

## **How To Contact A Guide**

You cannot contact a guide - they contact you.

What you have to do is to meditate sincerely with absolutely no expectations of any result other than being able to help people.

If you do this and if you are sincere that you do not expect any result, you may be contacted by a guide.

If you meditate in the hopes of achieving some result that will satisfy your ego, you are wasting your time.

Guides are interested in helping people. They only contact people that they are sure will also be interested in helping people, not meditating to get some personal result.

Meditating in order to contact a guide, or to develop telepathy, telekinesis, teleportation or whatever, are ego driven goals and will not work.

Bob