How to Communicate with Your Angels

by Melissa Kitto and Richard Lassiter

A step-by-step process to easily tune into your angels and effortlessly receive answers and direction to live the purposeful, successful life you’ve dreamed of.

www.CommunicateWithAngels.com
How to Communicate with Your Angels

First Edition
July 2011

A step-by-step process to easily tune into your angels and effortlessly receiving clear direction to live the purposeful, successful life of your dreams.

by Melissa Kitto and Richard Lassiter

Angel Guidance Coaches

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Acknowledgements

To our clients, friends and colleagues. Thank you for being on this journey with us! Without you, we would never have the opportunity to express our life purpose.

To the late Dr. Francisco Coll, founder of the Americana Leadership College, the Inner Peace Movement, the Peace Community Church and five other spiritual movements, whose life’s work provided the foundation for the material in this book, and continues to be a source of spiritual growth for us and millions across the globe; thank you for your inspiration and dedication.

To Tiger Coll who carries on Francisco’s work and is committed to putting the tools of spiritual freedom into the hands of the masses in order to assure anyone on earth who desires to gets the opportunity to reach their potential and be part of the Great Cleansing and Healing of this great school we call Planet Earth. (Visit www.alcworld.com)

To James Roche, our business mentor. You helped us to go from having an inkling of what we could accomplish, to having a clear vision and plan for how to get our message out there to the world. Without you, this book wouldn’t exist. Thank you for your humble, brilliant, giving spirit. (Visit www.rochemarketing.com)

To our family members who support and love us unconditionally including Kylie, Elliot, David, Lucy, Alice and Jan– your love and support means more than words can express.

And to my father Colin Kitto who always told me, “I know I never have to worry about you Melissa, because you will be successful at whatever you do”. Thank you for your love and support from the spiritual realm. I miss you.
Let’s Get Ready to Communicate Directly with Your Angels

You have angels! You have a team of guardian angels who want to help you through the challenges and wonderful experiences of your journey here this lifetime on Planet Earth.

By learning to communicate with them through the simple tools and exercises in this book you are going to open yourself up of the most wondrous experiences and joy you can have.

We are so thrilled that you have made the decision to purchase this book, because it shows that you are ready to grow. You are ready to make the time & the spiritual commitment to improve and enhance your life. Congratulations on taking the steps to be here right now, reading this book! You are already successful, and you are already tuned in to your angels or you wouldn’t have even made it this far. Your angels probably guided you to find this book in the first place!

Your angels have been communicating with you all of your life. They are communicating with you each and every day. So the good news is, you don’t have to learn anything new in order to communicate with your angels. All you need to do is learn how to tune in more clearly to what has always been there all of your life. You are becoming more sensitive and aware.

You need to become more trusting of what you already have inside. As you begin to experience a clear direct connection with your angels you’ll start to realize how simple and natural it is to connect with them. You will be able to make decisions more easily, because you have your angels to guide you. You will be able to get the answers you need to stay on track in your life, be more aligned with your unique life purpose, and experience greater success and happiness. Every area of your life will be enhanced with your angels’ help. There is no limit to how rich and rewarding you life can be!

Religion and some popular metaphysical writings have led people to believe that working with angels is something that only special people can participate in. The Bible speaks of angels visiting with Mary and Moses and revealing to them their
path in life. Metaphysical writings talk of archangels Michael and Gabriel who can be in many places at once, helping thousands of people.

There is truth in these writings. But they are also somewhat misleading. At the time that these great writings were created society was not as evolved as it is now. The greatest misunderstanding is a belief in greater than and lesser than. Angels are more holy and pure than human beings. Angels are simply more evolved, but they are no better than you. You are a soul, just as your angels are souls. You are an angel in training.

Your personal team of angels is working with you 24 hours a day. You don’t have to ask for their help. They will help you always whether you ask for their help or not. You don’t have to be “perfect” to receive their assistance because from their point of view, you are perfect. From their perspective you are the perfect example of you at this moment in time. They are always with you, guiding you forward. They communicate with you through your inner hunches, feelings and desires.

There are many levels of angels and archangels working with us on Planet Earth. But the most important relationship that you can develop is the relationship with your own personal team of angels who are working just with you and no one else. Why not use all that help that is just waiting for you?

How exciting does it feel to know that all the answers to your life purpose, your direction, your happiness and fulfillment are yours for the asking? Your angels are your very best friends. You already know them from a feeling point of view. When they come close to you, you feel comforted, supported and loved. They never judge you, punish you or belittle you. They love you unconditionally.

Your angels (or you could call them guides/helpers/inner guidance) are very excited that you are reading this book! Imagine if you were a helper for a person for all of their life and they didn’t consciously know you were there. You would be pretty excited to begin a direct, two-way communication with the person you love, trust and support through their life experience. Your angels are learning through the experience of guiding you. It will be much more fulfilling and fruitful for them as you begin to ask them questions, consciously seek their advice and have conversations at will.

Perhaps you are feeling chills or goose bumps just reading this! You are feeling
the excitement of your angels at the thought of being able to have a direct communication with you.

You are never alone. You have never been alone. You are always comforted, supported and backed by your angels every step of the way. You can consult with them anytime you need to for their wisdom and advice. You can trust your decisions and release self-doubt by checking in with your angels so you can do the things that are most in alignment with your life purpose and spiritual growth.

Welcome to this exciting journey!

We are thrilled to share with you the tools to connect with the team of guardian angels whose principle desire is to help you live the life of your dreams … the life you came here to live and accomplish the things you were born to accomplish.

We’d love to hear from you! Contact us with your questions and comments on our Facebook page www.facebook.com/communicate-with-angels.com

With love and backing,

Melissa Kitto & Richard Lassiter
You’ve already gained a great deal of awareness in many areas of your life.

However, because we don’t want to make any assumptions, we are going to start here with some basics. Even if you think you already know this please bear with us. Much of the content of this book is channeled straight from Spirit, we suggest that you read this section so that you have the continuity.

You experience life in two worlds at once, the inner and the outer. The outer world is everything you experience through your five physical senses; touch, smell, taste, sight and hearing.

Your inner world is experienced through your sensitivities of clairaudience, clairvoyance, clairsentience and inner prophecy. We call them the Four Spiritual Gifts of Intuition, Vision, Prophecy and Feeling\textsuperscript{sm}. These are the senses of your spiritual nature. It is through these four gifts that you communicate with yourself, with Spirit and with your guardian angels (higher souls). It is through these gifts that you respond to life, pick up impressions from your environment and receive inspiration from your angels.

You are a soul. You don’t have a soul, you are a soul. You have a body. Your soul, the real you, holds the cells of your body together.

You are the sum total of every experience you have gathered together throughout eons of time. There is no other soul in the entire Universe who has your experiences and your unique outlook on life. You are a perfect example of a soul with your state of consciousness at this moment in time.

You have evolved spiritually into the soul you are today. It was not luck or “God’s will” that you wound up in the family, nation, and social condition that you were born into. It is the result of what you have put together for yourself and the experiences you mastered up to this moment.

The contract you made with yourself to come to planet earth with a physical body gives you the opportunity to grow very quickly in a spiritual school where you can learn from many different states of consciousness. There are souls here who are
learning the basics of survival on earth, souls here who have mastered this school and have returned to master it on a higher level and every state of consciousness in between.

Why are you here? You are here to re-discover the real you, to heal your self-imposed limitations, and to teach others who are attracted to your unique vibration how you did it. In short, you are here to grow spiritually through healing yourself and sharing your understanding with other souls. It is through sharing with others that your knowledge becomes wisdom.

You did not come here for a vacation; you came here to build a better world for yourself and those souls who need to learn what you have organized for yourself. You are here to express your unique spiritual freedom in balance and harmony with all things.

When you pass on, your body returns to the earth and the soul, the real you, returns to the Universe, the All, God. As a matter of fact, you return to the Universe every night when you sleep. You return home every night to regroup your experiences here and recharge your spiritual batteries for another day in the school of Planet Earth. The only separation you have from the Wisdom of the Universe is one you think you have.

You did not come here alone. Before you were born you made a contract with a team of souls who have mastered the lessons you came to learn. They are here to help you with your direction and to advise you. They are souls, just like you, but they are no longer influenced by the pressures of Planet Earth and have wisdom in areas in which you want to grow. They are not holy, they are whole. Your angels are One with All Things. They are here to help you help yourself in your spiritual search for yourself.

You have been working with your angels all your life. You were born a spiritual being and as a child you lived the life of a spiritual being. You really had no choice because
your intellectual part didn’t really take hold until you were around seven years of age. If you think about it, you’ll easily recall how vivid your imagination was and how enthusiastic you were about life as a child. You could play for hours with little outer stimulation communicating with a host of friends and impressions and ideas - all of that is still within you.

As you grew up, unless the people in your environment were very supportive and aware of your spiritual abilities, these probably became an inconvenience to you and you gradually began tuning your inner guidance out. Your enthusiasm for life, your connection to the wisdom of the universe is still there waiting for you to re-learn how to hear, see, feel and know it.

You’ve probably been searching for a long time. Who am I? Where did I come from? Why am I here? What is my purpose? The answers to these questions are within you and we are going to share with you tools and techniques that will enable you to clearly tap the your inner wisdom and the wisdom of your angels so you can find your own answers.

There are two ways that people can grow spiritually. One way is to find other people who are sensitive and tuned in who can help them put the pieces together. The other way is to say, “I want to do it for myself. If you know how to do something, teach me how to do it so I can do it as well or better than you can.” That is the approach we take.

We have found that doing for others is good, but teaching people to do for themselves is even better because when others have the same skills we have, they teach us something. They take it in their own direction and we learn from them. That’s what we believe we are supposed to do in this life. Get the tools we need to discover our self-limiting facets, clear those facets out and share with others how we did it.

Our experience is the more you grow, the more beautiful life becomes and the more you will see there is to learn. There is no end to the evolution of the soul and to the expansion of your spiritual nature. The sooner you learn to discipline yourself to live in the present and trust that no matter what everything is going to be all right. The sooner you learn to tap your own inner wisdom for your answers, the sooner you’ll be living life the easy way rather than the hard way.
As soon as you clearly experience that you are already perfect you will realize that everyone else is already perfect. Judging yourself and others is a huge waste of your time. Life is a school in which everyone came with their own life purpose and their own unique point of view. You came to refine your own personal mission. This understanding will allow you to relax with the world around you and begin to live life from the point of view of a soul who is one with all things. You have all your answers within and the ability to tap your answers any time you need to.

Does that mean you will never have any challenges? Of course not, wouldn’t that be boring. An old saying goes, “Wisdom is knowing you are going down the wrong road ... again.” You have to go down the wrong road in order to experience that it is the wrong road for you. Fear of doing the wrong thing will paralyze you.

Look at little children. They will give anything a go with no fear. In order to experience your potential, you will need to let go of fear and awaken your child-like part so you can enjoy the life you have created for yourself. You will always create challenges in your life for your own growth. You came here to live an adventure. You came here to push your own limits and to expand your spiritual real estate. And to have fun doing it.

In order to do this you need to become very clear about your own feelings and understand your inner compass so you can feel without any doubt when you are heading in the right direction. This will give you the security and direction you need to be of greater service to yourself and every other soul you encounter.

In this book you will learn the rhythm of the soul; the natural flow of how your energy works and how that flow may have been corrupted during the early years of your life. You will learn techniques to help you stay focused in the present with a solid plan for your future based on the facts of your feelings instead of the fairy tales of your emotions. You will learn that you’ve always had angels, that they’ve always communicated with you, and you’ll begin to discern why you don’t act on their suggestions.

You will get a clearer understanding of your four spiritual senses and how to use them to your own benefit and for the benefit of everyone around you. You will reawaken your ability to use your intuition, inner vision, automatic writing, and your inner knowing to move out into your future to sense the solutions and pitfalls that
are coming your way. This book is designed to help you become the spiritual do it yourself kit that you already are. And it will reawaken the reality that you came to planet earth as a free agent in the universe to learn, grow, share and enjoy.

You will expand your self-leadership so that you can become a leader for everyone that counts on you for direction. You are creative engine of change; a healing light and the timing is right that more people know this than not. You will learn to work seamlessly with the rhythms and routines of the universe or the universal laws because these are not forces outside of you but forces within you.

We’ve spent our entire adult lives learning how to work with our spiritual gifts, understand how they work within ourselves, how our angels work with us through these gifts and how to pass what we’ve learned on to you. We are thrilled to pass on to you the tools and techniques we have learned so you can discern your gifts too.
Richard’s Story

I was born and raised in Virginia’s Shenandoah Valley in a working class Methodist family. I was a boy scout and received the God and Country award. My family’s values were deeply rooted in traditional Christianity. As a boy, I studied the Bible and often entertained the idea of becoming a minister. But what I really wanted was to be a healer.

Along with the strong values my early religious training gave me, that same training also gave me some strong fears of doing the wrong thing spiritually.

Serving in the army in Vietnam gave me an opportunity to experience a completely different form of religion; Buddhism. Although I never practiced Buddhism, I found truth in many of its practices. I began formulating my own beliefs but still had a lot of holes in my training.

When I learned to work with my guidance, the doors to my spiritual sensitivity began to open. Doors my religious training couldn’t open began opening and the holes in my training began to fill. As my spiritual understanding and communication with my guidance expanded, some of my early religious training began limiting my spiritual freedom. Fears of doing other than God’s will began getting more and more of my attention.

I did not want to do the wrong thing. What did I trust? Who was I to trust? Was this desire pure or coming from some part of me that wanted an easy out from the work-a-day world? Were these ideas mine, my guidance, God’s, against God? What do I do?

Late one Sunday evening in October of 1975, I was driving home in my VW Beetle. For some reason, as I headed down interstate 64 toward my home in Williamsburg, I began singing a song to my Guidance. I was driving past the exit to Bottom’s Bridge, just east of Richmond, when I stopped singing and started listening to the song. Then it hit me … I have no radio! Someone was singing to me!

Suddenly, I was moving up, out of my car, right through the roof and into the night air above the car. My assent stopped at around 500 feet above the road below me. The car kept going down the interstate; it’s headlights looking like two glowing fingers pointing down the road. There was a wispy rope of light holding me to the car like a
magic kite string. To my right and left were flowing figures; my Spiritual Guidance.

We were moving forward through the night sky side by side.

Looking back, I find it interesting that I was not afraid. As a matter of fact, I was feeling very peaceful inside. I recall looking down as the car went under an overpass. I was concerned about what the bridge was going to do to that rope connection. I was just going along with it all. I watched in amazement as the silvery cord passed right through the bridge, still attached as the car reappeared after passing under the bridge.

I asked, “Am I dead?” I was assured I was not. “Who’s driving my car?” I was told not to be concerned about that. They definitely had my 100% attention. As we flew along, my angels shared some things with me about my life. The one on my right did most of the talking while the others provided me with a feeling I can only describe as absolute security. I expressed my fears and particularly my concern about doing God’s will. “It is God’s will that you follow your desires,” the one said. “What if my desires are wrong?” I asked. “You must sort these things out for yourself. There is no wrong choice or desire because you will learn from everything you do. Start with you and work out from there. No matter what, everything will be all right,” was the reply.

Their voices were not coming through my ears; I heard them in my heart. After a while they asked if there was anything else they could do for me. I had no more questions at the time. I was very content enjoying the feeling of being with them.

The next thing I knew, I was back in the driver’s seat heading down Interstate 64. I pulled off the road to pull myself together! I was experiencing the best feeling I had ever had; a feeling of freedom to give my ideas a chance and not to fear making mistakes. It was a feeling of never being alone; the feeling of spiritual freedom. A feeling I have never lost.

I am not the smartest or most enlightened person I know. I am a soul who trusts his ideas and Guidance. That trust has given me the opportunity to try out the ideas that come to me and to gain wisdom from my experiences – the ones that work and the ones that don’t. Trusting my Inner Guidance, my sensitivity, and myself has opened up greater avenues of trust in all things. Whoever runs this beautiful universe did a very wise thing by giving us free will and the opportunity to grow through experience.

“No matter what, everything is going to be all right.”
Melissa’s Story:

I grew up in Christchurch, New Zealand. My earliest memories are from the age of four. I remember playing around in the living room one afternoon, and floating horizontally above the floor. Then I stood back up again. I repeated that floating horizontally a few times because I thought it was kind of fun! I was so excited about my experience, that I ran out to the kitchen where my mother was cooking dinner and I shouted “Mum, guess what? I can fly!” She looked at me a little suspiciously and replied, “No, you can’t dear.” Well, that stopped me in my tracks. I remember thinking “but I just did it!” But my mother (who, of course at the age of four, I thought knew everything about everything) just told me that’s impossible. How can that be? Years later, I realized my soul was leaving my body when I thought I was floating.

