## How Can We Help Our Spirit Guides To Grow?



Mushiba: People love to ask Waith about their Spirit Guides and how to communicate with them ~ even to learn their names. One particular point that Waith makes is that while we are recipients of help from our Spirit Guides, we also play a significant role in helping our Spirit Guides to grow:

Waith: "Many entities on the earth plane say that they do not want to bother their Spirit Guides by asking them for help. It is important you understand that by asking for help, you then enable your Spirit Guides to help you, give you assistance and Be of Service to you ~ and you are then, also, Being of Service to your Spirit Guides, for there are lessons that must be learned by your Spirit Guides because of their guidance to you. Thus, you do not bother them ~ indeed, if you do not ask them, you do not give them the opportunity for their own growth."

I like to think that for all the guidance I receive, I am also able to give something back ~ and based on all the requests I have made of them during this lifetime, I hope that my Spirit Guides are growing exponentially!