

THE ROLE OF SPIRIT GUIDES

Several years ago, Anna Trew, a married mum of two, was what she termed "a busy housewife." Today, she sends portraits of people's spirit guides all over the world, which are based on visions, voices and clear knowing.

Anna grew up in Wells, a small town in the heart of Somerset, and studied Performing Arts and Graphic Design.

When young, she experienced many strange occurrences, but only now as an adult can she look back and join the dots. Here she shares her psychic story and explores how spirit guides assist our earthly journey.

As a child, I have memories of lying in bed watching beautiful images float around the room and experiencing other paranormal phenomena, but assumed this was normal.

A highly imaginative and creative soul, I enjoyed nothing more than drawing and painting faces, but oddly I was not so good at depicting bodies.

When aged eleven, I found myself sketching the face of a man with a skill beyond my years. I believe this was my first channelled portrait. It had a striking resemblance to my grandfather, who passed on when I was five.

Reaching my teens, life took over and my spiritual path was abandoned. It wasn't until I was in my twenties that I realised my dreams were starting to become reality and my predictions were coming true.

Next, I noticed that when I was in a relaxed state, I would receive messages and intuition. It was exciting, so I started to maintain a blog.

Not long after I started to hear spirit voices, I began receiving clear images of people in the spirit world. This was an

amazing moment!

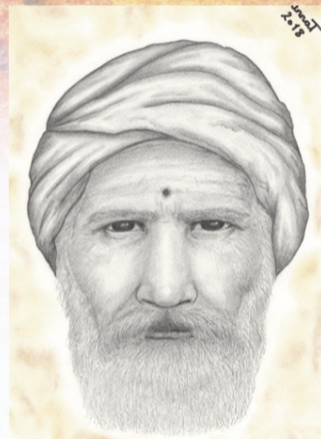
Faces would appear to me mostly at night when my eyes might be open or closed. I was also able to zoom in on certain faces, which sometimes appeared in their dozens. Others would manifest as a single black and white photograph or visions like watching a DVD.

It took a while before it occurred to me that I should draw these faces. One night I saw the angelic face of a little boy in Spirit and felt an overwhelming inexplicable urge to draw him.

The next morning I remember literally ushering my children out of the door for school, so I could draw the little boy. As the days went by I drew more faces, not knowing the reason behind it all.

It was during this time that my whole world descended into chaos, as I was unaware my spirit guides were desperately trying to grab my attention.

This manifested through electrical faults, for example light bulbs constantly blowing or smoke alarms sounding, with household appliances and computer



THIS bearded guide hails from India.

devices breaking down. I had no phone line or internet for three weeks.

The boiler broke, so there was no heating or hot water for two months during the winter, and even the bath sprang a leak. I started to question my sanity and contemplated the idea that I had a poltergeist in my home.

I called on the services of a medium, who came to the house. On entering, the medium was overwhelmed by the sheer magnitude of energy that had built up.

The medium explained I was having a huge spiritual awakening. I showed the medium my drawings, which became the catalyst to me becoming a spirit artist.



Anna Trew

Spirit immediately told the medium I was to keep drawing the faces, as it was my soul's purpose, and spirit guides were queuing up to be drawn. Oddly, I didn't feel drawn to the idea of spirit art and wanted to work on my clairaudience.

That was until I visited my first spirit fayre. I remember feeling like a kid in a candy shop as I walked among the many healers, psychics and spirit artists.

Then something quite unexpected happened: there was a strange pulling sensation in my tummy (my solar plexus). The chakra I mainly use to connect with Spirit was going crazy.

I watched other spirit artists at work and thought to myself, "I can do that," which caused me to do a complete U-turn. It was as if something had clicked inside.

I clearly remember thinking, "This is what I am meant to be doing." In the coming months, I set out to get as much practice as I could, drawing guides using family and friends as guinea pigs.

It was during this important period that I met Matt, my main guide, for the first time in broad daylight. I remember seeing a cheeky chappy wearing a red patterned shirt and glasses waving at me with the biggest beaming smile.

I have since had countless readings where Matt has made his presence known and volunteered information about his life. Living on the earth plane during the early 1970s, as a musician from North Yorkshire, he played the guitar in a band and loved motorbikes.

Matt is eccentric, to say the least, with a wicked sense of humour. As my main guide, he has been with me since birth



WHEN ON Earth, this spirit helper lived in Ghana.

and will guide me until my passing. Matt must sometimes find me hard work, as I am incredibly lively and spontaneous.

By the autumn of 2015, I had built up enough confidence to create a website and studied to become a registered psychic practitioner. This attracted much attention and brought orders from all over the world, especially in America and Australia, where I have quite a following.

The feedback was overwhelmingly positive. This has allowed me to work full-time as a spirit artist, which is a dream come true. I have now channelled hundreds of portraits of guides.

A portrait usually takes around

five hours to complete using graphite pencils, but I often incorporate charcoals, soft pastels, Prismacolor pencils, watercolours and even beauty make-up blusher to create perfect skin tones.

The style of a portrait can often vary depending on which guide is working with me. I have many artist guides who all have their own unique artistic abilities.

They can also be very playful, knocking the pencil out of my hand or making the eyes move on a portrait. As scary as that might sound, I enjoy my guides' humour and welcome it.

I have channelled a wide variety of guides from all walks of life and time



Blue Bears Indian Chief.

periods. Each one I draw is as diverse as the last. They come from all nationalities.

