

Meet Your Spiritual Guides

with Cyndi Dale

Following are the most typical sources of guidance, positive and negative.

Entity

A being that is or has a soul. They have been incarnated or are currently incarnated. Like all other living beings, you are an entity with a soul. You might be guided by a deceased ancestor or an entity you knew in a past life.

Of the light

A term used when speaking of beings aligned with the Spirit. This doesn't mean that light beings are always perfect, but they are attuned to goodness.

Of the dark

The depiction of selfish or malevolent beings. These are beings (which can include people) that are malicious. They believe their survival or ability to thrive generally depends on stealing others' energies.

“Dark beings” commonly seek to take another's life or spiritual energy. Dense life energy is helpful for the disincarnate that desires to be heavy enough to remain linked with the Earth plane. Spiritual energy is beneficial to feed the spirit. Even dark beings require the spiritual energy of the light.

Beings of the dark most frequently “convince” victims out of their energy by scaring them or prompting rage, cruelty, or addictive behaviors.

Interference

The term I like to use to depict dark or negatively influential beings.

Force: A being that doesn't or hasn't had a soul is present as a consciousness. We might deal with a singular consciousness, but forces can also combine to create group consciousness or collections of forces and entities.

Dark Force

A consciousness that can direct entities but has never been a soul and does so with nefarious purposes.

Light Force

A consciousness that has influence and works toward goodness.

Meet Your Spiritual Guides

with Cyndi Dale

Ghost

An entity that was once alive and is now dead. Ghosts have a spirit and a soul, although these might not be integrated.

Phantom

Either a ghost or a holographic projection from an alive or dead entity.

People often confuse phantoms and ghosts. Ghosts haven't released the emotional charges holding them to life, so their etheric bodies are heavy and solid. Emotional charges are electrical in nature, so ghosts often disturb electrical circuitry, causing lights or televisions to flash. Phantoms have discharged their emotional charges. Lacking the dark frequencies, phantoms are lighter appearing or invisible compared to ghosts.

Visitation

A ghost or a phantom seeking to scare, control, or inform the living by appearing.

Haunting: An ancestor seeking to steal life energy from a victim. Ancestral ghosts often haunt their progeny, as the life energy and genes are similar.

Poltergeists

Ghosts or phantoms that use electrical energy to move objects. Sometimes a disturbed or powerful living individual can produce the same effect as a poltergeist.

Succubus or an Incubus

A sexually preying entity that is not alive.

Projections

Organic or inorganic entities or energies that project or cast images of themselves through time and space. Some sources considered channeled entities are projections of one aspect of the medium.

Walk-in

A soul or soul fragment (part of a soul) that agrees to "walk into" or occupy a deserted body—in other words, a living person. In doing this, a walk-in soul accepts the unfinished karma or problems of the departing entity while carrying out its spiritual destiny.

Master

An entity who is alive or dead and who has achieved a level of mastery in an area of life—or death, for that matter.

Meet Your Spiritual Guides

with Cyndi Dale

Avatar

Like a master but typically well known amongst many cultures and perhaps even dimensions.

Ascended Master

A master who has left the earth without dying, transforming their body into ethereal energy.

Angel

One of many beings that have or still hold high service to the Spirit. There are healthy and dark angels.

Types of Angels

Archangels—chief angels
Thrones—oversee justice
Dominions—celestial housekeepers, support duties
Principalities—the welfare of nations or groups
Archons—hold knowledge
Cherubim—guardians
Seraphim—sing/heal/manifest
Watchers—allies for decision-making and truth
Healing Teams of Grace—cleanse and purify
Restorative Teams—heal and restore
“Fallen Angels” that have been restored
Sampling of others
Authorities—wield power
Shining Ones—bring heaven to earth
Powers—get darkness back into the heavens
Masters, Avatars, Adepts, Ascended beings
Realms of Natural and Star Beings
Sourcer-ers
Virtues—stream the spiritual qualities of virtues

Beings from Other Planets

Nephilim

The Fallen. Sometimes confused with The Watchers. The Fallen Angels.

Meet Your Spiritual Guides

with Cyndi Dale

Anakim

Descendents of Nephilim and daughters of Eve (probably women on the original planet. See Lyra.) They are also called Giants. THIS is the “Fallen Race.”

Nibirians

From Nibiru, our 12th planet. They came to rule Earth. Taught people in exchange for power and control. They didn’t have to rule physically. Looked like bird aliens.

Annunaki

Deities in Assyria etc., descended from Nibiru and Nephilim. Came to mine gold. Masters were Enki and Enlil from Nibiru.

Human Interplanetary

Was there an original planet? “Panspermia.” Common foremother at least 350,000 years ago, but homo sapiens 100 thousand years ago. Gaia. Garden of Eden. Flying machines called Vimanas in Indian epics; battles between starships; Nazca lines; peoples with other solar system symbols and effigies from Egypt, Nubia, Africa, Eskimos, Inuit, Clovis people/Americas; Cherokee; Hopi; Australia; China; Easter Island; Europe; gypsies; Basque; Korea; Japan; India; Mesoamerica—Mayans, Bolivia, Peru; Middle East; and more.

