



Angels Blessings

*An Introduction to Working
with the Divine*

By Darren Linton



Angel Blessings – Introduction

This workbook is a practical guide written and channelled from the Angels. It aims to provide you with a greater understanding of the importance of intuition, higher wisdom and the role of angels in your life. It also shows how you can call upon the angels to help you in all areas of your life, and how to notice their answers and blessings. You can begin (or continue) working with and being blessed by the Angels in your life. This workbook is intended to help you tune in to the blessings of the angels, and prepare you in developing an even closer connection with your angels.

Contents:

- Welcome from the Angels
- What can you accomplish?
- The importance of Angels in your life
- Your thoughts determine your reality
- Ensuring the right Spiritual Foundations
- How the angels communicate with us
- Asking the Angels to help in your life
- Noticing the signs and answers from your angels – the blessings you receive from your angels
- Next steps to working and communicating more fully with your angels

Welcome Message From The Angels

Welcome to this self-help manual. We salute your desire to connect with the Angels, to grow spiritually, and to contribute further to the world. Humankind needs more and more people to re-awaken to the possibilities that are ahead for you all – you are one of a growing and important number of people around the world who are adding light to the world and showing the way to others. Good for you. Literally, it will bring good for you.





Working through this manual deserves your attention, focus, and sense of awe. It will bring miracles into your life, if you give it the attention and commitment it deserves.

What can you accomplish?

This workbook is designed to help you put in place the foundations and good practices that will allow you to build up a permanent and enduring connection with your Angels, while resolving numerous problems and issues for you, and teaching you much else along the way.

In this workbook you will...

- Prepare yourself by setting expectations of good results.
- Explore how you and others came to be interested in Angels.
- Explore the various ways in which the Angels can answer our prayers.
- Review some examples of angel messages, signs, interventions and help to build our faith, belief and expectation.
- Review the current state of your life, and whether you have the Right Foundations in place for spiritual work.
- Call on the Angels to help you create the right foundations and to bless you with some examples of their help.

What Blessings this will bring. To be able to ask and receive help from the Angels on any problem you face. To receive their loving answers, and KNOW that you are loved, cherished, protected and guided by your Angels each step of your path.





The Importance Of Angels (To The World And You)

Global Importance

Many angel authors (such as Diana Cooper) have stated that we are living in unique times – and that a third great wave of energy and influx of Angels is being sent to mankind currently. It has been said that the first great wave came in Biblical times, the second in medieval times, and that we are now experiencing the third great wave.

Why would Source/God send light and Angels to mankind now? Well, you don't have to be a genius to recognise that humankind is still teetering close to disaster – we are destroying the planet, committing environment destruction on an unprecedented scale never seen before in history and are far from perfection in many other arenas. Humankind could certainly do with some help and a change of direction!

See if you recognise some of these global trends:

- Spread of consumerism, and pursuit of materialism, not only in the West, but to other parts of the world too.
- Increasing focus on individualism or 'me' society, to the detriment of families, communities, social issues, etc.
- Destruction of the environment and the Earth's constructor
- Continuation of wars, ethnic cleansing, poverty, famine, disease, social problems, etc.
- Increasing desire to change direction – growth of spirituality, conservation, and desire to save the world, rising out of a shift of mass consciousness, from the 'grassroots' upwards (rather than the top down)

The Angels have been sent to assist this growing awareness, to help save mankind from its own destruction, and to show a new and higher path for mankind's evolution. It is not about sitting back and waiting for 'someone' (i.e. some leader) to solve all the world's problems, it is a time for each of us to tune in, to hear the wisdom of our own inner voice, to reawaken our spirituality, and to find our own true path, the one that is right for us in our hearts, and which contributes to the world.





As more and more of us do this, as we each tune into higher sources of guidance and wisdom, we influence others and help raise the consciousness of the world. We produce a 'domino' effect on others. When enough people tune in to higher guidance, it will produce a quantum shift in human consciousness. This growth in mass consciousness helps bring the changes and improvements that help to make our world a better place. That's why this work is important, not just for you, but globally too.

This is important work you are doing, for you are becoming a light worker, a force for good on the planet, adding yet another to the voices calling for a better world. And you thought you were only doing the course for yourself! It is mighty work you are doing here. *Although you may or may not yet fully recognise its importance, you can probably sense its significance, for you and others.*

The Angels will support you in this work if you are ready, for you are joining hundreds of thousands of others around the world in this re-awakening of humanity. As more and more of us learn how to tap into the Divine, within us and above us, and follow Higher sources of guidance and inspiration, we will help to make the world a better place for us all.

Importance to You

You may well be one of many in our society who feel the need to change direction, or to find 'something more' or 'what's missing in life', or to develop your life further. Maybe you have had an interest in Angels, or some experiences and 'co-incidences' in your life, and want to develop further. You may recognise and identify with the feelings and thoughts of many that come to us for help. Many first turn to this work in times of difficulty. Others come to it through growth and curiosity.





Which of these apply to you?

- Tired, run-down, over-worked, stressed, sick of the 'rat-race'?
- Had major life experiences (e.g. illness, divorce, redundancy) which have made you re-evaluate where you are going in life?
- Increasing awareness of 'co-incidences', healing, spiritual growth, books, readings, death in family, psychic experiences, contact with spirits/Angels, heading to your desire to explore this area further and understand its importance to your life?
- Reaching a 'cross-roads' in life?
- Feeling alone, unhappy, cut off from society, isolated, different?
- Having felt somehow 'different' to others all your life?
- Unexplained intuitive, psychic or natural healing abilities that you have not yet fully made the most of?
- Inner promptings, soulful or inner cry for help or changes?
- Experiences of Angels' help or intervention, and having read angel books, but perhaps not learned how to directly communicate yet?
- Desire to learn more about working with and talking to Angels?
- Desire to develop one's own personal and healing path further?
- Vision or 'calling' of what you are here to do, and would like angel help?

