

'Dragons are my spirit guides'

Natasha Tomé was trying to forge a stronger link with the angels. But some surprising beings kept getting in the way!

I was on a Skype call with Ersin Davidson, my spiritual teacher, and we were trying to connect with one another's guides as a training exercise. That was when Ersin said something odd. 'You do realise you've got a green dragon swirling around your head?' she asked. I nodded, aghast. *She could see it too!* Lately visions of dragons had been coming to mind whenever I meditated. In fact, they seemed increasingly insistent. I'd see their faces close up in my mind's eye, their large eyes staring intently. Or I'd sense them sitting beside me, even perching on my shoulder. To be honest, it was a little frustrating. I was putting all my energy into connecting with the angels and archangels, working hard on becoming a clearer channel. Yet all I kept seeing were dragons!

Until now I'd assumed the images were some symbolic message I didn't yet understand. Whenever I saw a dragon I'd acknowledge the 'distracting thought' then try to re-focus my awareness on the angels.

But if Ersin could see the dragons too, they couldn't just be in my mind, could they? It wasn't the first time dragons had been linked to me either...

Constant companions

My spiritual journey had started back in 2004 when, aged 33, I'd developed repetitive strain injury in my right hand from working on the computer in my marketing job.

I'd gone to see a physio for treatment but eventually he'd admitted he'd done as much as he could for my physical problems. He recommended I see an energy healer he knew who could provide emotional support instead.

I'd signed up for a Qigong workshop with the healer and it had been life changing, leading to a deep interest in the spiritual side of life. I'd



Meet your Dragon

Want to connect to your own personal dragon? Natasha has created a guided meditation to do it. Head to her website, natashatome.com, and click on the link to her Youtube channel. If you do meet your dragon, let us know on our Facebook page! [Facebook.com/SpiritandDestiny](https://www.facebook.com/SpiritandDestiny) magazine *Introduction to Dragons: How Dragons Can Help Your Life* by Natasha Tomé is available on Amazon.

trained as a yoga teacher the following year.

Then, in 2009, as part of a course in hypnosis, I'd had regression therapy and an odd memory had emerged.

While regressed, I'd seen me, aged two, lying in my cot, a blue dragon about the size of a teddy bear perched at the foot of the bed.

The dragon was playful, making me laugh as he flew around me. I felt a strong sense of affection for him, too. He and I were clearly good friends.

Next, a memory came of me when I was a little older, around five or six, crying because no one believed I had dragon friends, even though I knew they were real.

Were these really memories I'd shut down? The hypnotherapist thought so.

A year after that I'd trained as a Reiki Master and gone on to take courses in crystals, animal spirits, aromatherapy, healing, spiritual channelling and hypnosis, light work, as well as attending various different retreats.

I was interested in all things spiritual, but I'd become particularly interested in angels, devouring books by Diana Cooper and Doreen Virtue.

Now, in 2015, I was undergoing mediumship training with Ersin, hoping to communicate better with my angels, as well as Spirit.

But instead I was faced with dragons again. And now Ersin had seen them around me too! But why?

Making a connection

I was no closer to answers a year later when I signed up for a hike up Mount Shasta, in California, with a local shaman.

The mountain is meant to be Angel Gabriel's retreat so I was really excited.

But yet again, when we sat down to meditate on the mountain, it wasn't angels I saw.

'What do you see and feel?' asked the shaman.



'I can see a white and gold dragon,' I shrugged, uncertainly.

'Interesting, let's work with that,' she smiled. 'You do have a lot of 'dragon energy' around you.'

Dragon energy?

I'd heard of people having angel energy around them, but not dragons.

However, for the first time, I changed my intent. Instead of seeing the dragons as distractions, I began to focus on connecting with them.

As we meditated, the shaman channelled the ascended master St Germain, at the exact spot on the mountain that is known as St Germain's living room.

'I see you've an instinct for dragons,' St Germain said to me. 'I was fond of them too when I was incarnated on earth as Merlin.'