Lyran

Proposed as the birth of humanoids. Apex planet is the core. Vega is a star within this constellation. Vegas is polarity-based; Lyrans are not.

Sirius (Dogons)

Close to the sun, a double star system. Egyptians. Are very focused, determined, can’t change mind. Loyal, trustworthy, communication. Future-oriented. It must release old pain. Active inner life, visionaries, dreamers. A trinity star group with groups from the Lyran star group.

Mars

Planet settled for mining gold. Slavery. Functional.

Vega

Self-sufficient, independent, proud. Collectors of information. Creative. Tech-based. Analytical. Healing abilities.

Pvila

Strong personalities and pride. Can be overbearing. Can become too engrossed in self. Great with details. Photographic.

Meet Your Spiritual Guides

with Cyndi Dale

Orion

Idealistic. Questioning. Mental. Thirst for knowledge. Perfectionistic. Technical and spiritual. The battleground for polarities.

Maldeck

Steady persons with strong beliefs. Leaders. Intelligent, technological, varied interests. Reserved. Love mysteries, magic, and the unknown. Relate to magic, Arthur, Merlin, etc. Good partners.

Arcturus

Knowing. Inner strength. Purpose based. Creatives. Can invent dramas. Energy masters. Need freedom. Hold original archetypes.

Apollonia

Talented. Varies abilities. Sponges. Professional students. Self-sufficient. Serious. Good healers. Love beauty and nature.

Andromeda

Need freedom. Change a lot. Inner spiritual quests. Link across time—past lives. Can be self-critical—healing, and communication gifts.

Cassiopeia

From here, we are said to receive messages in the light language and open to 9th-dimensional healing.

Orion

Beings that are strong, idealistic, and often warriors. It is said to be children of those who have ascended.

Zeta Reticuli

In-between transitory points. Alien abductions occur here. (See Jo Amidon for some of the above)

Draco

Dragons, Reptilians, Dragos, Nibirus

Meet Your Spiritual Guides

with Cyndi Dale

Pleiades

Sensitive, loving, caring. Light beings. Sacrifice personal needs. Ill often. Absorb others' issues. Can repress emotions.

- Seven planets
- Seven tribes
- Origin: Lemuria on Earth.
- Atlantis—off-world
- Atlantis—on world

Beings From Nature

Power animals or guides/totem

Stay with you from Nature—Spirit or alive.

Visitations

Beings that show up to help with an undertaking. Spirit or alive.

Journey totem

Beings that are invisible for a particular stage of your life.

Beings from Old Earth

Gnomes

Earth. The name means “earth dweller.”

Specific types:

- Pygmies: Work with stones, gems, and metals and are linked with lost treasures. Live in caves as per the Scandinavian Land of the Nibelungen.
- Tree and Forest Sprites: Includes the sylvestres, satyrs, pans, dryads, hamadryads, durdalis, elves, brownies, and little older men of the woods.
- Brownies or elves: 12-18 inches high with beards that dissolve into the material and maneuver the invisible worlds. They are considered mischievous.
- Pixies. Pranksters. Considered gods of Cornwall.
- Leprechauns: Pagan cobblers, which is the source of their hoarded wealth. If you find their wealth, they will give you three wishes.

Undines

Water. Water elementals that are fluid like Nature. Key substantiation for Beauty.

Meet Your Spiritual Guides

with Cyndi Dale

Salamanders

Fire. Without them, nothing can come to life.

Sylphs

Air. Air is within everything and is considered sacred. Often considered the Faeries.

Other beings

- Green Man: Ancient deity representing the union between humans and Nature.
- Green Lady: Partner to the Green Man.
- Ballybogs: Peat Faeries. Mud-covered and lazy.
- Boggarts: Brownies gone bad.
- Fairies: Aren't always of air. Are water, earth, flower, sound, and more.
- Unicorns: Connected to Lemuria and Atlantis. Considered a wild horse with a horn linked to other realms. Purity and stardust.
- Sidhe is a supernatural race.
- Erlking lures children away.
- Zana/Zane plurals are the charities.
- Duende are goblins.
- Peris are descended from spirits denied Paradise.
- Yaksha has dual personalities, dark and light.
- The Menehune use magic arrows to awaken the hearts of the angry. Also, perform engineering.
- Centaurs: Torso of the human, the body of a horse.
- Pooka: fairies that live near ancient stones.
- Hippogriff: Winged horse with the upper body of an eagle.
- Bigfoot or Sasquatch: Large animal.
- Dragons: Many types, kinds, and queens of serpents.
- Genies: Bring luck and wealth.
- Griffin: In charge of time.
- Dwarves: Beings that live on Earth.
- Light elf: In charge of light and rainbow.
- Devas: Fairies of particular natural elements and forms.
- Loch Ness Monster: Water dragon.
- Duendes: Help people find their way home.
- Daemons: Souls.