Pretty amazing that I could do that at will. I wasn’t a particularly psychic child. I don’t have memories of seeing ghosts or imaginary friends. When I had the mystical experience I described above I remember being quite surprised and impressed by it. I didn’t know I possessed the power that I was exhibiting. I also understood that the adults around me were not experiencing those things.

My family never went to church, and spirituality wasn’t really a part of my early years. Then, when I was about 12, my mother came to a turning point in her life. She began reading a lot of books (and I mean a lot!) about all manner of spiritual/new age topics. I remember an entire bookshelf in our living room was filled with these types of books. Every now and again she would share with me what she was learning. She told me snippets of things about angels, reincarnation and psychic ability.

This information seemed to come out of the blue, and definitely wasn’t part of my awareness or understanding of life. But, on a feeling level I immediately accepted it as truth. It was a feeling of having known of this all of my life, even though my intellect never knew any of it. Perhaps you can relate?

So when my Mum offered me the opportunity to have an Angel Direct Connect spiritual consultation, I agreed. In that consultation I learned that my primary spiritual gift is Vision, and that I have six angels. As I listened to what the consultant shared with me, my intellectual part didn’t relate to it very well. But at the same time, my
feelings told me unequivocally that what she was sharing was true and that I had known it deep down inside my entire life.

I learned how to communicate directly with my angels and ask them questions. When I received an immediate answer from my angels I was taken aback. I was stunned that I had just experienced something so strong as communicating “with the other side.” I couldn’t deny that it had happened, I had just experienced it. From that point on, there was no going back. I knew that angels were real, and I could ask them questions any time I wanted or needed to.

At that moment, my intellectual nature came to believe in what my feelings had known all along. While living this life on Planet Earth, we live in two worlds at one time. We live in the physical world, and we live in a spiritual realm of sensitivity and feelings. Our angels reside in the spiritual realm of sensitivity all the time, they’re not part of the Planet Earth plane. But we can learn to tune in and connect with that spiritual realm, at will, anytime we want to. Because we are a part of that spiritual realm too, and always will be.

As an adult, having worked with thousands of spiritual seekers all over the world who are looking to connect with their angels, I’ve seen that many people are making it way too complicated. They’ve learned techniques that are long and convoluted and can only be done in a quiet space. They are getting in their own way because they expect something magical, profound or huge to happen.

I’m grateful for having experienced at the young age of twelve how simple it is to connect with my angels and that I didn’t over complicate it. My life’s mission is now to show YOU how to simple it is to connect, if you just trust and let it happen.

In my teenage years & early twenties I practiced and refined my communication with my angels in my own life. It wasn’t something I talked about with anyone; I just worked with my own angels privately. I regrouped every night with them, going over the lessons of my day’s experiences. Any time I had to make a decision or needed outside help and guidance- I asked my angels direct questions and received clarification and answers.

This experience gave me confidence and maturity from a young age. I knew that I had a life purpose, and had the courage to go after what I desired, instead of compromising. At the age of twenty-three I moved from the close-knit community of Christchurch, New Zealand across the world to live and teach in London, England.
My angels have always guided me in the right direction and when I met Richard and moved to the United States, I realized the power of the simple tools I had learned to connect with guidance and find my life purpose. Together, we teamed up to share the tools and techniques we had learned through ALC with a wider audience. We share a common mission but complement each other well because we have strengths in different areas.

This book is a result of our partnership, and our work together helping thousands of people since 2003.

My life purpose and spiritual mission is to share with one million spiritual seekers worldwide how to communicate directly with their angels.

During the past 15 years Melissa has travelled the world teaching angel & spirituality workshops in the USA, UK, Ireland, Austria, the Caribbean, New Zealand and Australia. She has helped thousands of spiritual seekers to establish a direct, two-way communication with their angels. She is a board member of the IPM International, a non-profit organization that sponsors Inner Peace Movement® groups around the world and a Minister in the Peace Community Church®.

She is a certified Spiritual Consultant through the Americana Leadership College™ and has a Bachelors degree in Psychology plus a diploma of Teaching. She has a gift for connecting with her clients and guiding them with her calm, gentle direction toward living more successful and fulfilling lives.
What Are Angels – common myths clarified

Before we get started in sharing with you the tools to communicate with your angels, we need to give you a clearer understanding of who your angels are.

The ancient prophets knew these Messengers of God, or angels, were souls who had no separation from anything. They were hunting for symbols to explain this Messenger of God phenomenon to man. They looked for something that moves through the air. They studied all the birds until they found one that never moves from one place to another until it has found its own direction. This bird was a dove. This is why the dove is an important religious symbol.

They needed a symbol for purity, something that was not corrupted, so they selected the image of a child. They took the wings of the dove and put them on the child to represent a Messenger of God. When the Old Testament was translated from Hebrew into Greek, these words became “angel.”

Your angels are your very best friends. Connecting with them is the most natural thing in the world. Believe it or not, you are already communicating with them every day. You may not consciously realize that, so through this e-book program you’ll learn how to work with them closely and make the most of all that help and wisdom that you have available to you!

You have had angels with you all of your life. As a child you may have had imaginary friends. You were actually communicating with your angel at that time! Melissa will never forget watching her cousin’s four-year-old daughter having a tea party with her angels. She had set out four place settings around the table with cups and saucers. She was talking away with much enthusiasm to her “imaginary friends” sitting around the table with her and serving them cups of tea. But they weren’t imaginary! She was talking to her angels.

You still have that incredible ability to communicate with your team of spiritual helpers. They are there for you 24 hours a day. They want to help you.

Life becomes a true joy when you partner up with your guidance!
DO ANGELS HAVE NAMES?

Each of your angels is a soul, or spirit, just like you are. There are many names for them. You could call them angels, messengers of god, spirit guides, archangels, guidance and helpers. In the Islamic religion they are called The Watchers. The American Indians called them the Great Spirit. All of the great religions and cultures of the world share a belief in master souls that help and guide us. It’s a universal truth. We love this quote from the Bible:

If a man have an angel to whom he would listen once in a thousand times, the angel would show him the way of uprightness. 

Call your angels the name that is most comfortable to you. It’s your choice. They don’t mind what you call them, but please don’t forget to call! We’ll use the terms angels, guidance, and helpers interchangeably throughout this e-book.

You may also be wondering what the names of your angels are. Richard and Melissa don’t call their angels by personal names. However, if you want to ask your angels what their names are, go ahead. For us, it’s not important to attach a name to our guides. We prefer to work with them as pure Spirit, with no language, sex or color.

DO I HAVE MORE THAN ONE SPIRIT GUIDE?

More than likely, you have a team of these high souls working with you. A person who has come to Planet Earth to work with things, such as technology, art or science may just have one or two helpers to guide him. Someone whose life purpose has to do with helping people, has three or more. You can learn the actual number of angels you have in the private Angels Direct Connect session. In our experience, most people attracted to spiritual development at this time have 4, 5, 6 or even more angels. You have an important life purpose and mission and a lot of people to be of service to. So you need a lot of help from master souls to fulfill your purpose. Isn’t that exciting?

DO ANGELS HAVE WINGS?

Angels don’t really have wings. That’s a symbol that came from Biblical times. Spiritual teachers back then were seeking a simple way to communicate spiritual concepts to the masses. They took a child, which is a symbol of purity and innocence. On the child they put the wings of a dove, because a dove never takes flight until it has its direction. These two symbols combined formed the traditional picture of an angel.
Your helpers are pure Spirit. When Melissa was 13 years old she had a very vivid spiritual experience. She saw one of her angels in the room in front of her. It looked like a large ball of brilliant white light. She remembers how strikingly brilliant the white light was. The ball of light lingered in the corner of the room for about 10 seconds and then disappeared.

It is also possible to see angels in a person’s aura. The aura is the energy field around you. It is your soul that holds the cells of your body together. It looks like a white light around a person’s body. Sometimes you will see colors. Often, when observing a person's aura we have seen a ball of solid light over their shoulder or above their head. Sometimes, you can even see faces. The balls and faces are their angels.

**WHO ARE THESE MASTER SOULS?**

Before you were born you created a plan for your life. Part of this life plan is a contract between you and the team of high souls who agreed to work with you this lifetime. These high souls, your angels, have a lot of wisdom to share because they have evolved through Planet Earth. They’ve mastered the lessons here and don’t need to incarnate in physical form unless they choose to do so for some higher purpose.

Angels continue to seek spiritual growth. Their opportunity for growth is to become a helper or guide for us “humans” on Planet Earth. Your angels are learning from the opportunity of working with you and that’s why they do it. They learn from you as you learn from them. It’s a working relationship that is beneficial to everyone involved.

You chose this team of helpers because they have mastered the areas that you need to work on. You have an affinity with them, and often you’ve known them in previous lifetimes. Often you’ll be drawn to the places that they lived in other lifetimes, or the things they did.

When Melissa was a teenager she loved learning languages. She took French and Japanese classes in high school. When she received the Inner Guidance and My Spiritual Thrust Profile consultation she learned that one of her helpers was a bilingual language teacher in her most recent lifetime. This helper was born in the French speaking part of Canada and also lived in Japan and London during her lifetime. The three languages she spoke were French, Japanese and English. No coincidence that those were the three languages Melissa was speaking too!

When Richard was a soldier in Vietnam, he had a fondness for the people and loved
the feeling of the country. Although until then, he had never left North America he felt at home and enjoyed being there (when he wasn’t fighting the war). One of his angels was a merchant who traveled extensively through Indo-China the last time he experienced life in a physical body.

The reason your angels can help you is because they have been where you are. They’ve experienced similar situations. It was probably in a different country and in a different time period, but ultimately the spiritual lessons and experiences are the same.

Planet Earth is a unique school of experience. A soul who had never lived here would not know how to direct you because that soul hasn’t been in your shoes. You’ve likely noticed that the people you are really able to help are the ones that are going through challenges similar to your own. You can see what it’s like to walk in their shoes, you relate to them and can give them advice based on your experience. It’s hard to help people who are having experiences that you can’t relate to.

The best teachers in life are the ones who have experienced it for themselves. They master certain areas of life and share with others how they did it. There’s a difference between Knowledge and Wisdom. Knowledge is something you know intellectually, but Wisdom comes when you really apply your knowledge and put it into practice. You could say Understanding + Experience = Wisdom.

Your angels have a lot of wisdom that comes from experiencing the challenges of Planet Earth. They have mastered self-understanding and they know how to respect another person’s free will. They are one with all things. They maintain that state of being at one with all things at all times.

**ARE MY ANGELS DECEASED RELATIVES?**

Your angels or spirit guides are not loved ones you knew in this life who have passed on. That’s not to say that you can’t communicate with your deceased loved ones. You can. However, if you do, we suggest you communicate through your angels to that soul’s angels to assure no one becomes confused. Your team of angels has been present with you since before you were born. So if you’ve known someone during this lifetime, they couldn’t possibly be one of your angels.
Melissa’s father passed on in 2006. She is very grateful that she had the ability to communicate with him telepathically after he died. It was comforting during those first couple of weeks as she got used to the shock of his passing. His death was very unexpected.

But it was not her father’s job to stay around and help Melissa. He is not one of her spirit guides. Melissa’s father has returned home to the Universe now, far away from Earth. Occasionally he does come to visit and she can feel his presence with her. But he doesn’t stay for long, and his visits are less and less frequent.

He is learning and regrouping out there in the universe. If he had stayed around Planet Earth with Melissa all the time, he would be missing his timing on the growth and learning he needs to do next. He has his own angels working with him on the other side.

The best thing you can do for your loved ones who have passed over is to release them. If you yearn for them, you can keep them stuck in limbo. They don’t belong in the Planet Earth zone anymore.

Your relatives are not your spirit guides, but you certainly have an affinity with souls you feel close to. That is why sometimes people get confused, thinking that their deceased grandmother is their spirit guide. That relationship is important, but just realize it’s not the same as the connection you have with your angels. Their sole job right now is to help and guide you.

**WHAT DO MY ANGELS ASSIST ME WITH?**

Your angels will help you to live the spiritual purpose you came here with this lifetime. You have a unique spiritual thrust; a vibration of energy that you came here to express. Through your feelings and desires you are very tapped in to your life purpose. You need to pay attention to the clues and signs that are guiding you to what you’ve come to do. Your spiritual helpers will guide you in the right direction.

Your angels are helping you with your spiritual growth. Spiritual growth is the real reason you are here this lifetime. Before you were born you chose specific lessons for yourself that you need to grow through. As you’re growing your angels will give you insights and ideas to help you look at things in a different way. Because they have
more experience in certain areas than you do, they can make suggestions that never would have occurred to you. You need to stay open and receptive in order to hear their messages.

Your angels will help you look outside the box, and you'll notice they are always stretching you and encouraging you to move out of your comfort zone. That’s where the growth is! The growth is not inside your comfort zone. Your growth and fulfillment comes when you follow your inner desires and stretch to new and exciting goals.

**HOW CAN I BETTER UNDERSTAND MY RELATIONSHIP WITH MY ANGELS?**

One of your rights as a soul is the free will to make your own choices and decisions. If you try to get your angels to make your decisions for you or tell you what to do – you’ll end up pretty frustrated. Your angels just don’t work that way. They won’t make your decisions for you. It’s your life and your responsibility to make your own choices. Your angels know there are no mistakes in life, only stepping-stones. They know you will learn by creating stepping-stones.

When you communicate directly with your angels, it’s like having a board of directors that you can consult anytime you need more help, assistance or guidance. They have a bigger picture than you do because the pressures of Planet Earth do not bind them. Picture them sitting way up high in an air control tower, looking down on the activity below and noticing how you are interacting with others. From that “bird’s eye view” they have a big picture. They can see much more clearly than you can what the consequences of your actions will be, when it will be the best time to take action and when it's best to wait.

It’s such a joy to get to know your helpers and learn their personalities and strengths. They’ll become like your very best friends. It’s like having this great team of very wise friends with you all the time – 24 hours a day. Your best friends are the ones that are honest with you and tell it like it is. Your angels are definitely like that! They will never lie to you. They will never manipulate you. They are very sincere and will help you when you need it. But they will never impose on your free will.

The ability to communicate with Spirit is innate within you. Even if you don’t think you have never communicated with your angels – you have! You just might not realize that hunch, thought or feeling came from something outside of your own mind. You
are already receiving hundreds of impressions each day from your angels. This can be in the form of hunches, dreams, ideas, “a-ha” moments, signs, visions and more. They communicate with you through your psychic sensitivity, so the more you recognize and trust your intuition, the more you will be in tune with the messages of your helpers.

Throughout this book, you’ll learn to be aware of and pay attention to the messages that your angels are sending you every day. You’ll learn new tools and techniques that you can use to open a two-way communication and dialogue with them. The more you practice these techniques, the easier it gets!

Please don’t think that you can just read through the book once and you’ll have mastered everything in it. It is essential that you actually do the techniques. Practice daily. You will be amazed at the results.

You are a beautiful soul. You are connected with the universe or god source. You have no limitations. By tapping in to communicating with your angels you’ll be more in tune with the universal energy because your angels are closer to that source than you are. Your angels have refined their energy to a much higher vibration and so by tuning in to them you will be closer to God also.

So are you ready to begin? Let’s get started.
The Secret to Communicating with Your Angels (Your Inner Workings – Establishing the Foundation)

**YOUR TWO NATURES - INTELLECT & FEELING**

You have two natures, an intellectual nature (red ticky-tacky boxes) and a feeling nature (blue open part). Attaining a balance between your two natures brings purpose, direction and inner security into your life.

Your feeling nature, called the subconscious by science and the heart by religion, is like the engine of your car – it is where your true power lies. Your intellectual nature, called the conscious mind by science and the head by religion, is like the steering wheel of a car. Your intellectual nature’s purpose is to give direction to your feelings.

Inspirations and energy come from your feeling nature. It is a constantly flowing river of energy, ideas, desires and inspiration. The feeling nature is your childlike part. It is your connection to the spiritual world. Through your feelings you are connected to the wisdom of the universe and all the experience you have gained throughout eternity. You are your true feelings.

Your intellectual nature is limited to what you have experienced this lifetime. It is part of your physical system and remains here on earth when you graduate or pass on. Its purpose is to give your feelings organized direction so you can accomplish your life’s purpose. You can’t think your way to life mastery; you experience your way to mastery.

Example: I want to lose some weight and get more physically fit. That is the feeling, the desire. My intellect’s direction is go to the gym or ride a bicycle on a regular schedule and eat a little less junk food.

Our modern education system has put all the emphasis on the intellect and completely left out the feelings. As a result, you probably were not taught how to tap your feelings in order to utilize the wisdom contained there. As a child you did. Until you were around seven years old you moved exclusively by your feelings and the inspiration from your angels. At that age you had no choice but to follow your feelings because your intellect didn’t come into play until age seven.
In this book, we will give you the tools you need to re-awaken and have a greater awareness of your feelings and the wisdom and power therein. The more balanced your intellect and feeling natures are, the more enthusiasm and energy you will have in your daily life. You will soon realize that all your answers are within you. You’ll learn how to tap those answers and the wisdom of your angels; your inner guidance.

