

Mysteries of The Third Eye & The Wacky World of Spirit Guides

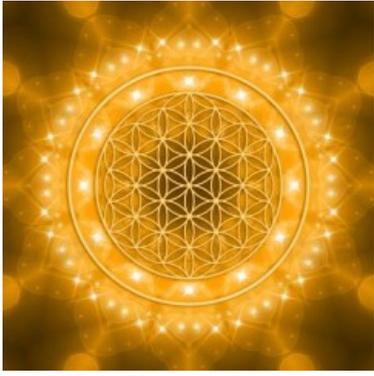
[Cassandra Sturdy](#), *Conscious Living Editor*



Are visions of the third eye real? What are spirit guides and do they really exist? How do you know you're not just making it all up inside your own head?

Long-haired monsters, griffins with walking sticks, polar bears who stand on their two hind legs... I've met all sorts of weird and wonderful spirit guides over the years and the information they've given me has been brilliant... if perhaps, a little cryptic at times.

Why, just this morning I was on the deck of an old-fashioned pirate ship with a whole crew of spirit guides of various shapes and sizes, watching as they made ready to set sail through misty waters for a sunnier destination. The captain assured me that once we got to wherever it was we were going, I'd be a lot happier about the problem I'd gone to seek guidance on, and that I should just get on with my day and trust they were taking care of the rest. So... that's what I've been doing. And I must say, so far, so good.



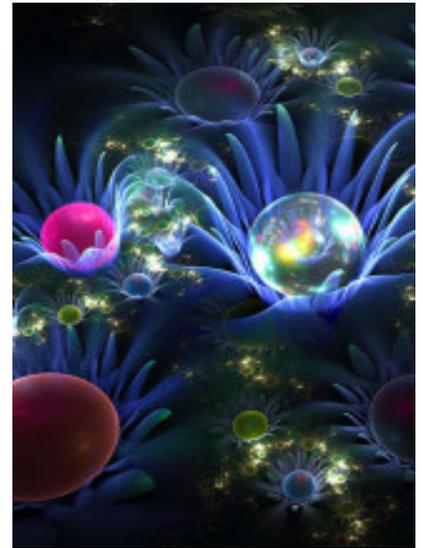
If you think this kind of experience is a bit random, you'd be correct. Intuitive and mystical visions of the third eye aren't provable by science and they don't fit with the dominant paradigm that permeates our society. Even after all these years of shamanic journeying (that's the technique I use to open my third eye and receive the visions) I still occasionally wonder if I'm just making it all up inside my own head.

My students are the same. When they first open their third eye and encounter a spirit guide, the question they usually ask me is, "How do I know if it's real Cass?"

My response is always this: "You don't. I don't. How can we, when humans don't even know what the very basis of reality is?"

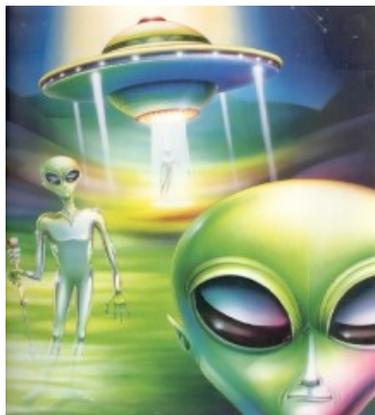
Indeed. There are so many different ways of looking at reality, that trying to come to any sort of conclusion about what spirit guides are and whether or not they're real is quite impossible.

Take quantum physics for example. Quantum physics is the study of particles at the smallest scale possible and the attempted explanation of those results. I say attempted explanation, because the results obtained have been rather wacky and don't fit with our conventional way of thinking. In some cases, they even contradict one another.



This has left many a quantum physicist scratching their head as they've attempted to come up with an explanation. As a consequence, we've got all sorts of bizarre theories about reality, from matter being an illusion created by vibrating energy fields of subatomic particles, to information being present everywhere at the same time, to the possibility that we are all living in a giant computer simulation. And don't get me started on string theory. That eyebrow-raising stuff proposes that there are lots of hidden dimensions curled up inside others that we can't see... stick that in your pipe and smoke it.

To complicate matters further, we now know that there are over 600 billion planets in our galaxy, 500 million of which most likely reside in the habitable zone, where conditions are best to support life. Considering there are over 200 billion galaxies in our universe, I figure the question is no longer, "Does life exist elsewhere in our universe?" But, "How advanced is extraterrestrial consciousness?"



Could more advanced life have found a way to traverse the hidden dimensions of reality in our universe that string theory suggests exist? As intelligent beings evolve, could they develop more acute senses, perhaps even extra-sensory perceptions such as psychic abilities? Could more advanced beings already be aware of us primitive humans? Perhaps even be guiding us to awaken to higher levels of understanding in subtle and non-intrusive ways? Incidentally, if they are, they might want to hurry up.

But I digress. Even though we don't know what spirit guides are and whether or not they're real, there are, of course, a few theories. So without further ado, I present to you, the types of spirit guides you might encounter when opening your third eye:

Astral Beings

Beings from a higher vibrational dimension known as the Astral Realm. It's said you can exist in this dimension when you've harmonised your energies and evolved to a higher state. These guides are often visualised as ethereal-like beings; think angels, ascended masters and so on.

Extraterrestrials

As I was saying before, there could well be alien beings with advanced levels of consciousness that can communicate to us in subtle and complex ways. Some people claim to have contacted Pleiadian and Arcturian beings from other star systems in our galaxy.

Dead Relatives and Ancestors

Spirits of close personal ancestors or relatives who have lived here on Earth and are now existing in another dimension

in some shape or form after passing on from this life. I've encountered some of these on several occasions.

The Higher Self



A higher form of our soul vibration that exists in a different dimension of reality. This is often experienced as a communication with a deeper and wiser part of yourself. It's a shame more of our politicians and corporate CEOs don't talk to their higher selves. Then again, maybe they don't have any; that would explain a lot.

Animal Spirits

These spirit guides tend to pop up in shamanic journeying. They're thought of as the spirit of the collective of the animals or creatures rather than individual animals themselves.

Complex Plant Intelligences

Spirit guides and entities encountered when working with shamanic medicine plants such as ayahuasca. These guides are usually very complex, multidimensional and embody a deep, all-encompassing, powerful intelligence. You do not wanna mess with these guides.

Elementals such as fairies, sprites, nymphs and pixies.

Nature-like spirits that exist in a different dimension that runs parallel to our own and who care for the natural world.

Cute.

And the list goes on. We will probably never know for certain what spirit guides are and whether or not they're real (not in this lifetime anyway). So rather than waste your time trying to come up with a rational explanation, be open to whatever form your spirit guides appear in to you and work with the visions in terms of the wisdom and awareness they can bring to your life instead.

About the Author



Cassandra Sturdy is an author and transformational coach. If you'd like to learn how to open your third eye and contact your spirit guides, you can do so in an exciting course she teaches. [Click here for more details.](#)

You can also get a free copy of Cassandra's debut novel, *The Twelve Attunements*, [from her website](#). *The Twelve Attunements* is a fun spiritual fantasy novel that has been described as a cross between *Stars Wars* and *The Celestine Prophecy*.

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