

Spirit Guides on Speed Dial: A Pragmatic Approach to Getting What You Want

Jules Apollo

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The mystical text Spirit Guides on Speed Dial is designed to help people channel higher beings and nurture inner peace.

For people at all levels of belief, spiritual mentor Jules Apollo's guide *Spirit Guides on Speed Dial* is about opening one's mind to channel higher powers.

Attributing coauthorship to her own spirit guides, Apollo's book addresses common questions, quells skeptics' concerns, and shares a blueprint for interacting with one's spirit guides, both in everyday life and in times marked by trauma, chaos, or grief. Its work is about connecting with and drawing wisdom from higher beings, including angels, aliens, ancestors, and deities. It chapters include verbatim scripts (though personalized deviations are encouraged), tips for seeking guidance (some are prescriptive, while others are more flexible), and examples of question-and-answer sessions with Apollo's own spirit guides.

The book's recommended practices are designed to complement the observance of other religions and belief systems. Instead of rigidity, this approach emphasizes fun, ease, and feasibility, with recommendations that aim to meet audiences where they are and to fit into perhaps hectic schedules. The prose is winsome and inviting, proclaiming "You may not think of your imagination as a superpower, but it can be!" and sharing memories from Apollo's early connections with her guides:

The angel blobs routinely show up now. ... I'm not asking questions or interacting with them yet, but as they come closer and become more distinct, the love and light beaming from them gets stronger. Even as I fear being rejected or judged by them, the love I feel is too amazing to deny.

Throughout, this work is conversational and vulnerable.

Apollo is self-aware about the possible limits of her approach, which could seem strange and uncomfortable to some: it "seems woo-woo until it works, and then it's still weird but okay." The text is compassionate without pandering, and it includes examples of personal enrichment alongside its piquing possibilities, such as that some readers may have been priestesses in past lives. It imparts a sense that anyone can find time in their day to consult their spirit guides, noting with humor that one can even talk to their spirit guides while loading the dishwasher. However, the chapter-opening, lengthy anecdotes sometimes clash with the book's general tone, and their tense shifts are jarring at first.

A feel-good, nonintimidating starting point for developing a practice of channeling one's spirit guides, *Spirit Guides on Speed Dial* is an edifying personal development book with recommendations to help people become cocooned in the love of higher beings.

HANNAH PEARSON (February 23, 2024)

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