**FEELINGS OR EMOTIONS ... there’s an important difference**

It’s important to clarify the difference between true feelings and emotions. Society has lumped everything we “feel” into one basket with little or no understanding as to why some feel good and solid, some feel too good to be true (and usually don’t last) and some feel bad. We have heard the terms “negative and positive feelings/emotions.”

True feelings are the good, kind, loving, sharing, understanding, fearless part of you.

Emotions are reactions based on intellectual programming from an early age. Emotions arise from intellectual concepts and beliefs … your concepts of what is good and bad, right and wrong.

Feelings include love, desire, kindness, affinity, true-concern, empathy, etc. Emotions include fear, guilt, worry, doubt, loneliness, possessiveness, devotion, etc.

It is important to understand the difference between the two because the language of spirit is feelings, not emotions. When you sense something and don’t understand what you are feeling, your intellect will generate an emotional response rather than positive action. In order to have a clear communication with your Guidance, you will need to begin learning how to discern the difference between your true feelings and your emotions.

When you are relaxed, your feelings flow. If you are tense you cut off your feelings and experience emotions. Emotions have a purpose. They are accurate alarms indicating a disconnect between your feelings and your intellect. Either you are feeling something you don’t understand or thinking something you have no clear feeling for. When you are feeling emotional it is time to take a deep breath and go back to your feelings in order to discern what is really going on … what your feelings are communicating to you.

Let’s say you are having a conversation with someone about money and begin
to experience tension – your emotions start cranking up. You can use your inner discipline to relax and go to back to your feelings in order to discern why you are experiencing tension. Maybe your feelings will give you the impression that you are getting tense because you don’t know how to get the money you need. Now you understand the cause of the tension (the emotion) and can take positive steps toward a solution.

Emotions are your spiritual alarm ringing to tell you that there is a lack of clear communication between your intellectual and feeling nature.

Emotions will surface when you don’t understand something. Lack of understanding creates a little fear that your intellectual nature gets emotional about. All the solutions you need are at your grasp when you have the concern for yourself to relax and look a little deeper. When you are solution oriented, your guidance will move in to help you clarify your direction. Becoming emotional is never a solution. Looking for a solution always leads to the solution.

**THE RHYTHM OF THE SOUL**

Do you ever find yourself thinking about projects you want to accomplish, IE: taking flying lessons, learning French, planting a garden, but doing nothing to really get it done? Or, doing things that are distractions or procrastinating on taking action on the things that would move you forward in your life? How about starting a project and becoming fragmented by distractions such as text messages, e-mail, clutter in a room – something other than the task at hand? Have you ever daydreamed about what you want without ever organizing the steps needs to make it happen.

All these (and many more) are ways you have created to keep yourself from living the life you were born to live. You have buried your natural Rhythm of the Soul (your flow) under a self and society programmed intellectual system that limits your fulfillment, your enthusiasm and your communication with your sensitivity and inner guidance. How does this happen? Society, our parents, friends, teachers, even TV programs and advertising train us to fear following through on our inner feeling. You are taught to think and then re-think until the timing is blown or your energy for a task is diluted. Rather than a constant flow of energy, your energy stops and starts and stops and starts again and again. At best, this is very tiring because you continually need to find reasons to get your energy moving again.
You have a natural, constantly flowing inner rhythm, a Rhythm of the Soul. At its simplest form your natural rhythm is to Feel - Think - Act.

First off let’s make it clear that you do a lot more right than you give yourself credit for when it comes to working with your own energy and working with your angels. You already get impressions from them all the time. All you need to do is refine your awareness and discernment of these impressions and your natural ability to organize and act upon them.

As a child you had no choice but to follow the natural rhythm of the soul. If you want to get the most out of your life, you have relearn how to live as a soul. You need to return to your true nature, your crystal clear child-like nature.

Feel is picking up an impression. It is a desire or intention.

Think is to organize the feeling into actionable direction with clear steps to accomplishment.

Act is the fun part, the directed energy that turns your feeling into a reality in the three-dimensional world. Then you go back to your feelings in order to discern what to do next. This is the rhythm of a soul. Feel – Think – Act.
If the direction you choose to fulfill your want balances with the feeling, and you take action in that direction and follow through to successful completion, you will reap the reward of fulfillment. If the direction doesn’t fit, and you don’t go back to your feeling for clarification you won’t have clear direction upon which to act. In this situation you will play games between your intellect and your emotions. Rather than fulfillment, you will experience stress and the desire to escape from yourself.

A simple example: You want to take a vacation. You feel the need for a change from your routine. Do you want to travel somewhere or do you want to stay home and plant that garden and do some things around the house you have long wanted to do? If your programming, your subconscious belief is that a vacation always means travel, then you may ignore the option of staying home. You may have been trained that making your home more beautiful and relaxing is work and that work is not a vacation.

At this point it is important to discern, “What do I really want to do with my vacation time?” (You are feeling at this point, discerning what you truly desire.) You discern that what you really want is to take a bike trip from Virginia Beach, VA to Charleston, SC following Route 17 down the inter coastal waterway.

Now you Think. You pass the clear desire over to your intellect to organize your trip. You use your patience to plan out and organize all the details. You take your bike to the shop for a checkup and extras it needs, you plan the route, reserve lodging, all the things needed to make the trip smooth.

Now you can Act. You hop on your bike and really enjoy the trip because you have invested your energy to assure all your needs are organized. You have even planned for the occasional setback that could occur.

You do this all the time. All that is necessary is to expand it into all areas of your life – the business, personal and social aspects - so the fulfillment never stops.

So, what does this have to do with communicating with angels? Excellent question! Your angels can best help and inspire you when you have clear direction and know exactly what you want. When your personal, business and social direction is based upon what you really want, you enthusiasm is very high and, by your own free will, you are operating at the same level as your angels … they are right with you and you are right with them.
The Feel – Think – Act Process: an overview

In this book, you are going to learn how to experience the Feel, Think, Act process in a way that flows with the natural rhythm of your soul. We are focusing on how to use your natural flow of energy to better communicate with your angels. Each of the Feel, Think, Act components is an important step in the process of communicating directly with your angels. We’ll describe each of the steps in detail through the book, but first here’s an overview of what each step as it relates to clear communication with your angels.

STEP 1 – FEEL

The first step in communicating with your angels is relaxing enough to tune in to their high vibration of energy. It is tuning your energy to a very high frequency so your awareness is heightened and you have the ability to pick up messages from spirit on a more consistent basis. The key is learning to live a relaxed state of consciousness.

This book will take you through this process. Pretty soon, you will be able to tune in to the messages of your angels anytime, anywhere. You’ll have the ability to receive instant messages. It’s like flicking on a switch and tuning your radio dial to the right frequency. The angels’ communication is always present, just as the radio waves of your favorite station area always present – but you’ve got to tune your radio to the right frequency or you won’t hear that station.

Trying really hard to connect with your angels won’t work! Those that try are over-thinking and have challenges. You can retrain yourself to live a relaxed state of consciousness, just as you did when you were a child, so you are consistently in touch with the higher vibrations.

You’ll learn to recognize when you are feeling the high-energy vibration of your helpers through chills and goose bumps. This is a fantastic sign to pay attention to. When you feel chills, you’ll know for certain that’s your angels. No other soul will give you chills.
We’ll also share with you techniques for cleansing your environment so you can be sure you won’t pick up any negativity or pressure that could hamper your direct connection with your guidance. All you’ll have to do is use these very simple, yet powerful tools regularly as you go about your day and you’ll start to feel the difference of living life the easy way or the hard way. It’s so simple to be connected and discern what you are picking up that you’ll wonder how you ever survived without it.

**STEP 2 – THINK**

Once you have been through the process of relaxing and tuning in to your angels through feeling – now you can bring in the thinking part. In the think stage you establish your direction.

It is important to formulate a very clear, direct and specific question when you talk to your angels in order to get the answers you seek. The clearer your question is; the clearer the answer will be that you receive.

First, you must decide what you want. If you don’t know what you want and then try to have your angels give you an answer, it’s like trying to get directions from your GPS without entering the destination’s address.

Clarify what you want, formulate a specific question and then pose it to your angels through the methods you’ll learn in this book. Then you will get clear, meaningful answers and guidance.

In the Think Section of the book, you’ll learn what kinds of questions you can ask your angels, and which questions it’s best not to ask. You’ll learn how to best phrase your question, and how to be more open, receptive and trusting of the messages you will receive. The truth is, you can ask your angels anything as long as it is your business to know. But there will be certain questions that your angels don’t want to answer, because they don’t want to interfere with your free will. Once you understand the parameters of how your angels will work with you, you’ll save yourself a lot of heartache and frustration of asking the wrong questions. Getting the right answers is dependent upon asking the right questions.
**STEP 3 - ACT**

The third step in the process is to act.

Once you have formulated a clear question for your angels, you will need a technique to use to receive the answer. You will be receiving the answer through one of your four spiritual gifts of Intuition, Vision, Prophecy and Feeling. In the Act section, we’ll explain what these gifts are so you have a better understanding of them.

Then, you’ll learn 5 different “Receiving Messages Techniques” that you can use in order to receive a message from your angels. Try all 5 of these techniques. You will probably find that one or two of them are much easier for you to do. Don’t get hung up on receiving messages from your angels in a certain way. You may not hear verbal messages from your angels easily, but you may receive feeling impressions from them. Everyone has different gifts.

Once you have received a message from your guidance, now it’s time for you to take action. This part is your responsibility. Your angels can’t take action for you; they don’t live in the physical world!

It may be very clear what action you need to take, but if not we have outlined 6 ways to take action. It is so important to make spiritual guidance practical in your life. Otherwise, what good is it to you?

This is why we have outlined these 6 different ways to do something practical with the angelic guidance you have received.

In the Act section, we have also shared with you how to work with your angels on a daily basis to help you with your spiritual growth and development in life. You can work with your angels each and every day, not just when you have a problem! By creating time in your day to do the simple method of meditating with your angels, you will grow in confidence and clarity in your life.

So, just three simple steps to establishing a direct connection with your angels so you can turn to them for advice and guidance anytime you need it. **FEEL - THINK - ACT**

Your angels are so excited to work with you more closely. So, let’s get started!
Feel - The Avenue to Wisdom

It doesn’t matter where you are or what you are doing, you can be in communication with your angels. You could be driving, standing in line at the grocery store, on the phone with your mother, at the office - anywhere! Something might come up during the course of your day that you’d like to chat to your angels about and get their advice. You can!

You don’t have to be meditating quietly in order to be communicating with your angels! With a little bit of practice you will be talking to them all day long. But you do need to be relaxed and tuned to a high vibration of energy in order to be connected with your angels. If you’re stressed or under pressure you simply won’t be aware of the angel’s messages. Your angels are with you all the time, but the degree to which you receive their messages depends on you. How aware are you of your inner guidance?

Through practicing the techniques in this book you will start to live from that high frequency the majority of the time. Once you begin staying consistently connected to your child-like part, your natural enthusiasm and love of life will begin to flow throughout your day. Then you’ll only need to keep doing quick “tune ups” to stay relaxed and clear at all times.

It’s critical that before you jump in and try to ask your angels questions that you take time to spiritually cleanse. Cleansing doesn’t take long, but it’s very important.

Your angels have a high vibration of energy all the time. This is because they have mastered many spiritual lessons and have evolved to a high level of consciousness. Because they are evolved they are vibrating at a very high frequency. So, in order to connect with them you must raise your vibration also. You have the ability to do that anytime.

On the physical plane here on Earth we are susceptible to being influenced by the pressures of this environment. Anytime you feel stressed, lonely, upset or fearful your energy vibration lowers. This disconnects you from being tuned-in to the high vibration of your spiritual helpers. From now on when this happens, you will have a technique to instantly clear your energy and relax.

Your angels will never interfere with your free will. This means that anytime you move to a lower vibration it is up to you to raise your vibration again. No one else can do it for you.
Melissa had a period of time in her early twenties when she was lonely and depressed. Her energy vibration was out of balance for two whole years! Her angels were with her for that entire period of time, but they didn’t interfere. Her angels were very patient with her, allowing her the time she needed to get herself back on track. They never interfered with her free will and her choice to get out of balance. It was a feeling of “we’re here when you’re ready”.

Your angels work with you in the same way. They are very patient. They will never judge, criticize or reprimand you. They will lovingly guide you on your path.

**HOW TO RAISE YOUR VIBRATION**

How would you like to feel calm and relaxed all the time, instead of having so many ups and downs in life?

In this section, we are going to introduce you to a simple, but highly effective Spiritual Cleansing Technique. When you’re spiritually cleansed, you will be instantly tuned in to the high vibration level of your angels. You will become much more aware and mindful of your moods. If you notice that you are experiencing negative emotions you will have a tool to shift that instantly. Most importantly you will be relaxed. The key to communicating with your angels is being relaxed. If you are tense, it’s like cutting off the phone line of communication between you and your guidance.

Being relaxed is one of the most important things you can do for yourself spiritually. Have you ever noticed that on the days you feel tense, things seem to go from bad to worse? On a “tense” day you get cut off in traffic and start yelling and screaming at that inconsiderate driver in your way. On a “relaxed” day you get cut off in traffic in exactly the same way but this time instead of yelling, you blow it off and don’t react. What’s different on those two days? The only difference is your state of consciousness.

On the day that you were calm you were able to maintain a high, relaxed vibration of energy so that you responded to life, instead of reacting. On the day that you were impatient with the driver, your energy vibration was low and easily affected.

The Spiritual Cleansing Technique is so simple, you may find yourself dismissing it. Please don’t! The technique works and its simplicity makes it even more practical and powerful. We can’t emphasize enough how important it is for you to use this technique regularly and often to heighten your awareness of your angels’ messages. It’s the difference between living life the easy way and the hard way.
The more you do this technique the more sensitive you will become. You’ll also find that you are less affected by the attitudes of the people around you. You won’t take things so personally. You’ll stop absorbing the feelings of others. By cleansing, you create a buffer zone of energy around you that prevents you from being susceptible to negative energy.

When you do the spiritual cleansing, you will raise your vibration of energy to a very high, child-like frequency. It will open your chakras and allow energy to flow through you without restriction. Use this technique to feel relaxed, peaceful and centered within.

The great thing about the Spiritual Cleansing Technique is it’s portable. You can do it anytime, anywhere, in the middle of your day, while you’re at work, dropping off your kids at soccer – anywhere. When you use this Spiritual Cleansing Technique every day, you will find you are relaxed, cool, calm and collected in every situation. You are a high vibration of energy but you have learned to allow the environment to affect you and lower that vibration. Let’s reverse that right now.
Spiritual Cleansing Technique

1. Take a deep breath and relax. Stand or sit up straight in your chair.

2. With the fingertips of your right hand, gently rub, fingers hardly touching, the center of your forehead (3rd eye) until you feel relaxed. When you stop, leave your right hand on your forehead.

3. Bring the fingertips of your left hand and place them over your forehead, your fingertips lightly touching it. Gently draw them over your brow and temples.

4. Strongly shake your hands once to recharge them.

5. Start again with the fingertips of both hands gently touching your forehead. This time, go over your head and come around your neck and under your chin.

6. Strongly shake your hands once again to recharge and repeat both facets several times.

7. As you do this technique repeat out loud or mentally;

   “In the name of (whatever is your highest concept i.e. “God within”“Love”“Spirit” etc) I cleanse my body and I cleanse my soul.”

We have prepared an online video for you so you can watch a demonstration of how to do this technique. Take a minute now to watch the video to ensure you practice the technique correctly.


Once you have seen the video practice the technique a few times on your own. Breathe deeply as you do it.

Repeat this technique until you feel a warm glow, relaxed or feel the sensation of chills. How do you feel after doing this technique?

Keep going until you feel more relaxed. You might experience a sense of well being and relaxation. Some notice their environment is quieter and have a heightened awareness of their surroundings. If you don’t anything the first time, relax a little more and repeat the technique. This is a technique that you can do OFTEN. You can never be
too cleansed! The more times you practice this technique during your day, the more effective it will be. Soon, you will get used to living from that high, relaxed vibration.

**WHEN TO CLEANSE**

You can cleanse whenever and however often you like, but here are some times when it is especially helpful to do so:

1. When you first wake up in the morning.
2. Before you go to sleep at night.
3. When starting a new project or activity. For example, when I sit down at my computer to write an email or an article, I cleanse before I start so that my thoughts are clear and focused.
4. Before driving.
5. When you notice tension, worry or pressure is affecting you.
6. Before communicating with your angels, to ensure your energy is high and not influenced by negativity or confusion.
7. If you are rushing, feeling disorganized or scattered.
8. If you notice you are feeling cranked up or losing your temper; catch it and cleanse. You’ll be amazed at how the negative emotions dissipate.
9. In between client meetings or appointments so you can recharge and release the last person’s energy.
10. After any small accident, such as dropping or forgetting something. This is often a signal that your timing is getting off.
TIPS TO REMEMBER FOR THE Spiritual Cleansing Technique

1. When you shake your hands you are recharging. The shaking action does not release bad or negative energy. You are not bad energy. You are changing your vibration level to be more positive, but not releasing anything.

