

# *How to Evaluate Spiritual Guidance*

By Corinne McLaughlin

## **GUIDANCE FROM THE SOUL OR HIGHER SPIRITUAL PLANES**

- For the good of the whole
- Focuses on helping others and service to society
- Create love and inspiration and inspires the receiver
- Suggests or advises only; never demands surrender of one's free will; encourages use of one's own intuition as guide
- Presents new information relevant to the receiver's next step
- Usually is short and to the point
- Never conflicts with one's personal ethics

## **GUIDANCE FROM THE SUBCONSCIOUS OR ASTRAL PLANES OF DESIRE AND ILLUSION**

- For the good of only the one receiving it (and sometimes at the expense of others).
- Flatters the ego of the receiver and creates glamour, specialness and separation
- May create fear, negativity or feelings of unworthiness
- Often demands obedience and surrender of one's will
- Presents a rehash of old platitudes that can be found anywhere and are usually generalities rather than specifics
- Often is long and flowery and/or confusion and contradictory
- May conflict with one's personal ethics

## **CAUTIONS TO EMPLOY**

- Use discernment: just because guidance is from a non-physical source does not automatically guarantee that it's any wiser.
- Examine the life of the person receiving the guidance to determine if they are living the spirit of the guidance received and have a relatively pure life, free from anger, fear, manipulation of others, etc.
- Use your own intuition and common sense to evaluate the guidance received.
- Never become dependent on someone else's guidance or surrender your free will.
- Get a reality check from others on your guidance and that of others.
- Maintain a balanced life of involvement in the world and with others, not dwelling only in the invisible worlds as an escape.
- Take full responsibility for your guidance – instead of an attitude of “just following orders” when it's something you don't agree with.
- Realize the point of guidance is not just to receive special information, but to learn to think as the soul does and as higher spiritual beings do.