More than a myth

Apparently, dragons weren't just a myth. They really did live here on earth, but false rumours about them being a threat to humans had led to them being attacked and hunted, explained St Germain.

Source had offered them a chance to pull back into another dimension where they've existed as elemental creatures or light beings ever since. Although, they are able to lower their vibration to connect with us – and help us – if we're open to them.

We learned that we all had a personal dragon, too. The shaman's was called Frederick (and he was insistent on it being his full name, becoming affronted when she ever shortened it to Freddie).

My personal dragon is a golden beast called Bergeron. As a fire dragon, he cleanses my aura, which is important because I tend to pick up other people's energies. When I sense him behind me, I immediately feel more confident.

As I learned more and more, I began to have nagging concerns about where the information

was really coming from. What if the dragons weren't a positive thing?

So, I asked the archangels, 'Is this all true? And is it for the Divine?'

I was assured that it was.

Helping humanity

Reassured, I focused on channelling dragons and their energy, with the help of Archangel Michael. It turned out angels and dragons actually work really well together.

For some time I hadn't really been happy at work, going through the motions but without my heart being in my job. But by the summer of 2017 I was really starting to feel that Sunday night dread of going into the office.

So, in June that year, when my contract came to an end, I passed on the chance to renew it. Instead, I decided to take a break for three months in Koh Samui, Thailand.

At the time it felt like a wild decision. But 18 months on I'm living there permanently, running my own spiritual business, leading healing sessions and teaching meditation, as

well as sharing what I know about dragons! Like how there's a dragon for each chakra and how you can use dragons to clear your energy. People are always amazed when they open themselves up and get to meet their own dragon.

As well as Bergeron, I now have a few other dragons I connect with regularly – a green healing dragon called Spinnacus and another called Penelope, as well as Essence, who comes when I meditate at full moon, among others.

Desperate to share the amazing things the dragons have taught me with a wider audience, I've also written a book, *Introduction to Dragons: How Dragons Can Help Your Life* (Balboa Press).

The dragons tell me that a larger collective consciousness is needed to channel them for them to really help humanity as they'd like, so I am keen to spread the word.

Whether it's in person, through my book or social media, I'm starting to get the news about dragons out into the world.

I now believe that's why they chose me to connect with. I've found my purpose at last.



A sacred site

The history of Mount Shasta revealed

Mount Shasta is a dormant volcano in northern California. Among the legends about the mountain are the existence of an ancient crystal city underneath it called Telos, peopled by a civilisation called the Lemurians, who emerge in times of need.

The mountain is thought to be a portal to a higher consciousness and a vortex of sacred energy.

It is also linked to alien

and angel encounters.

Some link sacred sites around the globe to each of the seven chakras in the body. Mount Shasta is associated with the root chakra, where as Glastonbury Tor is linked to the heart chakra.

ROOT CHAKRA: Mount Shasta, California
SACRAL CHAKRA: Lake Titicaca, South America

SOLAR PLEXUS CHAKRA:

Uluru-Kata Tjuta, Australia

HEART CHAKRA:

Glastonbury Tor, UK

THROAT CHAKRA:

Great Pyramid,

Mount of Olives

THIRD EYE CHAKRA:

Kuh-e Malek Siah, Iran

CROWN CHAKRA:

Mount Kailash,

Tibet

Mount Shasta

Fire up YOUR LIFE

Which elemental dragon do you need to call on to attract positive change?

Natasha connected with her dragons to create this exclusive quiz, which will help you identify the dragon energy best suited to help you develop and grow right now.

For each question, circle the answer that resonates most with you and see which colour comes out top.

You leave the house on time but traffic delays cause you to be late for work. Upon your arrival, your boss gives you a dressing down. Do you?

- Shrug it off. It wasn't your fault, what could you do?
- Feel your stomach twist into a knot and fret over the boss's words all day.
- The injustice stings, but you just get on with your day.
- Blow your top at the boss, angrily listing all the reasons you're not to blame and why they are a terrible manager!