2. As you are doing the technique, take deep breaths in and out.

3. You can do this technique as fast or as slow as you want to. Don’t worry about making this technique “sacred”. Keep it as simple as a child would do it. It will be more effective. You can do the technique quickly when you want to be more energized. You can do it slowly when you want to be relaxed, such as when you want to go to sleep at night.

4. There’s no set number of times to repeat the technique. Do it as many times as you feel you need to until you feel a sense of wellbeing or relaxation. If you do it just once or twice and don’t notice any change, do it more times!

5. Cleanse every day, as often as you can. You can never be too cleansed!

6. If you feel chills, that’s a sure sign that you are 100% cleansed and that your angels are close to you. Only your angels can give you that feeling of chills/goose bumps.
PRACTICE!

Practice the technique. Make a note of how you feel afterwards. What changes do you notice in your energy? Take notes here of how you feel.

NOTES

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CLEANSING MENTALLY

You can also cleanse mentally without the physical use of your hands. When you cleanse mentally, you will experience the same relaxing benefits as the regular Spiritual Cleansing Technique. But you can cleanse mentally anywhere, in front of anyone without having to worry about strange stares from the people around you!

The mental version of the Spiritual Cleansing Technique is very simple. It will be very effective when you need to slow down and get centered as you go about your busy day.

1. To cleanse mentally, become still and take a few slow, deep breaths.

2. Visualize your hands doing the physical movements of the Spiritual Cleansing Technique in your mind’s eye.

3. Say the mental affirmation you learned in the Spiritual Cleansing Technique in your mind at the same time.

4. Repeat this as many times as you need to until you feel centered and relaxed.

5. Take deep breaths in and out throughout the technique.

The mental cleansing technique comes in very handy when you are in an important meeting with corporate executives and need to be relaxed, but don’t need anyone to think you are “woo-woo!” You can even do this technique in line at the grocery store. It would be very helpful when you are sitting in the waiting room before a job interview or an exam.

When Melissa was a full time teacher of 6-year-old children, she used the mental cleansing technique often. When the atmosphere in the classroom became rowdy or when she became pressured, she would stop, take a deep breath and mentally cleanse. The children didn’t notice that she was doing anything, but she relaxed immediately. When she was relaxed, the children became calmer. Her cleansing had a positive affect on everyone in Her environment. Mental cleansing was the most effective behavior management technique she had.
Practice the mental cleansing technique now. Do it as often as you can throughout the next week.

Make notes here on the positive changes you experience through practicing this technique.

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CLEANSE UNTIL YOU FEEL CHILLS

Did you experience a sensation of chills when you did the Spiritual Cleansing Technique? If so, that is a sure sign that you are 100% cleansed. When you experience the sensation of chills or tingling on the skin, you will know for certain that your angels are close by. You will notice and remember that your angels are with you – even in the midst of your busy day.

The Bible describes the sensation of chills as, “the quickening of the flesh”. Chills are an important aspect of the Quaker religion because they believe that when the Holy Spirit comes near a person he will “quake”.

This feeling of chills is the result of a high charge of energy from your helpers. It might feel like shivers going down your spine, tingling or goose bumps. No other soul outside of your team of helpers can contact you in this way. So you can be absolutely certain that when you feel chills, it is only the highest, clearest energy you are experiencing. That’s a very good thing!

If you have felt chills before, you are already discerning the message from your angels. It is one of the most common ways your guidance will communicate with you. It’s usually a confirmation that you’re on the right track with what you’re doing. It happens because your angels maintain a high vibration of energy all the time. So when that high energy of your helpers comes close to you, you will experience a physical sensation.

Don’t confuse getting “chills” with feeling cold. You may or may not feel cold when your angels come close to you. It can feel like a vibration, heat, tingling or “shivers going down your spine.” Everyone experiences it a little differently. It’s important now that you start paying attention to this sensation and notice when it happens as you go about your day. There is always some reason you experience the chills. Your angels are using that avenue to communicate something with you. Even if you think you never get chills, or very rarely, just start paying more attention. You’ll probably find that you start experiencing it more often because your angels know that you are now paying attention to this signal they are sending.

Receiving chills can be a very useful tool. If you cleanse more often, you will start feeling chills more often because you will become more sensitive. Your energy vibration will be faster and more similar to that of your guidance and so you will be more likely to feel the charge.
Our client Diane found it very reassuring to feel chills from her angels when she was first learning to communicate with them. She was very sensitive and felt susceptible to feeling negativity in her environment. So she told her angels straight up “I want to feel chills every time I cleanse, so I know you are with me.” And it worked for her.

Diane knew that she would only receive chills from her angels because they are the only souls that have mastered their energy to that high vibrational frequency. So when Diane felt chills, she felt confident to communicate openly with her angels without fear that she was being influenced by confusion.

The next time you feel the chills sensation, take a minute to stop and be aware of what is happening at the moment and how you are feeling. Your angels want to communicate something to you at that moment. You will be able to discern and interpret what your angels are communicating.

Here are a few ways of interpreting the meaning of chills:

1. A confirmation that you’re on the right track with what you’re doing or thinking at that moment.

2. A sign to pay particular attention to what is happening at that moment because it is very significant and important for you.

   For example, if you are talking with a friend about a new class you want to teach, and you get chills right at the time you are talking about it, you can interpret that as a sign that teaching the class will be a very good thing for you to do.

3. Sometimes it can be a warning.

4. A reminder that you are one with all things, that you are never alone and that your helpers are working with you.

Melissa and Richard both agree that the most common reason for chills they receive is a confirmation from their angels that they are on the right track.
Ask your angels to bring to mind a time when you felt chills. Relax, take a deep breath and open your mind to the memory. It may be something recent or a while ago. Take a minute to think about: What was it that your angels wanted to communicate with you at that time when you felt chills? Discern the meaning of it at the time.

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CLEANSE YOUR ENVIRONMENT

Now it’s time to go deeper with your cleansing. The Spiritual Cleansing Technique you have learned is a way to cleanse personally within yourself. Your practice of “tuning in” to the high vibration level of your angels will be even more heightened when you keep your environment spiritually cleansed.

Cleansing the environment is very important because as a sensitive soul you can be easily influenced by outside pressures. By keeping yourself and your environment cleansed you can avoid being negatively influenced by the people and pressures around you. As a sensitive soul, you will easily pick up the thoughts, feelings and emotions of your family, friends and workmates even when they are not physically present. They could be on the other side of the world and, because you are living in both the physical and spiritual world at the same time, you will pick them up.

You may not realize just how much people in your environment can affect you. Have you ever walked into a room where a lot of people were talking negatively or gossiping? Quickly you start to feel low, angry and irritated. That isn’t even your feeling! You are being influenced by the energy in your environment. You can learn how to keep yourself positive and buffered at all times so you aren’t affected by pressure that’s not yours.

You can also learn to have a positive effect on your environment, keeping things smooth and clear and cleansed. You will feel safe, clear and compact and allow your angels to move in even more closely to back you, support you and help you.

Using the environmental cleansing technique is like giving your car a tune up. Your car can still run without it, but it will not run as smoothly and will have terrible gas mileage.

Sure, you can go about your daily life without ever cleansing, but if you use this tool you will feel more connected to your inner guidance, more centered and relaxed within. And that’s what this process of “tuning in” to your angels is all about!
Environmental Cleansing Technique:

1. Take a few deep breaths and relax.
2. Cleanse yourself personally.
3. Imagine you and your angels sitting in a circle around you.
4. Visualize a white ball of light in the center of the circle.
5. Fill it with a feeling of love.
6. Mentally visualize the ball of pure love expanding throughout the room.
7. Expand it to fill your home or the building you are currently in. See your environment surrounded by a brilliant, bright ball of white light.
8. Now expand that white light and visualize it cleansing your entire city. Expand it again to cleanse your state/province, country and the world.
9. When you feel complete, release the vision, come back and do your personal Spiritual Cleansing Technique. Now take a minute to regroup how it felt.

What did you experience from this technique? How do you feel?

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Cleansing your environment can be a daily tool. Whenever driving in the car, or traveling by plane, take a minute to cleanse the vehicle and the journey you are about to take. Visualize it surrounded by white light and feel that the journey will be smooth and safe. Ask your angels to come close to you too. You can send extra cleansing energy to the environment of your friends and family or to any place around the world you would like to heal.

As a nightly practice, you can start by visualizing light radiating from within you that expands and fills the room you are in. As the light expands, visualize it filling every corner of the room with healing light that moves out any negativity. Expand this bubble of healing light to fill your home, neighborhood, your county, state, country and the planet.

You may want to send this cleaning energy to the environment of your loved one’s (Richard sends cleansing energy to his children’s environment every night), where you work, to the projects you have scheduled, etc.

Everyone has free will. By their own free will some people may not accept the positive influence of the environmental cleansing. That is not your concern. As long as your motive is to be of service, while still respecting an individual’s right to choose how they feel, you will be doing a very good thing.

If you know someone who is ill, you can send him or her cleansing energy. Remember though, that she has created that illness by her own free will and she is the master of her own life. The best way to help a person is to send the healing energy to her helpers. Then, her helpers will decide how to use that extra backing energy for her highest good. It’s best not to heal a person directly without his permission. By doing so, you could unwittingly cause that person spiritual harm.

Melissa uses the environmental cleansing technique each night before she goes to sleep. She cleanses the entire globe, but she sends extra healing energy to the environments of her loved ones. She has family all over the world; in the USA, England and New Zealand and she can be of spiritual service to them through this technique. She doesn’t cleanse them directly, but she helps them to maintain a cleansed environment. By using this technique in your own environment, you will feel more compact.

Now that you know how to do the Spiritual Cleansing Technique and are practicing
it on a daily basis, use it as part of the process of tuning in to the high vibration of energy of your angels.

Your angels live in a limitless spiritual realm. They are not part of Planet Earth. You can tune in to this limitless spiritual realm at anytime, because spiritually you are part of that realm also. But by your own free will, you can have more of an earthbound energy and not be tuned in to Spirit.

If you are feeling disconnected in any way, you will need to take a few minutes to relax and tune in before communicating with your angels. Make a conscious decision that you'd like to connect with and talk to your helpers. Remove any distractions that might catch your attention during the process. This might mean that you have to take some alone time. When Melissa was a full time elementary school teacher and busy with young children all day long, she would take advantage of rest room breaks and cleanse and tune in to her angels!

Take a couple of deep, slow breaths. Then do the Spiritual Cleansing Technique, using the affirmation at the same time. You will start to feel more relaxed, more aware, have a heightened sensitivity to sound, sight and feelings. You may feel chills or goose bumps, which is a definite confirmation that your angels are close to you, and you are tuned in to them. Now you are ready to communicate.

You don’t have to remove yourself from people in order to cleanse and tune in. It just might be easier to do that at first. After a while you’ll be able to get cleansed at anytime. You can also do the Spiritual Cleansing Technique mentally if you’re not in a position to remove yourself from a situation such as an important business meeting. Just take a deep breath and visualize your hands doing the spiritual cleansing movements. Say the affirmation in your mind. It will work!

Once you are cleansed, you will want to consciously tune in to your angels. In your mind, you can ask them to come close to you. They will be with you in an instant. Open your mind to possibilities. Let go of limiting thoughts and feel yourself being one with all things, where there is limitless potential and possibilities. Take a few deep breaths and notice how you feel inside. Detach yourself from your busy thinking mind and be one with your true feelings. Your inner feelings are your true essence as a soul.

By letting go of your intellect, you will receive your angel’s messages without coloring them, or filtering them through your own beliefs. Your angels will constantly be
expanding your awareness of what is possible. They have no limits, so in order to be open to their guidance and messages you will need to practice moving beyond your programming & beliefs.

For example, one of our clients, Jack, had identified that part of his life purpose is to be a musician. He has an inner love of music and performing, but during his childhood his parents constantly told him that it is almost impossible to earn a good living through music. Jack’s parents lead him to believe that it is irresponsible to be a musician and encouraged him to go for a “normal” job like being an accountant or a lawyer. From his parent’s influence he also started to believe that he didn't have the musical talent to make it a career choice. Through that, he formed strong negative beliefs about how much success was possible for him through music. Because Jack's beliefs became so strong, it was hard for his angels to get past them.

Jack’s helpers were giving him little ideas, insights and hunches to do with performing his music and taking steps to do that. But every time he received an insight or idea from his guidance, he immediately filtered it through the limiting beliefs from his childhood. He got an idea from his angels to contact a local bar to see if they would like to have him play guitar for their customers on a Saturday night. As soon as that idea from his angels came into his awareness, his limiting beliefs started talking him out of it. He said to himself, “they wouldn’t want to hire me, I’m not good enough,” “that’s a waste of time,” “that sounds difficult, I’ll just watch TV instead!”

And so by his own free will, Jack talked himself out of the divine inspiration that he received from his angels. Do you relate to this? These beliefs can be subconscious. How are you limiting yourself in your life? What could change in your life if you were a little more open and receptive to new possibilities?

“If a man have an angel to whom he would listen once in a thousand times, that angel would show him the way to uprightness”  Job 33:23

If you just open your awareness to the ideas and insights of your angels once in a thousand times, you'll be doing great! That’s why practicing being open and receptive to the messages of your angels is so important. After you have cleansed say to yourself;

“Angels, I am open and receptive to what you would like to share with me.” Then listen, and receive. Just take note and write it down. If you start to limit those ideas or tell yourself you can’t, stop it! Your angels want to guide you to your life purpose,
but they can’t do it for you. It is up to you to be open, receive and start to take action on the ideas that they share with you. You will open yourself to incredible fulfillment, happiness, abundance and joy as a result.

When you practice both the spiritual and environmental cleansing techniques, you will feel subtle shifts in your energy that will help you to be more receptive to working with your angels. In order to receive direct messages from your angels you need to be relaxed and open. That’s what cleansing will do for you.

Make it a goal to practice doing the spiritual cleansing and environmental cleansing techniques as often as you can. At least do both techniques when you first wake up in the morning and before you go to sleep at night. Then, do it any other time that you remember to. For Richard, staying cleansed and open to the higher vibrations of his guidance is a matter of self-respect. You can never be too cleansed!

Section 2 - Think

**MAKING IT PRACTICAL. TUNING INTO YOUR ANGELS**

The second step in this 3-part process of Communicating with your Angels is think and organize. It’s time to get clear about what you want and how to formulate the right questions.

If you’re not clear about what you want, how can your angels help you? Don’t get caught in the trap of thinking your angels will tell you what to do. They will help and guide you toward what you really want - they won’t tell you what to do.

Once you know what you want, you can formulate your question. It’s important to keep in mind what your angels will do for you and what they won’t. We’ll share with you the no-no questions, and the best ways to ask.

In this section you’ll establish a clearer way to communicate with your angels. Remember, your angels are already communicating with you - they have been communicating with you all your life! But now, you are making this communication more defined and directed. You’ll have a clear outcome in mind, rather than randomly
picking up thoughts. Now you’ll realize those thoughts and impressions you pick up are from guidance and you won’t mistakenly dismiss them.

Now instead you can direct the communication with your helpers towards what you most need help with. The more you ask, the more you’ll receive! The random ideas and insights won’t stop- you’ll actually receive even more. You’ll learn to pay attention to the signs your helpers are giving you all the time. Your sensitivity and awareness are going to grow.

**DECIDE WHAT YOU WANT**

First and foremost you need to decide what you want. What is your intention in connecting with your angels? What would you like their help with? It is important for you to set your direction and intention. If you are wishy-washy or unsure about what you are asking your angels, you will get unclear answers. If you are very precise and specific, you will get precise and specific answers.

It’s the same as communicating with the people around you. If you are very clear and precise in your communication with others, you will get much better results than if you are vague or unsure of yourself. Communication with your angels is no different.

So organize your own thoughts and decide what your intention is before you even ask the question.

If you are thinking to yourself, “I don’t know what I want!” then we challenge you to realize that you really do know deep down inside. You’ve probably already been thinking about it. Instead of opening yourself to the possibilities of having what you truly desire- you are placing limits on what you think is possible for you. That is why you are talking yourself out of your inspirations and as a consequence, think you don’t know what you want.

Your initial inspiration comes from your feelings. What is it that you really desire deep down inside? If you are having trouble with that- practice the techniques on the following pages to help you get back in touch with what you truly desire.
Defining What Your Soul Desires or What Do You really Want?

