

Excerpt from...

5 Steps to Connecting with Your Angels

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Who are the Angels?

The Angels are an aspect of your highest self. They are a part of you. They are with you all the time and are an integral part of who you are. They are not separate from your being. I have come to believe that the wings represent the unencumbered (meaning free from fear) part of you, part of me, part of all of us. The part of us that consists of only Love and nothing else... Quite simply, the Angels are a pure source of Loving energy, devoid of fear and ego.

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Your Angels are always with you. When you invoke them, you are simply setting the intention of communicating directly with the highest source of Love and knowledge and setting aside the ego which holds fear. It is as if you are making a phone call to heaven and have a direct line to the Angelic realm. This direct line allows you to push aside your fears and doubts and receive the deepest level of support you can possibly get.

The various Angels and Archangels represent areas of expertise of your highest self. For example, your Archangel Raphael is the part of you that has access to infinite wisdom about health and healing. Your Archangel Michael is the part of you that is a leader and strives to eliminate fear from the world. Your Archangel Uriel is the part of you that knows what it takes to bring about peace - in a relationship, at work, in your family and in the world. Some view the Angels as separate from humans. That is a belief that I have come to find stems from a hesitance to embrace the true power that we possess within. The truth is, you are limitless in your abilities; you are one with your Creator and the Angels. Somewhere inside your core, you know this. This concept may be counter to what you have been taught, but on some level, the belief that you are one with the Divine resonates strongly and speaks to you. You are awakening to your truth!

People often ask me about guardian Angels. Different teachers have different experiences and offer other opinions, and what the Angels tell me is that guardian Angels are here to help you survive day to day. They may be a deceased loved-one, or an animal or other spirit energy. Yes, they are loving and may give advice, but their job is not to advise on a grander, life-purpose level.

For this reason, my strong recommendation is that you set the intention of working only with the Archangels as you begin this process. The Archangels are of the most powerful, clean and loving energies available and are here specifically to guide and direct you with important life choices. This is their job. Especially when you are first beginning Angel communication, it is important that you maintain the intention of working only with the Archangels to ensure that

they are able to teach you everything you need to know about your Angelic Intuition before you start to explore.

What is Angel communication?

You can think of the Angels as balloons that are attached to you permanently, anchored to your heart, and holding infinite knowledge and wisdom. Taking it another step, if “Connecting with Your Angels” were a game, the object would be to deflate all the balloons and allow the air from within them to surround you completely so that you are one with the energy of the Angels.

Let me explain further. To start the process, you need to first believe that the balloons are there. Just pretend for a moment that they are. Then realize that they’ve been around you all your life. Second, cozy up next to the balloons to hear, see, touch and feel them. Third, begin to identify the communication that is leaking out of the balloon’s opening as you are whispering your prayers and questions. Your mechanism for communicating with the balloons is your love-based Angelic Intuition.

Your Angelic Intuition is your ability to access the Angels’ messages and is characterized by clairvoyance, clairaudience, clairsentience, and claircognizance. Your intuition is also characterized by a sense the Angels call clairbeing which is your oneness with God. You will learn more about how your individual intuition works in Step Two: Trust What You Already Know.

Intuition comes from the Latin word root meaning “in to you.” Think about this. Intuition is your ability to literally reach in to others and assess and evaluate. It is your ability to sense things in your environment in a way that is vastly deeper than using sight, sound, smell, touch, or taste alone. It is your ability to know in your heart what feels healthy and what does not. There are five core ways that your intuitive sense communicates with you:

- Visually with your eyes, dreams and your third sight
- Audibly through things you hear from others, sounds around you or things you hear in your head
- Sensually with feelings that you experience
- With the inner knowing you hold in your heart and your gut
- By surrendering to the Divine Oneness of Life

Intuition that involves reaching into other energy fields in a non-loving manner is fear-based intuition and is not a means of communing with the Angels. This may be considered intuition, but it is not going to give you the Loving messages that are the hallmark of connecting with your Angels.

You may not feel you are able to access the Angels at this time because they are contained within the confines of the balloons we’ve talked about. However, once you learn how to deflate the balloons, you can communicate with any of the Archangels you choose.

By allowing yourself this spiritual connection, you will gain access to Loving and healing advice that is unparalleled. I can’t tell you how many times the Angels have bailed me out or provided insight that I otherwise would not have seen.

Why Angel reading?

Angels bring loving and healing messages to all those who will listen. The Angels hold infinite wisdom about all you wish to learn and never ever say anything that is harsh or unloving; even difficult-to-hear messages are stated with love and compassion.

Reason #1 - By learning how to listen to the Angels messages, you will clear away the confusion and chaos that inhibits you from knowing what choices are healthy and will bring you absolute happiness. And which ones will not bring you what you really want...and deserve.

Reason #2 - By following the guidance of your Angels, you will experience Love on such a deep and profound level that your life will be changed for the better, forever. You will learn to consistently see yourself and others through the eyes of Love.

Reason #3 - By trusting the messages you receive from your Angels, you will learn to trust your own inner voice. You will discover your most empowered you! Your sharpened intuition will become your greatest asset. You will understand situations that you haven't been able to before.

Reason #4 - By learning to hear the Angels and follow their guidance, your life can become as wonderful as you can possibly imagine - *how BIG can YOU IMAGINE?!!!*
My vision is that as the world population connects more completely with their divine intuition, the world will achieve peace.

Overview of the 5 steps

There are five steps to making communication with the Angels a reality. They are:

Step One: Commit to believe.

This step is simple. All you need to do is say YES!

Step Two: Trust what you already know.

You have been hearing the Angels' messages all along. This step focuses on identifying how you've been doing this with your personal clair (or intuitive) senses and beginning to trust what you receive.

Step Three: Communicate with gratitude and faith.

Here you will begin to ask the Angels with deliberate intention. You will learn how to ask for guidance and practice it everyday.

Step Four: Listen.

Any message that comes to you from anywhere that is defined by pure Love is a message from the Angels. This step will help you learn how to identify what it means to hear messages of Love.

Step Five: Practice every day!

That's right, all you have to do is keep working at it!

So it's really quite simple! As you take each step and follow them one by one, your life will begin to open up to new possibilities that you haven't seen before. You will realize that life is richer and more rewarding and that you have access to loving insight and wisdom that you didn't before. Let's face it, who couldn't use a little more of that!