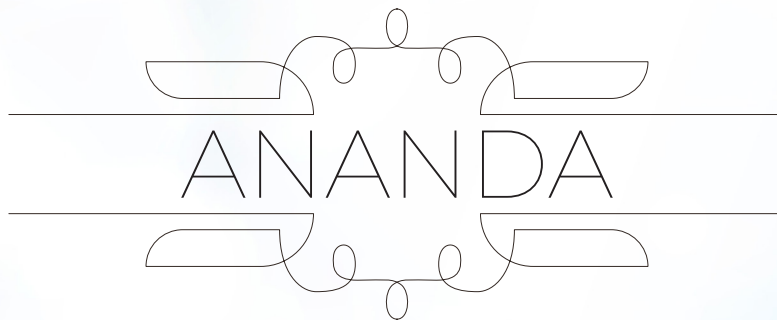




Meeting your Spirit Guide

April 2026



Ananda comes through with so much joy and glee and love, and a ton of humour! He is absolutely thrilled to meet you, officially. He's been waiting for this day to arrive! Voluminous hugs! Shouts of joy and stars and big smiles and a heart full to the brim of joy and exuberance :D

The colours that surround him are: deep reds, browns, gold, deep purple.

I feel an enormous sense of gentleness as he begins to transmit his messages. He wishes to speak to you with such gentle kindness. Softness is something important he wishes to impress upon you. He's showing me bristling, having to protect, having to stay safe. In opposition to that, he impresses a feeling of massive relaxation. Old things fading away, and you opening up. Peacefulness and calm.

Ananda is showing me that you've come so very far already. You've already achieved so much. A meticulous plan being fulfilled. Systematic. Not only in this lifetime but across many lifetimes. He's saying that you can really trust yourself that you're on course. All is unfolding perfectly and according to plan - and he's encouraging to take pleasure in that. Celebrate it! Feel the satisfaction and peacefulness that it brings to you to know you've been doing everything right.

Trust yourself ♥

Ananda is asking you to rest more.

Relaxation is very important - I see deep red and gold now.

He is suggesting taking time, frequently, to relax your body and mind, and to calm your nervous system. He suggests to be in a darkened room with just a bit of friendly light like candles or fairy lights. Make yourself supercomfy - laying down on the couch or the bed, as comfy as you can be. Put some nice smells - lavender or vanilla. Put some beautiful music - something that makes you feel calm and inspired and happy. Then just close your eyes and listen. Try to not think about anything and instead let the music take you. When you find yourself thinking about stuff, just ever so gently bring yourself back to the music. Gently. Softly. If you fall asleep, that is totally OK. Start off with giving yourself 10 to 15 minutes for this. Just a little Beauty Break with 100% relaxation. You can build up to longer times. Always just back to the music.



Softly and gently with yourself.

He'll be there with you. If you picture his face in your mind's eye, you will feel his calming presence.

I'm seeing him on a horse now, he is smiling gleefully. I feel it's about "horsing around" - he loves your sense of humour, it gives him no end of joy :D So colourful, your humour - he says. So bizarre! Always keep laughing, he says. It's not so serious, life. It feels so serious sometimes, but you've got this. Relax and enjoy the ride and don't worry so much. You're smashing it! He is showing me a character - someone like Thor? - that's smashing the ground with his fist, landing on one knee - you know the pose :) Smashing it!

So: more trust. More relaxation. The relaxation will allow you to hear your inner voice better. The inner voice is very quiet - one needs a lot of stillness to hear it clearly. Stillness is difficult for you, he says. One has to clear out some space in the mind for it - to hear the whispers. He's showing me speaking accidentally - like when something pop out of your mouth unplanned - pay attention to words that pop out of the mouth accidentally - your own mouth and also other peoples' mouths... there is something important to note here... a trail to follow.

He's showing me a desert at night, and stars, so many stars. He wants you to go to the desert more. There are messages to be received there. There is something in the wide expanse of the sky that is comforting for you. It brings you a feeling of belonging. When you feel anxious, find the wide open sky. And the stars. Let your heart and mind go.

Ananda says he's been with you for a very long time, there is a strong bond between you. I'm seeing something like "brothers in arms". By connecting with his energy, through the image of the portrait and following the suggestions he's given, you will remember.