Take some time to do this exercise. Find a quiet space on your own where you can be still for 15 minutes or so. Take a few deep breaths and spiritually cleanse yourself.

Now imagine that you have no limitations. You have everything you need at your disposal. You have all the time, all the resources, all the money, all the people to help you that you could ever need. There is an abundance of everything at your disposal.

If you have everything you could ever need, with no lack whatsoever, What is it that you really want?

Without censoring yourself, start writing as many things as you can think of in the space below. It can be in all areas of your life including material things, relationships, hobbies, family, spiritual growth, business success, health etc etc. Include it all. Start writing!

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Did you limit yourself at all? Look back at what you wrote and notice. Did you really want the spacious 4 bedroom home with a pool, but then realized you can only afford a 2 bedroom so that’s what you wrote down? Be honest! Look back at how you may have placed limits on what you want. Now, rewrite your goals based on what you really, really want.

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Now we’re getting somewhere! By getting clear about what you really want, you are getting in touch with your true inner direction. You have an inner compass that guides you toward your life purpose. That compass is your inner desires.

It’s not what you think you “should” want, or what others want for you or even what society says you should do that matters. What matters is what you truly want inside, regardless of what others think.

Now that you are clear on these things, you can work with your angels through the techniques you will learn in the Act section, to get guidance and help to create what you desire in your life. You don’t need to know HOW you will do it yet. That is what your angels can help you with. They will help you to know what actions to take, and the inner shifts that you need to make in your habits and beliefs so that you can move swiftly towards the life of your dreams.

If you can imagine it, and truly desire it - then the way for you to achieve it exists. Otherwise, you wouldn’t have even had those ideas in the first place. If you can both conceive of it AND you truly want & desire it- then you can be certain you can achieve it. That is a universal law. It’s just a matter of finding the right timing, the right opportunities and working on the spiritual growth that is required in order to have it. That process of finding the timing, opportunities and spiritual growth is what you will work on with your angels! Stay patient, and it will occur for you. Rushing your inner timing is a no-no.

Along with the techniques you will learn in this book, you can go deeper. In the Angels Direct Connect session, you will get immediate and direct answers to the questions you ask of your angels. By using the technique you’ll learn in that private session, you’ll be able to specifically pinpoint the best timing to take action on your ideas and when it’s best to wait. You’ll know for certain which opportunity is most in alignment with your life purpose (and therefore will make you most successful!) so you can move forward with certainty knowing you are taking the best path for your success and happiness. For example, if you know you want to change careers but aren’t sure which path is the best one to take your angels can tell you which career choice is most closely aligned with your life purpose.

Our client Allison had been struggling with her career path for a while. At the age of 25, she had completed pharmacy training and nurse training, but still didn’t feel like either one of these professions was what she really wanted to do. She was working...
as a bartender, while she tried to figure out what direction to take in her life. She was feeling stuck because every time she made a decision she doubted herself and didn't take action. When Allison took the Angels Direct Connect session, Melissa helped her brainstorm all her ideas about her career path. In addition to nursing and pharmacy, Allison had considered becoming a veterinarian and a marine biologist. She loved animals, but somehow didn't believe that was a valid career path.

Melissa took her through the process of checking in with her angels on each of these four choices. By the end of the session, Allison had received confirmation of what she truly desired deep down in her heart, which was to become a veterinarian. Her angels confirmed that was the career path most in alignment with her life purpose. But, Allison had been limiting herself with beliefs such as “It is a waste of money to go back to school again for veterinarian training!” “That’s irresponsible,” “I’m not good enough to be a doctor,” etc. By receiving confirmation from her angels that veterinary work was her purpose, she began to see that she could break through her limiting fears and go for it. She still has to take action on this herself but, her angel’s confirmation finally gave her the courage to make the changes in her life that she really desired.

Sign up for your private Angels Direct Connect consultation on our website at http://www.communicatewithangels.com/adc.html
What You Want Technique

LET’S GET SPECIFIC

Now that you have a clearer idea of what you want, you can break it down further to be prepared to ask for your angel’s assistance. The more specific you can be with your angels, the better. Never assume that they already know what you are trying to ask or communicate.

This technique will help you get specific with what you want so that you will benefit even more from working with your angels. Quite frankly, you are making their job easier! And your communication will be more fulfilling and successful.

Write down the area of your life that you want your angels’ assistance with.

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What is it that you are challenged with right now? What is the struggle you would like to overcome?

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What would be the ideal outcome you would like to have in your life?

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Be sure to write down only the aspects of the outcome that are really important to you. Often, people are too attached to certain details of their goals that actually keep them limited!

Relationships is a common example of being too detailed. Our client Christine came to Melissa for an Angel Guidance Reading. She wanted to find her ideal romantic partner. She revealed that she had a long list of qualities and attributes that her potential boyfriend would need to have. The list went on and on! When Melissa & Christine worked through the process of defining what Christine really wanted in a relationship, they found that there were only 3 qualities that were “deal breakers” for Christine. They were for this man to be spiritually aware, to have a stable & successful career, and for him to want children.

All the other things were just being too unrealistic! So by letting go of her fixed picture about what this person would be like, she opened up the channels for the universe and her angels to finally bring the right person into her life. For Christine what needed to shift was her unrealistic expectations. As soon as she just focused on what she REALLY wanted, her angels were able to guide her in the right direction of meeting someone special very quickly.

Keep it simple! Take the time to discern what you REALLY want, and be willing to be flexible with the rest. Your angels can help you manifest amazing things in your life when you have the right balance of clarity and flexibility.

Make notes here on what you have learned about your goal as a result of finding the balance of clarity and flexibility.

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The Four W’s: of My Goals Worksheet

It will also be helpful for you to break it down to the simple facts. There are 4Ws that you can define for any desire/goal you want in life. Once you have the 4 Ws, the rest is simple.

WHAT is the goal?

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WHEN do you want it?

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WHERE is the goal?

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WHY do you want this goal?

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What have you learned from defining your 4Ws?

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You can repeat this process with any area of your life that you are working on.

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Important Keys to Working with Your Guidance

We are going to pause from defining your questions for a moment, and take a deeper look at your relationship with your angels. If you have misconceptions or misunderstandings about how your angels will work with you, it’s going to greatly hamper your communication with them. For example, if you try to ask your angels what is going to happen in the future, you are simply going to end up frustrated or confused.

So, here are some key points you need to understand about your relationship with your angels so you can avoid frustration and instead create a successful, life-long communication with them!

There are some things that your angels will do for you; and some that they won’t. In order for your communication with your angels to be more accurate, clear and successful, let’s take a look at the important principles you need to know about how your angels work with you.

1. Your angels have a bigger picture of your life purpose, timing & opportunities because the pressures around Planet Earth do not influence them.

You and I are part of the Planet Earth plane. Although we are all sensitive and tuned in to universal energy, it can be “hard to see the forest for the trees” when you are living your life here.

You’ve seen an air control tower at the airport. The air control officers sit in a very high building looking down at all the planes coming and going in the airport. From that bird’s eye view perspective, they can see a much bigger picture and monitor all the airplane’s activities. They can send orders to their co-workers on the ground to direct the traffic through walkie-talkies. They can monitor and see things from that high viewpoint that the men on the ground just can’t see. They are too close to it.

Well, this is what it’s like for your angels guiding you through your life. They are like air traffic controllers observing your life from a much higher viewpoint. From that “bird’s eye view”
they can see things you miss, and know what the consequences of your actions will be. They can see the bigger picture path to your life purpose and can guide you to the right steps to that path. But you’re on Planet Earth in amongst the action. You can’t see the bigger picture perspective that they can.

So this is why they can help you so amazingly well! It’s like cutting through all the emotions, fear, pressure and outside influences that can be a part of being here in the physical plane and getting a direct tune in to the Universe. The Bible has talked about angels being Messengers of God. That is indeed what they are! Whether you call it God/Universe/Source, your personal team of guides are your direct connection with universal source energy. And when you are in touch with that, and incorporate that wisdom in your life; well, you’ve got it made.

**2. Your angels are there to help you, not to make your decisions for you.**

Don’t delegate your responsibility to your guidance. YOU make the decisions. Avoid asking questions like, “should I do this.” That is a question that implies you want your angels to make your decision for you. That’s not their responsibility – it’s yours. You make the decisions and take the actions in your life.

Working with your angels is like having a board of directors that you can consult any time you need help, direction, guidance and suggestions. Imagine going to a board of directors of a company to consult their advice. You may say something like “What would you do if you were in my situation?” That’s a really good question to ask your angels. Then they will give you their opinion.

Imagine you received an opinion from the company board of directors. You may say to yourself, “Well, I really like that advice. I’m going to take it for the most part, but I’m going to chance this little aspect of it, because that will suit me better.” That’s absolutely fine. Your angels will respect and back your decisions. They don’t want you to do everything they say. They are providing you with more information and facts in order for you to make a clearer decision. However, it may be wise to re-check with them if you do make a change in their suggestion to assure everything is still heading in the right direction.

Remember, you are in the drivers seat. Your angels will give you their advice, suggestions and opinions when you ask for it. They can help you with your timing, your decisions and your spiritual growth. They will give you all the support, backing
and help in the world, but when it comes time to make the decision; that part is up to you.

This is why you want to avoid asking “Should” questions. Imagine if your son or daughter asked you “Should I apply for this job?” You would probably reply “Do you want the job?” or “What do you want out of the job? Is it income/experience?” Unless you really know what s/he wants, it’s pretty difficult to give a straight yes/no answer to that question.

And yet, that is how many people approach their angels. They ask their guides what they “should” do, as if an answer to that question even exists. Instead of asking your angels for absolutes, approach them as a source of wisdom, guidance and a way of tapping in to the bigger picture of what is in your best interests at this time and in alignment with your life purpose. Then, armed with the information you receive from your angels, go ahead and make your own choices and decisions.

3. You have Free Will and your helpers will not interfere with it.

One of the reasons that your helpers have become master souls is that they have mastered the ability to never impose on another soul’s free will. If you make a mistake or make a decision that is unhealthy for you, your angels will not stop you.

They love and respect you so much that they allow you the freedom to make mistakes so that you can learn from them. Even when they can see that you are making the same mistakes over and over again, they will not impose on you. They are incredibly patient with you as you grow.

4. You can consult with your helpers and ask for their opinions and insights. They will share their wisdom and make suggestions.

Any time you feel stuck you can receive assistance from your angels. You can take the guesswork out of life because your angels will guide you to know exactly what to do and when to do it. You’ll be able to follow your true life purpose and not waste time straying from your spiritual plan. You’ll know what your life purpose is because your angels will help you find it.

As you practice the techniques in this book you will start to realize that you can have a two-way communication with your angels. If you have a challenge, you can ask your helpers for their ideas and suggestions. Remember, you chose your team because
they’ve mastered the lessons you’ve come to learn this lifetime. So, they’re pretty good at assisting you because they’ve been where you are.

You have amazing wisdom, insight and help available to you from your helpers. Why not use it? Don’t forget to ask.

5. Your angels are there to be of service and help you grow.

You are a soul here in the school of Planet Earth to learn and grow. Whatever you are experiencing in life, you are learning from it. Remember, spiritual growth is why you are here. Please don’t expect that everything will be easy once you are working with your angels. It will be easier and you will eliminate much of the suffering. There will still be challenges in life, because you will attract the circumstances to you that you need in order to learn and grow. You will grow even faster and learn from making mistakes. Actually, there are no mistakes. There are only stepping-stones. Your angels will help you grow spiritually in every situation. This way, you gain more and more self-understanding.

6. It is your choice whether you listen to your angel’s advice or not.

You have the opportunity to learn your spiritual lessons in your own timing. Your guidance will never rush you.

If you choose not to listen to the suggestions of your guidance, that’s up to you. There are people who go for years and years without consciously listening to their guidance. Melissa learned to communicate directly with her angels when she was 12 years old. However, she didn’t always connect with them when she could have. She went through a time in her early twenties when she was pretty depressed for two years of her life. She isolated herself from her friends and only spent time with her boyfriend. At that time in her life she felt stuck and indecisive.

Melissa’s angels were patiently working with her trying to assist. By her own free will she didn’t pay attention to their help. She didn’t listen. When she did start to listen, she got out of her depression and realized that her next step was to leave New Zealand to go and live in London, UK. That’s when things started to change very quickly for Melissa and she got back on track with her life. Her angels helped her to make the move from New Zealand and things fell into place amazingly quickly. After job searching for nearly 2 years without success, she landed a great teaching job in London from over the phone! Her guides helped her get all the little details in place.
so that she could make the change in her life that was necessary. Remember, it’s never too late to ask your angels to help you with your direction!

Have you ever noticed that if you don’t listen to the small hunches and gentle nudges that gradually the message becomes harder and harder to ignore? Learn to listen and pay attention the first time!

Take a moment to regroup. What have you learned from these 6 important Keys about How your Guidance work with you?

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How to Formulate the Question

Now that you have defined what you want, you have clearer direction. You know the parameters in which you are working. You have the what, when, where and why. Now your angels can really move in and help you much more effectively. When you have clear direction, your feelings will naturally move you toward what you desire. Leave it undefined and unclear and you will never attract it to you.

Based on your 4Ws, you can now formulate the questions you would like to ask your angels. The questions will probably fall under these different categories. If you’re stuck on how best to work with your guidance at any time, you can come back to this list of categories to find which suits your situation best. You’ll find the techniques to use to get the answers in the Act section of this book.

a. TIMING

With the big picture, detached perspective that your angels have, timing is an area they can help you with greatly. They can sense more easily than you when it is the best time to move in to take action and when it is best to wait. You could ask questions such as:

Is the timing right NOW to take action on this?
When is the best month of this year to launch my new product?
Is it best to wait? Till when?

When involved in a long-term project, be sure to keep rechecking the timing. Things can always change depending on other people’s free will, changes and other factors.

b. SUPPORT & BACKING

Many times you may just want to ask your guidance for their support and backing. You can ask them for physical energy healing when you need it. I often do this if I have trouble getting to sleep at night. I ask my angels to come close to me and it really helps me to calm down, and nod off to sleep peacefully.

You can ask questions like:

Guidance will you back me to do x?
Angels, please come close to me and send me healing energy to x place on my body.
What can you suggest that will help me in this area?
If you were in my situation, how would you handle this?
What would you like me to know at this time that I might not have previously been aware of?

c. ACTION STEPS

When you have pinned down the 4Ws of what you want, you’ll then want to know the best first step to take toward reaching that goal. Your guidance will help you to be open to the possibilities and ways of doing things that you might never have thought of on your own. Or they will direct you to the right resource to get the piece of information you need to move forward. It could be a person, book, website etc etc

You can ask questions like:

What is the best first step toward reaching my goal?
Where can I go to get the facts or opportunity I need to move forward to my goal?
Who would be the best person to talk to about this?
What are some other actions I could take to reach my desired outcome?
Is there anything else I need to know at this time?

d. MAKING DECISIONS

Remember, your angels won’t make your decisions for you, but they will help you make clearer decisions and give you more facts so that it is simpler to make your decision. If you are having difficulty making a decision, it could be that you need more facts.

Your angels can advise you based on their clear understanding of your life purpose. Tiger Coll, our friend and mentor says, “there is good beer and better beer”. Any beer you might like to drink is good, but some beers are going to be much better quality and taste a lot better to the palate. In the same way, anything you decide to get involved in life is a learning and growing opportunity. But some opportunities are much more in alignment with your life purpose and will bring you more happiness, fulfillment and success. When you make choices, you want to go for that better beer! That’s what your guidance can help you with. They’ll direct your path toward that better beer.
You can ask questions such as:

What is the best first step toward reaching my goal?
Which of these steps or choices would be best for me? Why?
Which of these steps or choices is most in alignment with my life purpose at this time?

Remember, the answer you get from your guidance may not be the easiest road!
Often, we are being directed to learn and grow and in fact your higher self wants the same. With the answers to these types of questions you can make clearer decisions.

Don’t ask questions such as, “What should I do?” because that is asking your angels to make your decision for you, which they will never do. If you hear a voice or have a thought that pressures you, or gives you the feeling or idea you that you “must do this,” you can be certain that is a soul of a lower nature trying to communicate with you. Your angels will never impose on you, give you feelings of doom or gloom or tell you this is what you MUST do. If you experience that type of communication, just go back to the Spiritual Cleansing Technique process, do the environmental cleansing, ask your angels to come close to you and begin the questions over again.

**e. SPIRITUAL GROWTH**

You are here to learn and grow, and your guides will help you with this. Each day take time to regroup and reflect through the Daily Keyword Technique later in this book.
As you work on yourself and improve your positive qualities and release your not-so-good habits, your angels will give you suggestions and understanding about yourself and life on planet earth that can often astound and amaze you!