You learn a group of friends recently met for lunch without you. Do you?

- Think nothing of it, it probably wasn't a deliberate snub.
- Develop a burning resentment for them. You'll never forget

this. How could they?

- Feel hurt but brush it aside and ask how the food was.
- Immediately call them and give them a piece of your mind. How dare they exclude you!

Your partner promises to call between work and a night out but the phone doesn't ring. What is your reaction?

- They were probably busy or distracted. It's no big deal.
- You feel hurt and rejected.
- You're a bit cross, but you send a text and await a reply.
- Immediately suspect they're cheating and phone them demanding answers!

The kids are messing around and, despite being warned to take care several times, they break your favourite vase. Do you?

- Keep your cool and clear away the broken pieces. You're disappointed, but you know accidents happen.
- Burst into tears of frustration and anger.
- Feel an immediate burst of anger but quickly calm down and apologise for overreacting.
- Scream and yell at the culprit before then doling out a very severe punishment.

After tests, your doctor tells you to take better care of yourself. Do you?

- Listen intently, vowing to follow the recommendations.
- Spend the evening in tears googling symptoms online.
- Grudgingly decide to make healthier choices, at least from Monday to Friday.
- Tell the doctor they're not doing their job properly. Surely there's something they can prescribe?
- Stomp around in a foul mood, then start looking at last-minute deals.
- Tell anyone who'll listen how unfair it all is for months.

A large, unexpected expense means you have to cancel your holiday. Do you?

- Assume there must be a divine reason for this. Create a new budget plan and start saving.
- Spend the night in tears before putting the trip on a credit card, then panic about paying it back.
- Take a moment to meditate on these experiences, reaching out to your spiritual helpers. Is there a lesson to be learned?
- Think: 'I'm such an idiot, I can't get anything right, I'm useless.'
- Feel a bit hard done by, but put it down to a run of bad luck, which will pass.
- Despair at how the universe is conspiring against you.

Mostly ● AIR DRAGONS

You are a grounded, practical and well-balanced person, reacting with stoicism to life's knockbacks. But perhaps you could allow a little more fun into your life?

Call on the Air Dragons to help you daydream, imagine and escape the everyday grind. Remember that life is not all practicality and logic, it's also taking in the breath and nectar of life. Are you achieving all you are capable of?

Make sure you are receiving, as well as giving. Your zest to help others is commendable but take some time for yourself. Have a massage, join a yoga class, meditate and breathe in all that the universe is ready to give you.

MOSTLY ● EARTH DRAGONS

You are very sensitive to energetic vibrations and often feel in emotional turmoil. Go for walks in nature and take time to stop, sit and connect to the earth, trees, flowers and birds.

If you can, stand or walk barefoot on the earth, grass, or sand. Commune with animals, either your pets or other creatures.

Try to live less in your head. Ask the Earth Dragons to help send your roots from your root chakra and sacrum down into the earth, to become grounded as a tree's roots are grounded. If you're centred, grounded and aware of your connection with all living things, you'll react to life circumstances from a place of greater strength.

MOSTLY ● WATER DRAGONS

Your reaction to life's challenges comes from a place of fire and anger. You often think, 'Poor me!' and may struggle to take responsibility for your own part in your circumstances.

Call upon the Water Dragons to help calm the fire inside you. They can also show you how to be more fluid when you hit an obstacle. When water in a river meets a rock on the riverbed, it simply moves around it. Could you learn to 'go with the flow' when life doesn't go your way?

MOSTLY ● FIRE DRAGONS

We create the world around us with our thoughts and emotions and you tend to accept your lot with grim resignation, which can lead to negative energy around you.

Calling upon the Fire Dragons will help cleanse and clear your aura, chakras and mind of negative emotions and energies. This should leave you free to connect with the higher realms.

See yourself as a Phoenix rising out of the ashes of the Fire Dragon's cleansing flames. Next, picture yourself entering a beautiful garden, where your guardian angel and all your spiritual guides are available to help you.

QUIZ