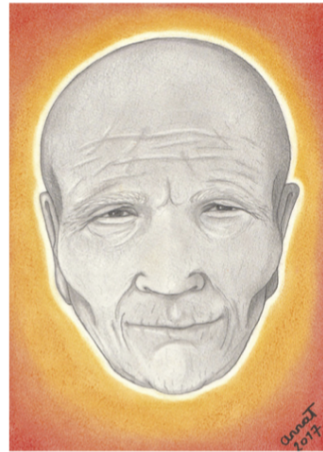
Guides I have drawn in the past couple of weeks are a Japanese Geisha from the early 19th century, an English naval officer from the early 18th century, a seamstress from the south of America during the Victorian era and an Amazon Indian from Sao Paulo dating back to the 12th century.

As time is not linear in the spirit realms, guides may take on a form from any of their previous incarnations. There are many reasons for this, one being to appear pleasing or appropriate for whoever they are guiding.

Over the years, I have gained much insight on how guides work with us and the role they play in the spirit realms.

Every soul that has ever been created by God – The Source – is on a journey of learning and self-discovery for soul advancement and growth. The aim is one day to advance to a higher state of consciousness as a supreme being where we will return to The Source to live in unconditional love for eternity.

There is only one way to grow spiritually, which is to learn and experience from raw emotions and free will, which cannot always be achieved in the spirit



A TIBETAN monk now helps from the Beyond.

realms. This is why Earth is sometimes referred to as a learning planet.

Before incarnating on Earth, we give ourselves goals and lessons, which we would like to experience to overcome problems. As we are all on the same mission, but at different levels of advancement, we work together to help each other to meet our goals.

Guides will be assigned to us via senior guides. These are more advanced souls who welcome the opportunity to help the less advanced. Above senior guides are higher beings such as angels and other light entities and above them The Source.

Opting to be a guide is purely voluntary, as ultimately no one is forced to do anything they don't want to in the spirit realms. We all work together, which is truly a beautiful thing.

Guides do more than just watch over us. Indeed, they work hard before, during and after our incarnations. Before we choose our next life, guides will discuss with us at great length the pros and cons, as no incarnation is taken lightly.

They give us markers to ensure that we stay on our chosen paths. Our conscious mind is not aware of these markers, but our higher self (the part of us we leave in Spirit) is aware and will immediately act accordingly.

During a lifetime, should we veer off course, guides spring into action via gut feelings in the pit of our stomach. Guides are excellent at pointing us in the right direction through gut instinct. Our inner voice is another way our guides can communicate with us.

Guides do not worry if we are unaware of their presence; there can be no frustration, as they want us to flourish with

minimal tampering from the spirit world.

After incarnation, we meet with loved ones and friends, and our souls are cleansed and purified to remove any damage from the life just led. Then we meet with our guides to discuss where we went wrong, what we did right and how we could improve.

Rest assured that guides do not judge us for our failings and mishandling our lives; we judge only ourselves. Guides love us unconditionally and have our best interests at heart.

We are all assigned a main guide, like Matt, who will stay with us the entirety of our life. We are also given a spiritual team, which is made up of souls from other groups, all with their own unique abilities and attributes.

They have a tendency to change. Some will stay with us for just weeks or months, but others for many years.

Guides watch over us with affection and respect; they appreciate and understand the hardships we signed up for. Prior to our incarnation we spoke with our guides and designed this life.

We chose who we wanted to be, what we wanted to feel and experience, and the people we wanted to share this life with. Spirit guides can be:

- Deceased loved ones, such as family members and friends who knew us during life.
- Spirit beings sent to help us. They may not necessarily be people we knew, but could be guides from past lives or other spirit personalities who have been sent to protect us.
- Ascended masters – people who lived highly evolved spiritual lives such as Jesus, Buddha and Gandhi.
- Angels who have never inhabited a physical body. They are made of pure light, pure energy and pure love.
- Animals. Animal totems do indeed exist. They play a vital role in teaching us unconditional love, compassion and how to care for all living things and their habitat.

Guides can see what is happening in our lives. They know when to guide or intervene, which can happen in several ways.

They may send signs to help alert us to something we need to pay attention to. These often come in threes, such as hearing or seeing the same words or numbers. Then there's intuitive insight, such as a voice in our head telling us something is not right.

Guides can also make things happen. Perhaps you have lost your phone and are running late. Suddenly, it turns up and you think, "How did that get there?"



THIS striking picture shows a North Dakota Native American woman.

Spirit guides watch over us with affection and respect. They appreciate and understand the hardships we signed up for.

When times are tough, a vibrational signal is sent straight to our guides like an alert on a phone. They comfort us in times of need and never wish to see us cry.

Guides love to celebrate our successes. They embrace all forms of positive energy and are incredibly humorous souls.

Ultimately, we all co-create and learn together as one, knowing that we are protected and loved by The Source. This in itself highlights just how important and powerful each and every individual is. We

have no idea what we are truly capable of and the possibilities are endless.

I feel very humble and proud of my spiritual team. With their help, it is spiritually satisfying to enlighten others about who their guides are and how life-changing it can be to discover who they are.

Spirit guides are truly amazing. Getting to know mine has been the most exciting journey... and it could be for you, too!

■ For more information, please visit www.annatcrew.co.uk