You can ask questions such as:

What is my keyword for the day? (We’ll show you a detailed process with this soon)
What did I learn from this opportunity?
What could I do differently next time?
What is the next step in my spiritual growth?
Section 3 - Act

Now it’s time to take action! This is the fun part. Now you’re ready to start communicating with your angels, receive their messages and start taking practical actions in your life based on the guidance you receive.

In this section you’ll learn about your four spiritual or psychic gifts. You have heard that you have a sixth sense. Well that’s true, but that’s not the full story! You actually have nine senses. You have the five physical senses that they taught you about in school, plus you have your four spiritual senses of Intuition, Vision, Prophecy and Feeling.

These four senses or spiritual gifts are the avenue through which you will receive the guidance of your angels. Through your Intuitive gift you will receive Clairaudient messages. These are verbal words and thoughts. It’s the inner voice.

Through your Visionary gift you will receive Clairvoyant messages. You’ll see symbols and pictures in your inner vision. Through your Prophetic Gift you’ll receive premonitions, strong inner knowing and dreams. And finally through your Feeling gift you’ll have feeling impressions, hunches and gut feelings.

We’ll take you through five techniques for Receiving Messages from your guidance. Practice all of them at least once. Then, you can choose which Receiving Messages Technique suits you best. Choose the one you like the most or comes most easily to you and use it anytime you want to receive guidance from your angels. You can also use different Receiving Messages Techniques depending on your situation. Some may be better suited to certain situations.

Finally, we’ll show you how to take practical action based on the information you receive from your angels. It’s one thing to receive the guidance, but if you don’t do anything with it, it’s not going to be of much value to you, is it?

We’ll share with you five scenarios of what action to take next so you can apply your angel’s guidance in to your life. Watch the amazing changes that will occur in your life as a result!
**DEVELOP YOUR PSYCHIC SENSITIVITY**

Your angels communicate with you through your four spiritual senses. Each of these senses is a form of your psychic ability or sixth sense. The four spiritual senses are Intuition/Clairaudience, Vision/Clairvoyance, Prophecy/Inner Knowing & Feeling/Healing. It’s like your inner hearing, your inner seeing, your inner knowing and your inner feelings.

You just need to learn to TRUST what you are seeing/knowing/hearing/feeling within. It’s already there. These four spiritual senses are your natural abilities as a soul.

Since your angels communicate with you through your four psychic abilities; it makes sense then that you must practice and develop your own psychic ability in order to be in closer communication with your angels. They communicate with you THROUGH your sensitivity and that means that you need to be open and receptive to what you are picking up and above all TRUST what you receive.

If you doubt or don’t trust what you are picking up through your sensitivity you will have challenges with this. In fact, after you’ve learned the techniques on how to communicate that will probably be the biggest thing you have to practice. Trust what you receive and release self-doubt and self-imposed limitations.

It is totally worth the challenge and practice. Remember, you have a team of wise master souls at your beck and call, who can reveal to you how to unfold your life purpose to have more success and happiness than you ever dreamed was possible. Nothing can compare to the magic that will occur in your life when you’re connected with your angels. So, it is worth the practice it will take to integrate this into your life. Don’t you think?

Here is a description of the four spiritual gifts you have to work with, so you can start to recognize these abilities in yourself.
INTUITION - The Psychic Gift of Clairaudience

This is your clairaudient psychic ability. This is the part of you that is very mental and discerning. You receive insights from your angels in the form of words, thoughts and music. You may hear your name called when there’s no one there. Sometimes a word or message will pop into your head out of nowhere.

People with the first gift of Intuition think a lot. Many of those thoughts are actually coming to them from their angels, whether they realize that or not. Your angels can actually talk to you through your Clairaudient part and you can have a conversation with them.

Your Intuitive Part works with the big picture and the facts. The Intuitive part of you doesn’t like to hear a lot of background noise. A radio station playing that is not quite tuned to the right frequency can be very irritating to your Intuitive part. If you walk into a shopping mall and hear different stores playing different music all at the same time, it can be too much aural stimulation! That’s because your Intuitive part likes to hear the still, small voice inside, the voice of your guidance. It’s difficult to hear that still, small voice when you “can’t here yourself think.”

Richard’s first gift is Intuition. He shares with people that there are only three things you need to discern when using your intuitive part.

1. The thoughts and ideas coming from your angels.
2. The thoughts and ideas coming from you.
3. Ignore everything else.

He has a gift for channeling the messages of Spirit. He can hear his angels speaking to him and will share those messages with an audience. When Richard is speaking in front of a large group of people, his channeling is especially heightened because he will hear messages from the audience member’s angels and share those in addition to his own helpers. You can do that too!

Intuitive people are born leaders. They have true concern for others. They know how to keep their energy compact and avoid getting sidetracked or scattered. We all have an Intuitive part!
VISION - The Psychic Gift of Clairvoyance

Your visionary part is your gift of clairvoyance or clear seeing. Through this gift you will see visions and have dreams that are symbolic. You may have very vivid dreams that are in color. You will see future plans and get visual impressions. Your Visionary part can see auras and pick up vibrations from color. When you receive messages from your angels through your gift of vision, it will be in the form of pictures, symbols and visions.

This is the part of you that thinks in pictures. You can have a photographic mind. You will see pictures very clearly in your mind's eye. Your Visionary part has the ability to visualize easily. Visualization is a powerful skill to develop because through visualization you can manifest your goals into reality.

Melissa's first gift is the gift of Vision. She is good at planning ahead, and seeing in her mind's eye the most effective way to reach her goals, while keeping harmony and balance for everyone and everything. When Melissa was a child she did gymnastics. Her father taught her to visualize herself doing perfect gymnastics routines & being on the winning podium. When she practiced the mental visualization her physical performance excelled. Sports people use visualization all the time, but it can be used in any area of life.

Your Visionary part has the ability to plan projects effectively, because you can see the overall picture and all the pieces of the project in your mind's eye. Your visionary part has empathy for others, while remaining detached. In other words, you can see what it's like to be in another person's shoes, but not become so emotionally involved that you take on their pressures.

Your Visionary part has a special skill for being organized. You like an attractive working environment. You like to present yourself well through physical appearance. Your visionary part has a talent for creating balance and harmony within and without, wherever you go.
PROPHECY - The Psychic Gift of Trance

Your prophetic part can be interpreted as your gift of knowing. It is the part of you that can tune in to your gut and just know what is right for you. You’ll also sense the future and get lots of ideas about future plans and goals. It’s important to discern the right timing to put these ideas into action, as your prophetic part can pick up an impression of something that will happen next week just as easily as something that will happen 5 years from now. You can sense the trends in the energy in your environment.

It’s the part of you that’s a good executive or manager. You know when to move in and when to move out of a project. This part of you loves to be creative and think of new, expansive ideas. Your Prophetic part can sense what others can become and see their potential. Prophetics are the Wayshowers of our society.

Your prophetic gift has the psychic ability of trance; which is the ability to channel and allow another soul to use your vocal cords to communicate. Prophetics tend to get sleepy and daydream when there is a lot of energy around. Your prophetic part can go into trance or semi-trance. Have you ever found yourself daydreaming and then realized you can’t consciously remember the last 10 minutes of your experience? Perhaps this happened to you while you were driving or bathing. You were actually astral traveling at that time.

Your Prophetic part will have premonitions of what is going to happen in the future. If you’re sensing something through your Prophetic Gift it is a blessing. If something negative is going to happen you can be prepared for it. If something positive is going to happen, you can take the steps to prepare and make the most of it too!

When Melissa was 16 she had a premonition that she was going to write a book. She didn’t know what the book was going to be about, but she had an inner knowing that it would be some kind of non-fiction book that would help people, and it would include exercises that they would practice. It wasn’t just something you would read but actually participate in.

You are now reading this book! The internet was barely invented at the time Melissa had her premonition so at the time there was no way of knowing it would be an e-book sold over the internet. But, her Prophetic Gift already sensed the potential of what she would create in the future. The energy was already there. You can tap into your own potential and future also.
FEELING - The Psychic Gift of Healing, Psychometry, and Automatic Writing

Your gift of feeling has the psychic abilities of healing, psychometry and automatic writing. Through this gift you’ll pick up hunches and gut feelings. You’ll know when something feels really good that it is right for you. Your Feeling part is very sensitive to others and you can pick up what other people are feeling.

If you’re not careful, you might not discern that what you were picking up was’t your feeling to begin with, and pick up other people’s headaches or negative emotions. If you are very high in the gift of Feeling it’s important to use the Spiritual Cleansing Technique often so that you can protect and buffer yourself from being influenced by other people’s feelings. Otherwise, being in large groups of people will be very overwhelming for you!

Your Feeling part has strong healing abilities. You like to work with your hands and are naturally skilled at hands-on healing modalities. Your Feeling part is also skilled at Psychometry. Psychometry is the ability to hold an object in your hand and pick up impressions from the energy vibration that is part of that object. If you have been wearing a piece of jewelry for a long time, it will have your energy on it. Through holding this object in your hands, you will feel the person’s vibration.

Automatic writing is another natural skill of your Feeling part. Automatic writing is the ability to channel messages from your angels through writing. You will have a feeling and then just write whatever you feel. The words will just flow through your hands.

Your Feeling part is detail oriented and likes to have a blueprint. People with the first gift of Feeling are more comfortable following than leading. Your Feeling part loves people, and draws energy from being involved with people. Because your hands are very sensitive you like to hug and touch others because you discern energy through your physical sense of touch.

You can receive messages from your angels through all four of these Spiritual Gifts of Intuition, Vision, Prophecy and Feeling. You have all four of these gifts and you probably see aspects of yourself in all of them. However one of these gifts is your primary, or first gift.

Your angels mostly communicate with you through your first gift, so it’s extremely beneficial to learn what your first gift is.
Additionally, your first gift is the one you will make your final decision from. Before you can move into action smoothly, you will need to:

• understand the situation if you are an Intuitive,

• see the overall picture if you are a Visionary,

• have all the details organized into a feeling if you are a Feeler and

• have a clear inner knowing if you are a Prophetic.

You will experience self-doubt and procrastination if you try to make a decision based on your 2nd, 3rd or 4th gift.

For example; Richard’s gift order is Intuitive, Feeler, Visionary, Prophetic. Melissa’s gift order is Visionary, Prophetic, Intuitive, Feeler. Richard needs to understand and Melissa needs to have her picture. When Richard communicates to Melissa he draws her a mental picture of what he is communicating. Melissa respects the fact that Richard usually needs fewer details in order to understand.

Knowing your first gift and the first gift of the person you are communicating to is a great tool for clear communication. Each gift perceives differently. An Intuitive child will turn away from you and point his ears at you when you have his full attention. He is looking at you with his first gift. If a Visionary child is not looking at you, that child is not listening to you.

Keep practicing using these four gifts through the techniques you’ll learn in this book. You’ll find several exercises you can practice in the “Act” section. A great way to practice on an ongoing basis is to join the Angels Inner Circle membership program and participate in the techniques and share with other members. It’s a skill you can develop and refine all your life.

Discover what your spiritual gift order is, as well as how many angels you have, and where they give you chills in the Angels Direct Connect. This is a private session. To sign up for your session go to:

http://www.CommunicateWithAngels.com/adc.html
NOW ASK THE QUESTION. HERE’S HOW

Now you are ready to receive the message from your angels. We're now going to give you some very practical techniques you can use to now ask the questions and receive the answers from your angels that you seek.

Pick the technique that comes easiest to you, or that you prefer. You may choose different receiving techniques at different times depending on which method feels like the best one to use at a particular moment. Let your intuition guide you to the best choice of technique.

It’s good to practice all of them because then you will become more balanced in your gifts and be able to use any one of the four spiritual gifts you desire at any time. Some of the techniques may be better suited to particular situations. For example, if you are planning and setting goals- perhaps the Prophetic dreaming technique would be the best choice because your prophetic part naturally goes into the future and senses what is coming.

If you want direct, specific, practical messages – perhaps the Clairaudient words (Methods of Meditation) technique is the best choice because it is very easy to interpret and receive exact words that you will understand easily. Read over the descriptions of the four spiritual gifts in the beginning stages of this book again and you will see which situations are best suited to which of the gift techniques.

We’ll begin with receiving angelic messages through your Intuitive/Clairaudient Gift. Your intuitive part is very mental, and words and thoughts come in to your mind easily and quickly when this gift is well developed. It’s easy to understand and interpret clairaudient messages because they come in the form of words. We are used to this avenue of communication because we communicate verbally in words with each other all the time. It’s very tangible.

This is always a good place to start, regardless of whether Intuition is your primary gift. Practice this technique as often as you can and you will develop a trust in your clairaudient communication with your guidance. Soon, you will have a conversation with your guides in your mind as you go about your day. ( No, you’re not crazy!!)

What fun to be able to talk to your angels at anytime, anywhere!

It’s important to TRUST yourself, and write down the first word that you receive, even if
it seems unusual or strange. If the words seems strange to you, it is probably symbolic of a message for you. For example, once I received the word “doughnut” when I did this technique. As you can imagine, I thought that was a pretty odd word to get from my guidance! But, when I took the time to meditate on this word, it started to make a lot of sense. I thought of the saying ,“Look at the hole in the doughnut, rather than the doughnut itself.” That’s exactly what I was doing at the time. I had a habit of looking at the negative parts of myself that I didn’t like, instead of focusing on my positive qualities. My guidance were bringing this to my attention through the keyword of “doughnut” Pretty cool!

Often the words that seems strange to you at first have the most meaning. It’s important not to doubt yourself and trust what you receive.

When we teach people this technique in workshops, they often tell us that they didn’t get any word at all. When we probe a little bit, we discover that their angels actually did give them a word. Because the word seemed silly or unbelievable they dismissed it. They actually did receive the word from guidance, they just didn’t trust that it was correct.

It’s important to trust yourself when you practice receiving messages from your angels. It may seem difficult at first, but with a little practice and trust, you will be amazed at the insights you will receive. Try not to be frustrated with yourself. Practice, practice, practice!

Even if you think it’s your imagination, just trust it! Let it be your imagination. In time, you’ll realize that your “imagination” is your clairaudient part at work. It was just the grown ups around when you were young that taught you that your imagination is not to be trusted. It’s really one of the greatest gifts you have.
RECEIVING MESSAGES TECHNIQUE #1:  
CLAIRAUDIENT METHODS OF MEDITATION

Through this technique you can receive clear, direct messages from your angels through your Clairaudient Part- Your Intuitive Gift.

This is the perfect technique for challenging situations you would like some help with. It’s also a great way to receive a generally uplifting and inspiring messages from your angels when you need some love and support.

Write down whatever comes through to you without questioning or worrying about it. After you’ve written the words down, take a look back to discern the meaning for you. This technique gives you a simple structure to work within instead of meditating and wondering, “What do I do now?”
Methods of Meditation Technique

1. Spiritually cleanse yourself.

2. Either ask for a general message, or tell your guidance about the specific situation you would like their help with. It’s fine to say this in your mind, but you may even want to talk to them out loud to be sure you are clearly stating what you would like help with.

3. As you do each of the steps that follow, take a deep breath in and exhale deeply. Tell your angels in your mind or out loud, “Give me one word”

4. Relax, and the word will be there.

5. Write it down as soon as you receive the word(s).

Ask your angels to give you:

One word ____________________________________________________________

Two words __________________________________________________________

A phrase ____________________________________________________________
   __________________________________________________________________

A sentence _________________________________________________________
   __________________________________________________________________

Two sentences ______________________________________________________
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Now take a minute to meditate on what those words mean to you. How do they fit into your life? ________________________________________________________________

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How will you make this information and insights practical in your life? What decisions and actions are you going to take as a result of receiving this wisdom from your guidance? ________________________________________________________________

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Automatic Writing Technique

Automatic writing is a way to receive messages from your angels through your Gift of Feeling. Through automatic writing you can receive beautiful, inspiring and often poetic messages from your angels. Use this technique if you have had a hard day, are feeling down, or if you’re experiencing a challenge in your life. Your angels will give you the love that you need through the messages you receive.

You can use this technique often. Use it as a way to develop a close relationship with your helpers. They love you unconditionally and are always very happy to share with you.

You’ll notice that the tone of your automatic writing is quite different than the Clairaudient Methods of Meditation technique. You are using your feeling gift, which comes, through your hand, through the pen and onto the page. When you are very relaxed it will feel like your hand is flowing with the energy you receive.

When you become very relaxed with this method you may even feel that your hand starts writing and you’re not even consciously aware of what you have written. Then you can look back at the words on the page to see what your angels have written for you. Don’t worry if you are not at that advanced level. Melissa has never experienced that, because the Feeling gift is her fourth and not her strength. But she can still use the automatic writing technique by letting her hand flow freely and write the messages that come to her. You can too. What an exciting gift to be able to receive directly from Spirit in this way.

Just go with whatever you feel and just write it down without questioning. As always the key is to TRUST.
1. Take out a pen and paper. Take a few deep breaths and relax.

2. Tell your angels that you would like to receive a message from them. Ask them your specific question that you have formulated, or just ask for a general message.

3. Write down whatever comes to you. You will be receiving messages from your angels through the avenue of your hands writing in a relaxed and flowing manner.

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What does your message mean to you? 
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Now, how will you make this information and insights practical in your life? What decisions and actions are you going to take as a result of receiving this wisdom from your guidance?  
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This technique can help you to develop a more personal relationship with your helpers. You’ll feel that you have your very best friends with you.
Prophetic Dreaming /Visiting Your Future Technique

The next receiving messages technique will be particularly helpful when you would like to receive some insights into your future, or want to know what is the best decision and path for you to take. For this technique you will be using your Prophetic Gift. Your prophetic part can sense the future and often has a sense and knowing of how things will work out. You can experience premonitions that give you a glimpse of what is coming for you in the future. After all, you do have a plan for your life before you even incarnate into a physical body. When you experience a premonition or déjà vu you are sensing the life plan that you already have in place. Your angels will help you tune in to this sense of the future also.

This can be very helpful when you feel that you are at a turning point in your life, choosing your path or making important decisions. If you can tune in to a bigger picture perspective of what you are here to do, it will make it clearer the decision to make now to get you closer to that path. You still have to take action, or that premonition will never come true! But, when you feel clearer about what you’ve come to do and what your potential is, your decisions become simpler to make.

Earlier we told you that your angels cannot predict the future. This is true. Premonitions you pick up are showing you possible and likely outcomes based on the choices you are currently inclined to make. There is no guarantee that what you are sensing can happen, will come to pass unless you take the required action.

When you use your prophetic part to sense your future, you may be surprised to see what your potential is and how successful you can be!

Your prophetic part works a little differently from the other three gifts. It scans for information from the universe, receives a clear inner knowing and then interprets that knowing through the other three gifts. Through your prophetic part, you’ll often daydream or get sleepy when there is a high energy present. We will use the power of your prophetic part to have a little daydream and see what messages your angels will give you through this avenue. Then, we’ll take it deeper to start to sense your future.
Prophetic Daydreaming Technique Worksheet

1. Find a comfortable place to sit. Spiritually cleanse yourself and your environment.

2. Call your angels close. Take a few deep breaths and relax.

3. Ask your angels to give you a short daydream. You may see pictures, hear words or music, pick up feelings or inner knowings. Just go with whatever happens. Daydream for 3-5 minutes.

4. Now write down what you were daydreaming about before you forget!

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______________________________________________________________________

5. Now take a minute to meditate on what you received. What meaning does it have for you in your life? How will you make this information and insights practical in your life now?

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Visit Your Future Technique Worksheet

Now let's take this a little deeper. Using the same daydreaming technique, you are going to receive some insights into your future.

1. Find a comfortable place to sit. Spiritually cleanse yourself and your environment.

2. Call your angels close. Take a few deep breaths and relax.

3. Tell your angels, “Angels, take me on a trip to my future one year from now.”

4. Take a deep breath and relax and daydream about your future one year from now. Go with whatever insights/visions/feelings come to you. Daydream for 3-5 minutes.

5. Write down what you experienced in your daydream. ______________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________

6. Take a minute to meditate on what you received. What meaning does it have for you in your life? How will you take these ideas and insights and make them practical in your life? ________________________________
   ______________________________________________________________________
   ______________________________________________________________________
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   ______________________________________________________________________
Repeat this procedure for:

2 years into your future ______________________________________________________

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5 years into your future ______________________________________________________

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10 years into your future _____________________________________________________

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__________________________________________________________________________
**Visionary Methods of Meditation Technique**

If you are very visual, and enjoy seeing messages and symbols you may prefer to do this technique over the Clairaudient messages technique. Through your Visionary Gift, you will see pictures, colors, symbols, dreams etc. Take the time to interpret what these symbols and visions mean to you. The more you practice using your Visionary Gift in this way, the more you will receive visual messages and impressions from your guidance as you go about your day.
Visionary Methods of Meditation Worksheet

1. Spiritually cleanse yourself.

2. Either ask for a general message, or tell your guidance about the specific situation you would like their help with. It’s fine to say this in your mind, but you may even want to talk to them out loud to be sure you are clearly stating what you would like help with.

3. As you do each of the steps that follow, take a deep breath in and exhale deeply. Tell your angels in your mind or out loud “Give me one picture/symbol/color”

4. Relax, and you will see the picture in your mind’s eye.

5. Draw it as soon as you see the picture. (Or write words that describe what you saw)

Ask your angels to give you:

One picture/symbol/color ____________________________________________

Two pictures/symbols/colors __________________________________________

______________________________________________________________________

A series of pictures/symbols/colors _______________________________________

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

Now take a minute to meditate on what those images mean to you. How do they fit into your life? ________________________

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________
Now, how will you make this information and insights practical in your life? What decisions and actions are you going to take as a result of receiving this wisdom from your guidance? 

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______________________________________________________________________
Feeling Methods of Meditation Technique

If you are a more feeling or clairsentient person, you may prefer to practice receiving impressions as feelings/hunches. Melissa uses her Feeling gift often to really check in with how an opportunity feels to her before she makes a decision of what actions to take. Your true feelings will never lie to you, and it’s important to take the time to tune in to what you truly feel inside.

Even if everyone around you is telling you to take a certain path, if it doesn’t feel truly good to you inside it’s not the right path for you. It takes some time to form a feeling, so be patient with yourself when you use this technique. It is well worth taking the time to practice however, because your Feeling gift can be your true guide to finding your true path of success and fulfillment in life.
Feeling Methods of Meditation Worksheet

1. Spiritually cleanse yourself.

2. Either ask for a general message, or tell your guidance about the specific situation you would like their help with. It’s fine to say this in your mind, but you may even want to talk to them out loud to be sure you are clearly stating what you would like help with.

3. As you do each of the steps that follow, take a deep breath in and exhale deeply. Tell your angels in your mind or out loud “Give me one feeling or sensation”

4. Relax, and the feeling/sensation will be there.

5. As soon as you have a feeling, write down a word(s) that describe what you are feeling.

Ask your angels to give you:

One Feeling or Sensation __________________________________________________________
____________________________________________________________________________

Two Feelings or Sensations _______________________________________________________
____________________________________________________________________________
____________________________________________________________________________

A series of Feelings or Sensations _________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
Meditate on what those words mean to you. How do they fit into your life?

______________________________________________________________________

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______________________________________________________________________

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______________________________________________________________________

How will you make this information and insights practical in your life? What decisions and actions are you going to take as a result of receiving this wisdom from your guidance?

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______________________________________________________________________
You have just learned five practical methods for receiving messages from your angels. Practice these whenever you need answers and insights on areas in your life you would like help with.

It is also very important to develop a practice of working daily with your guidance. You’ve heard that daily meditation is important, right? But if you’re like many people you find that meditation in the way it is taught in Eastern practices just doesn’t work for you.

Meditation is indeed very important, and we want to encourage you to do so on a daily basis. You need some personal regrouping time each day to regroup, reflect and learn. You need this time to yourself each day, even if it’s just 10 minutes. It will also give you a chance to get centered within and connected with your guidance if you haven’t managed to do that during your busy day.

But the good news is, you don’t have to meditate in the way you might have been taught. Sitting still and thinking of nothing is not a style of meditation that works for either of us! Instead, we’d like to share with you a method of contemplating and regrouping that has benefited both of us greatly. It’s called the Keyword Technique.

Do this every day, and watch your life unfold and change for the better! It’s simple but it truly works.
**RECEIVING A KEYWORD EACH DAY**

You will benefit greatly from working with your angels on a regular basis. One way to do this is to get a keyword in the morning and then take a few minutes before you go to sleep at night to regroup with your angels how that word relates to your day.

1. **Word for the Day**: Each morning when you wake up (or the night before if you prefer - who says your day need to begin in the morning?) cleanse yourself carefully and thoroughly cleanse your environment. Tell your angels: “Angels, give me a keyword for today.” Take a deep breath and accept the first word that enters your mind.

2. Take two or three minutes to meditate on this word and what it means to you. Take note of what comes to mind and how it applies to your life now.

3. Write the word down and anything that you have picked up from your brief meditation. You might want to start a journal for yourself to do this.

4. **Evening Regrouping**: Before you retire take a few minutes and regroup your entire day. Meditate on what your key word meant to you and what you learned that day. Write down any insights that come to you.

5. Be sure to always spiritually cleanse yourself and your environment before each meditation.

Try this out for a month – see how your communication with your angels becomes more natural and practical. Remember, the key to working with your angels is to stay relaxed, stay cleansed, LISTEN and TRUST the insights you are picking up. The more you trust these insights; the more insights your angels will give you because they know you are ready for your Big Picture.

Now, let’s get a keyword for today. Tell your angels, “Angels give me a keyword for today.” Write it down.

______________________________________________________________________

What does this word mean to you? _______________________________________

______________________________________________________________________

______________________________________________________________________
Before you go to sleep tonight, come back to this page and write a few sentences about how your keyword applied to what you learned and experienced today.

______________________________________________________________________
______________________________________________________________________
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**TIPS FOR WORKING WITH YOUR DAILY KEYWORD**

1. **Take the time to meditate on what your keyword means.**

   The keyword that you receive is unique to you. Take the time to meditate for a few minutes on what the word means to you. Don’t skip this step. That word may mean something completely different to your friend. If you asked twenty people what the word *Patience* meant you would get twenty different answers. As you meditate on what the word means to you, your angels will tell you more about the word and why it is important to you now. You may find that memories and feelings come to mind.

2. **TRUST your first impression and don’t judge the keyword you receive.**

   If your keyword seems negative, don’t take that as a bad sign. Those can be the most powerful keywords because they share with you the truth of what you need to be aware of as you go through your day.

   Let’s say you received the keyword *Conflict*. At first you may be apprehensive about what the next day may bring your way. Later you realize that having this keyword was a blessing because it helped you to notice possible conflicts arising with some colleagues and you were able to prevent the conflict from escalating. Who knows what events could have transpired during your day if you hadn’t been paying special attention to possible conflicts.
3. **Make time for this regrouping every day.**

Set aside 5-10 minutes every evening for your keyword regrouping time. You can start a journal for this purpose. You will be amazed at the insights you’ll receive when you create a quiet time to meditate and receive messages from your angels.

4. **Your keyword reminds you of the spiritual growth in every experience.**

By practicing the keywords technique each day you can be conscious of what you are learning spiritually. Your spiritual growth will become much more rapid. You will grow by leaps and bounds. You will feel happier and more secure with yourself. You’ll feel more centered and relaxed.

Every thing you do here on Planet Earth is just a means to an end to learn and grow spiritually. For example growing your business and income are wonderful spiritual growth experiences, because you will learn a lot from meeting the challenges along the way and striving to achieve your goals.

Realize that money and material things are great. If you just care about money and nothing else; that’s different. That’s why we have the cliché in our society, “Money doesn’t bring you happiness.” People who pursue money over everything else certainly aren’t happy. People who see money as a means to an end to bring them more freedom and opportunities can be happy and rich at the same time.

If you are striving for greater success and to improve yourself, the money will come naturally. This is a balanced situation. You can’t take the material things with you when you pass on. All you take with you is your state of consciousness. This is why it is important to learn and grow from your experiences every day. That is what you’re here to do. That’s why you took the trouble to create a physical body and live in the physical world. Spiritually, you knew that Planet Earth is one of the best learning schools in the universe.

5. **By regrouping before you go to sleep each night, you will have more restful sleep & deeper dreams.**

If you don’t take the time to regroup while you’re awake, you will do it while you’re asleep. You’ll have a regrouping dream. You’ll recognize these regrouping dreams as a mixed up scenario of random things you saw & experienced that day during waking hours. It usually doesn’t make much sense! It takes a lot of energy and mental activity
to review your daily experiences in this way from a sleeping state.

If you’ve already regrouped your experiences while awake, you won’t need to do it while you’re asleep. As a result, you’ll have a much more restful, deeper sleep. It will be easier for you to get to sleep in the first place. When you go out into the universe each night in your dreams, you’ll have deeper experiences with your angels because you’ve already done your Planet Earth regrouping. You’ll probably end up needing less sleep too.

6. Your regrouping time is also a good time to meditate and pick up additional insights from your angels.

As you begin to do this keywords regrouping on a daily basis and make it a part of your life, it can be a great time to work with your angels on other things. We do this. We have a journals in which we write our keyword every day, and what we learned from our daily keyword.

You can also start writing ideas and insights that come to you about aspects of your day and your life that you would like to regroup. You will find that your angels will share insights and ideas with you during a quiet regrouping time that you may not have picked up at any other time. You don’t need any particular format for doing this, just go with what happens and write. If you’d like a structured technique for writing messages from your angels, practice the Automatic Writing Technique in this book (page 81).

**TAKING ACTION – DO!**

It’s important to make the insights you receive from guidance practical. When you take action, that’s when you will see your life change for the better in amazing ways. And it will probably happen faster than you think.

Again, we are going to give you a selection of ways to take your action step. Decide which one of these fits your situation best. Then follow through. Anytime you need
more clarification, insight and wisdom from your guidance, go back to the beginning and go through the Feel-Think-Discern-Act process. You can do this as many times as you like. Remember, your angels are there just for you. So you need never feel that you are asking them for too much. They want to help you as much as they can.

The following pages explain 5 actions you can use to help you pin down the best action steps to take to make messages and suggestions from your angels practical in your life. These five actions will give a blue print from which to build your personal system for working with your angels.

**ACTION #1**

Formulate and plan the action steps you will take as a result of the information you have received from guidance. Pin everything down into the four Ws. What, When, Where and Why. Here’s an example:

**WHAT:** I will apply for a new job in the field of graphic design. I’ll begin by searching the online job sites.

**WHEN:** I will search the job sites this weekend.

**WHERE:** monster.com etc

**WHY:** Because it’s time to make a change, and this will help me move toward a job that’s more in alignment with my life purpose & will create more happiness in my life.

You can do this What, When, Where, Why process as many times as you need to, in order to clarify your facts.

The next worksheet is a sample page that can guide you through this technique:
Getting My 4 W’s Technique Worksheet

The messages I received from my angels in the receiving messages technique was:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

As a result of this, I plan to take the following action step: _________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Here are my 4 Ws:

What: ________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

When: ___________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Where: ___________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Why: ___________________________________________________________________
______________________________________________________________________
Your Decision

Make a decision based on your wisdom, knowledge and the information your guidance have provided you with. Perhaps you have been pondering a choice or a big decision has been looming in your life that you haven’t been able to make. Your angels won’t make your decisions for you, but they will give you more information and facts to enable you to make clearer, more informed decisions yourself.

Once you have received some insights from your angels, it will probably be clear to you which choice is in your best interest at this time.

For example, our friend Mary was pondering the decision of whether to leave her marriage. Although deep down she felt that was what she needed to do, it was hard for her to just make that decision without some help from her guidance. She had a daughter to consider, and all the upheaval and financial difficulty that would likely arise from a divorce.

Once she received some guidance from her angels, it became clear that if she did not leave her marriage, she would continue to feel pressured and unhappy. It was affecting her health. Her angels assured her that wouldn’t change if she stayed in that relationship. So although there were still many challenges to be faced, Mary made the definite decision to divorce.

We’re happy to report that she now has a new partner and is happier and financially prosperous than she has ever been before. We’re not going to pretend that everything was easy and smooth for Mary through her divorce. She had to negotiate legal agreements, move her things, and negotiate child custody arrangements with her ex-husband. Once she had achieved all that, she realized she had made the right decision.

The right path for you may not always be the easiest path. But your angels WILL guide you to the path that is best for you in the long term. Trust that your angels will never set you up for anything you are not ready to handle. See challenges as learning and growing opportunities. You will be happier and stronger as a result!
ACTION #3

Let Things Simmer

Wait a while before taking action.

Wait a minute, that doesn’t sound like an action step! Sometimes it’s OK to wait. Timing is everything. At times you might feel that you are just not getting anywhere when you try to make a decision or create a plan for yourself. If you feel that you are going around in circles, or you feel very emotional/fearful, or you’re still confused; give yourself a break. Perhaps come back to it tomorrow, or when the timing is right.

There could be a better opportunity coming around the corner that you’re not even aware of right now, which means it’s not time to take action yet. It could be that you need to find more facts or information that will make it much clearer what you need to do. Ask your angels if this is the case, and if so, where can you go to find this information? Perhaps you will see the face of a work colleague or friend. Then you know that person has the information you need.

If you need to wait, that’s not procrastinating. It’s just getting back in the flow of your right timing. You’re a smart person. You can tell when you really ARE procrastinating because you’re scared. If you discern that is the case, go back to ACTION #1 “Plan the Action Steps” and do it immediately!

We recently began building an addition on our house. We were going away for 10 days and wanted certain things done before we left. When road block after road block kept coming up, we rechecked the timing with our guidance. We both got the impression that the timing would be better to begin the project after returning from our trip, not before.

Upon our return, we were amazed at how quickly and smoothly everything fell into place. Our plan was solid but our timing was a bit off. After we adjusted the timing, the puzzle pieces came together like magic. Doing the right thing at the right time is a beautiful feeling. Trying to push the timing is quite stressful.
ACTION #4

SLEEP ON IT

Yes, literally sleep on it.

If you have received some messages from guidance but are still unsure what is the specific action to take, sleeping on it can help! When you go out the universe each night, you regroup and work with your angels on a much deeper level. Often you will get a lot of clarity as you work on this spiritual level. When you are asleep you are purely using your subconscious mind, and usually your conscious mind forgets it all as soon as you wake up! Ever had a dream that you clearly remembered upon awakening only to forget the important parts before getting out of your morning shower?

So, do some more organized dreaming. Before you go to sleep at night, tell your angels, “Angels, I am looking for a clear answer about [state your specific question]. I would like to receive this answer when I wake up tomorrow morning.”

State it confidently and decisively. There is no doubt in your mind that you will receive an answer. And you will!

Melissa finds it easier to receive the guidance if she doesn’t move upon waking! If she gets out of bed for any reason, her conscious mind jumps back in control and often she forgets the message.

The time between sleeping and waking is a heightened meditative state. You can receive amazing ideas and insights during the first few minutes of waking for the day. Be sure to write them down so you don’t forget! The same goes for your dreams.

Alternatively, you can set some kind of time limit with your guidance. You may sense that you need a little longer than one night. You can tell your angels. “Angels, please give me a sign by Friday night that will make it clear what decision to make in the area of [specific situation]”
ACTION #5

ANGELS DIRECT CONNECT

Learn how to access direct answers very quickly and receive IMMEDIATE confirmation through the Angels Direct Connect Session. All of the ways of receiving messages from your angels described in this book will be very helpful to you, and will improve with practice. But all of these techniques can be somewhat slow and the messages that come through can sometimes be vague or difficult to interpret.

In the Angels Direct Connect individual consultation you will learn how to receive immediate, direct confirmation of your decisions through a powerful tool that doesn’t require you to intuit messages or information.

You will cut through any confusion or doubt by receiving immediate confirmation of the truth of what you are receiving and exactly what to do and when to do it. You’ll be able to know for certain if it’s your angels communicating with you or not, and interpret what they are communicating to you with much more clarity.

This technique needs to be learned live in person or on the phone with a trained consultant due to the personal nature of it. We want to be sure you learn it correctly and that you a ready for this depth of immediate, direct communication by guiding you through the process.

To learn more, and book your private Angels Direct Connect session go to: http://www.communicatewithangels.com/adc.html
REGROUPING

You have learned several techniques that you can use to establish a connection with your angels and receive direct messages from them.

You know how to FEEL - Tune in and connect with Guidance. You know how to THINK - to decide what you want and what you would like to ask your angels. And you know how to ACT - to receive the message from your angels and take practical action based on what you receive.

The key now is to PRACTICE, PRACTICE and PRACTICE! Be consistent.

Make sure you regroup each night and get a keyword every day. Take some time in the morning and evening to check in and regroup with your guidance. It's important to take some quiet time to work with them. We all have busy lives and sometimes the busyness can overwhelm you and get in the way of your connection with Spirit.

You have a smorgasbord of techniques you can use to get in touch with your angels anytime you want to. Go back and practice these several times over. Remember, no one will do this for you. Its up to you to work with your angels.

Take some time now to regroup your experience of the entire Communicate with Your Angels course.

What have you learned?

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104
What was your highlight?

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How are you going to make this practical in your life?

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Make it a habit to work with your angels daily. You will be greatly rewarded!
Next Steps: Angels Direct Connect

Communicate Directly with your Angels in just 10 minutes

Guaranteed!

Imagine having a difficult decision to make and receiving instant clarity and answers from a higher source of wisdom - your angels. Imagine being guided every day to live your unique life purpose, knowing for certain that you are in the right place at the right time.

Just imagine what impact this would have on your life. You’ll make decisions with confidence for your business, your finances, your relationships and your spiritual development, and eliminate self-doubt and fear.

In your 80 minute Angel Direct Connect Session you will learn how to receive answers to any question you ask of your angels, receive immediate clarity and know for certain what answer you are receiving. There will not be any doubt in your mind.

You’ll receive a personal Orientation Profile sheet. You’ll discover your spiritual gift order among the four gifts of Intuition, Vision, Prophecy and Feeling. You’ll discover how many angels you have on your team and how they connect with you through chills and goose bumps. You’ll receive an indication of where your energy is at this moment in time; how much is positive, negative or indecisive and if there are outer pressures affecting you.

Your first step is to sign up for your Angels Direct Connect session on our website. Next, Melissa will check with her angels if it is spiritually beneficial for both of us to do the individual session. Then, our assistant Diana will contact you to schedule your session in person, or by video Skype for long-distance sessions. Never used Skype? Don’t worry, it’s simple to use and if you don’t have a web cam you can pick one up at any office supply store. (PS Mac computers come with a camera already!)

If you’re ready to get personal coaching and go deeper clarity from your angels, sign up now for your Angels Direct Connect. Visit:

http://www.CommunicateWithAngels.com/adc.html

Don’t wait to take advantage of this unique offer. Demand for these individual sessions is extremely high ... and Melissa only does a small handful of these
every week. So we recommend you reserve your spot today while there are still appointments available.

The techniques in this book have opened up the doors for you for connecting with your angels. Now it’s time to make it direct and specific.

Here’s an example of how the Angels Direct Connect technique helped Melissa have a profound and incredible experience in her life.

“Back in 2005, I finally had received my temporary green card after waiting for 2 years. During that 2-year period, I was not allowed to leave the United States because it might jeopardize my immigration process. So after 2 years of not seeing my family, I was feeling very homesick and excited to plan a trip home to New Zealand for Christmas that year.

While in New Zealand I wanted to do some Angel Encounter Workshops. I was excited to bring this new workshop to New Zealand for the first time having just become certified to present it. My concepts at the time told me “No one attends workshops in the summer time” so I was doubtful that I would attract enough interest to do the events. I didn’t know what to do, so I decided to check I with my guidance using the Angels Direct Connect technique.

I needed to pin down the 4Ws, What, When, Where and Why in order to reach my goal. I already had the WHAT. It was to offer 2 Angel Encounter Workshops during my time in New Zealand. My goal was to have 10 people attend each event.

I asked very specific questions about when the best timing would be to offer workshops within the 6 weeks I was going to be in New Zealand. I got very clear answers and set two dates. I had the WHEN. Next, I needed the WHERE. I asked my guidance which cities in New Zealand would be the best places to offer the workshops. My mind told me that the answers would be Wellington and Auckland since these are the two largest cities in the country. That’s the answer I expected to hear. (Remember, expectations can be dangerous!)

The first city my angels confirmed would be good was Wellington. Great! That made sense. That’s where my mother lived at the time and she would be able to help me promote the workshop there and I had planned to stay with her for the first couple of weeks anyway.
Then I asked about Auckland. To my surprise, I got a NO. Well I had thought that would be the obvious answer- so I had to reframe my questions. In the end, my angels told me the best place to do the workshop would be Christchurch. That’s my hometown and where my Dad lived at the time.

That answer didn’t seem to make logical sense, but I decided to trust my angels and planned the event in Christchurch. The workshop happened during the last weekend of my trip. Once the workshop was over, I had no more work to do and it coincided with a time when Dad had some time off work. I was hanging around the house with not much to do and I distinctly remember Dad getting ready to go out and play golf with his friends. He came up to me and asked me, “Do you want me to stay home and we can spend some time together? If you want to do that, I won’t go to golf.” I felt a bit guilty being the reason for him cancelling his plans, but I said yes.

We spent three days together just hanging out and having fun. We went to the botanical gardens, enjoyed the sunshine, walked on the beach, went to the movies, ate out at restaurants and enjoyed the gorgeous summer weather. I hadn’t spent time like that with Dad for a long time, so it was just really nice.

10 months later I got a phone call late one night telling me that my Dad had passed away very suddenly and unexpectedly of a heart attack. Those three days I had spent with Dad became incredibly precious, because it was to be the last time I ever saw him. In hindsight, I could see there was a profound reason why my angels had directed me to do the Angel Encounter Workshop in Christchurch rather than Auckland. They had spiritual facts that I did not. I am so thankful I trusted their guidance, even though I didn’t understand the logic of it.

If you would like to be able to get clear, specific direct answers to your questions and clarify the What, When, Where and Why of any situation and opportunity in your life; you will want to experience the Angels Direct Connect Session. I would not have been able to get the very specific clarity about my timing with Dad without using the technique I learned in that session.

Be in the right place at the right time to fulfill your life purpose and have the richest fulfilling experiences available to you. We invite you to invest in yourself with the Angels Direct Connect.

www.CommunicateWithAngels.com/adc.html
About the Authors

Richard Lassiter

Richard learned to work with his guidance as an Inner Peace Movement community group participant in 1974. He was an apprentice of Dr. Francisco Coll, founder of IPM. He has been a board member of the Inner Peace Movement and IPM International, Inc. since 1976. From 2000-2005 he was the president of the Americana Leadership College. He has lectured and presented spiritual development programs throughout North America, Europe, New Zealand and the Caribbean. He considers himself a spiritual scientist. In other words, he believes spiritual truths and abilities can be experienced by other people so that their validity can be tested and confirmed.

He has in his tool bag techniques that start at the very basis of spiritual development, such as spiritual cleansing and meditation all the way up to advanced trance healing. Richard has a gift for channeling spirit, is an engaging public speaker and has a bold approach for moving people through their blocks and fears quickly to see the other side of their potential for creating a life of fulfillment and abundance.

Melissa Kitto

Melissa has been communicating with her angels at will since the age of 12, when she was introduced to the Inner Peace Movement and Americana Leadership College program by her mother. Born and raised in Christchurch, New Zealand she has since traveled the world teaching thousands of people how to have a direct, two-way communication with their guardian angels. She has offered Angel Encounter workshops in the USA, Australia, New Zealand, the UK and Europe.

Melissa shares proven techniques that work and enables sincere spiritual seekers to develop unshakable trust in their own inner guidance and live the life purpose they were born for. She is known for her calm, relaxed way of sharing that makes people feel fully supported and confident to move past their own fears and embrace their dreams.

To learn more about Melissa & Richard and the services and programs they offer visit: www.CommunicateWithAngels.com

To learn about the Americana Leadership College visit: www.alcworld.com
What You Want Technique

Now that you have a clearer idea of what you want, you can break it down further to be prepared to ask for your angel’s assistance. The more specific you can be with your angels, the better. Never assume that they already know what you are trying to ask or communicate.

This technique will help you get specific with what you want so that you will benefit even more from working with your angels. Quite frankly, you are making their job easier! And your communication will be more fulfilling and successful.

Write down the area of your life that you want your angels’ assistance with.

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

What is it that you are challenged with right now? What is the struggle you would like to overcome?

______________________________________________________________________
______________________________________________________________________
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______________________________________________________________________

What would be the ideal outcome you would like to have in your life?

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Be sure to write down only the aspects of the outcome that are really important to you. Often, people are too attached to certain details of their goals that actually keep them limited!
The Four W’s of My Goals Worksheet

It will also be helpful for you to break it down to the simple facts. There are 4Ws that you can define for any desire/goal you want in life. Once you have the 4 Ws, the rest is simple.

WHAT is the goal?

______________________________________________________________________

______________________________________________________________________

WHEN do you want it?

______________________________________________________________________

______________________________________________________________________

WHERE is the goal?

______________________________________________________________________

______________________________________________________________________

WHY do you want this goal?

______________________________________________________________________

______________________________________________________________________

What have you learned from defining your 4Ws?

______________________________________________________________________

______________________________________________________________________

You can repeat this process with any area of your life that you are working on.

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________
Methods of Meditation Technique

1. Spiritually cleanse yourself.

2. Either ask for a general message, or tell your guidance about the specific situation you would like their help with. It’s fine to say this in your mind, but you may even want to talk to them out loud to be sure you are clearly stating what you would like help with.

3. As you do each of the steps that follow, take a deep breath in and exhale deeply. Tell your angels in your mind or out loud, “Give me one word”

4. Relax, and the word will be there.

5. Write it down as soon as you receive the word(s).

Ask your angels to give you:

One word ________________________________________________

Two words ______________________________________________

A phrase ________________________________________________

______________________________________________________________________

A sentence ________________________________________________

______________________________________________________________________

______________________________________________________________________

Two sentences ___________________________________________

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________
Automatic Writing Technique Worksheet

1. Take a few deep breaths and relax.

2. Tell your angels that you would like to receive a message from them. Ask them your specific question that you have formulated, or just ask for a general message.

3. Write down whatever comes to you. You will be receiving messages from your angels through the avenue of your hands writing in a relaxed and flowing manner.

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Prophetic Daydreaming Technique Worksheet

1. Find a comfortable place to sit. Spiritually cleanse yourself and your environment.

2. Call your angels close. Take a few deep breaths and relax.

3. Ask your angels to give you a short daydream. You may see pictures, hear words or music, pick up feelings or inner knowings. Just go with whatever happens. Daydream for 3-5 minutes.

4. Now write down what you were daydreaming about before you forget!

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

5. Now take a minute to meditate on what you received. What meaning does it have for you in your life? How will you make this information and insights practical in your life now?

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Visit Your Future Technique Worksheet

Now let’s take this a little deeper. Using the same daydreaming technique, you are going to receive some insights into your future.

1. Find a comfortable place to sit. Spiritually cleanse yourself and your environment.

2. Call your angels close. Take a few deep breaths and relax.

3. Tell your angels, “Angels, take me on a trip to my future one year from now.”

4. Take a deep breath and relax and daydream about your future one year from now. Go with whatever insights/visions/feelings come to you. Daydream for 3-5 minutes.

5. Write down what you experienced in your daydream. _______________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

6. Take a minute to meditate on what you received. What meaning does it have for you in your life? How will you take these ideas and insights and make them practical in your life? _______________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
Repeat this procedure for:

2 years into your future ___________________________________________________

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

5 years into your future ___________________________________________________

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

10 years into your future _________________________________________________

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______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
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Visionary Methods of Meditation Worksheet

1. Spiritually cleanse yourself.

2. Either ask for a general message, or tell your guidance about the specific situation you would like their help with. It’s fine to say this in your mind, but you may even want to talk to them out loud to be sure you are clearly stating what you would like help with.

3. As you do each of the steps that follow, take a deep breath in and exhale deeply. Tell your angels in your mind or out loud “Give me one picture/symbol/color”

4. Relax, and you will see the picture in your mind’s eye.

5. Draw it as soon as you see the picture. (Or write words that describe what you saw)

Ask your angels to give you:

One picture/symbol/color

Two pictures/symbols/colors

A series of pictures/symbols/colors

Now take a minute to meditate on what those images mean to you. How do they fit into your life?
Technique Worksheet

Feeling Methods of Meditation Worksheet

1. Spiritually cleanse yourself.

2. Either ask for a general message, or tell your guidance about the specific situation you would like their help with. It’s fine to say this in your mind, but you may even want to talk to them out loud to be sure you are clearly stating what you would like help with.

3. As you do each of the steps that follow, take a deep breath in and exhale deeply. Tell your angels in your mind or out loud “Give me one feeling or sensation”

4. Relax, and the feeling/sensation will be there.

5. As soon as you have a feeling, write down a word(s) that describe what you are feeling.

Ask your angels to give you:

One Feeling or Sensation  _______________________________________________________

___________________________________________________________________________

Two Feelings or Sensations  ___________________________________________________

___________________________________________________________________________

___________________________________________________________________________

A series of Feelings or Sensations  _____________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

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___________________________________________________________________________
TECHNIQUE WORKSHEET

Meditate on what those words mean to you. How do they fit into your life?

____________________________________________________________________
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How will you make this information and insights practical in your life? What decisions and actions are you going to take as a result of receiving this wisdom from your guidance?

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Getting My 4 W’s Technique Worksheet

The messages I received from my angels in the receiving messages technique was:

______________________________________________________________________  
______________________________________________________________________  
______________________________________________________________________  

As a result of this, I plan to take the following action step:

______________________________________________________________________  
______________________________________________________________________  
______________________________________________________________________  
______________________________________________________________________  

Here are my 4 Ws:

What:  
______________________________________________________________________  
______________________________________________________________________  
______________________________________________________________________  

When:  
______________________________________________________________________  
______________________________________________________________________  
______________________________________________________________________  

Where:  
______________________________________________________________________  
______________________________________________________________________  
______________________________________________________________________  

Why:  
______________________________________________________________________  
______________________________________________________________________  
______________________________________________________________________  

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