Are any of these familiar to you? You may have other reasons too for your interest in Angels and this course. The above are some of the more commonly reported reasons why people come to this work, either in times of difficulty and a need to change, or through a burning desire to learn more and grow.

Whatever your reasons, we hope you will find this workbook and course a revelation.





Exercise

Note down your immediate thoughts. You can use it to review your progress later in the course.

What is your main reason / interest in reading this workbook?

Why is this important in your life?

What benefits do you hope to gain from this workbook?





What Can You Expect To Gain From This Workbook?

Before you embark upon this spiritual journey (or almost any journey) it is good to know what benefits you can expect, for there will probably be some frustration and hard work along the way too. (The more you put in, the more you get out.) What you gain may be both the obvious and unexpected benefits.

Opening up and embracing our Inner Wisdom, and learning how to communicate directly with guides and Angels, and work with them, enables our lives to be **transformed across all areas**.

Over time we learn to feel loved, cherished, find our self-worth, confidence, self-belief, love for others and ourselves. We feel more connected, certain of our path, where we are going and what we have to do, and are able to make the right decisions, about our work, our home, our health, our relationships – in all areas of our lives which ultimately brings benefits to both ourselves and others. Our lives unfold according to a higher plan, and become better and better, more and more fulfilling. **We embrace our true selves and our true place in the world.**

It doesn't happen overnight, but if you learn to link up with your guides and Angels, over time you can expect to reap all of these benefits and more.

Share your 'Small Miracles' with us

The Angels call on all of us to share our experiences and the 'small miracles' that happen each day which transform our lives. Sharing deepens our appreciation and belief, and may inspire others too. Share your stories with supportive friends. Please feel free to e-mail us with news of miracles that occur whilst reading this workbook, or which come as signs in the days and weeks ahead. We would love to share your stories in our free newsletter, **AngelSpeak**.

You can email us direct at editor@guidedbyangels.info Share inspiring stories with other angel workers around the globe. Subscribe by visiting the website www.guidedbyangels.info





Prayer for Angelic Blessing

Dear God and the Angels, please hear my prayer. I am ready in my heart to receive your Divine guidance and Blessings in my life. Please guide me through my intuition/inner knowing, 'co-incidences', signals, and in other appropriate ways, to help me receive the most from this workbook. Please send the highest appropriate guides and Angels to work with me, link with me, and guide me forward.

I promise to do my utmost and best to follow the guidance I receive, to trust it, to build up trust and faith, not to doubt it, but to go with the flow and see the Blessings in all situations. I ask this for my Highest Good, in Love and Light. I am ready. Please guide and bless me.

Amen

A message from the Angels:

Beloved one, if you have spoken in earnest, we hear your prayer and will respond and bless you many-fold, in ways beyond your current imagination. We are delighted you have chosen to work with us, and look forward to developing our connection with you. Follow your heart and inner wisdom in this work, and in all things, for it will help things to unfold beautifully over time. Know that you are loved, special and that you are important. You are and will be blessed.

With Love from Your Angels





Working with Angels

Working with Angels should be a delight and a pleasure. Choose a time to do this work when you feel good, when it 'feels right'. We hope you look forward to and enjoy these sessions of discovery and angelic unfolding. Make it a sacred, enjoyable and special time for yourself.

We invite you to treat your work with the angels with a spirit of both play and reverence. You may like to follow some of the following tips while studying:

- 1. Choose a suitable time for the work, when you feel good, and when you will not be disturbed.*
- 2. Create a sacred atmosphere for the work. Light a candle or place some favourite objects around you – make it feel special – it will assist your angel work.*
- 3. Relax for a few moments before you begin – clear your mind, and get yourself into a good state of being first. Meditate, breathe, go for a walk, or play some relaxing music beforehand – if you are calm and centred, it will assist your work.*
- 4. You may like to select a regular time each day conduct this work – this can help you to work steadily through the book.*
- 5. Use a notepad or pages printed from this book to record your thoughts, ideas and experiences. Jot them down as they occur – these are often messages from your angels, so cherish them!*





Intentions And Expectations For This Work

(Your thoughts determine your reality)

The Angels would like to start by inviting you to choose what you would like the next few months of your life to be like. Would you like them to be miraculous, inspiring, breakthroughs?

You know already that your thoughts determine your reality. Positive expectations and looking for the good is much more likely to bring helpful progress than an attitude of doom and gloom. The Universe responds to your thoughts.

Exercise

In this powerful exercise, you are invited to set your intentions and expectations for the months ahead, and for this course. By holding positive expectations, you open up avenues for the Universe to assist you. You will also feel better in your approach to life. Simply follow and complete the exercise on the next page.

Many find it helpful to write out their intentions and expectations and pin them up somewhere noticeable, so they can review them at the start of each day. It helps you set a good attitude for the day, and gets the day off to the right start. You'll be pleasantly surprised at the difference this can make.

Try it and see.





Intentions And Expectations Exercise

What You Think – You Attract!

You know this already – it is a case of remembering, and putting it into effect.

Your thoughts affect your reality, so **SET UP** your thoughts to live the life you want. Set the **parameters**; create the **expectations** of how you want yourself, your day and your life to be. This is what is meant by **setting your Intentions and Expectations**.

Instead of stumbling into each day full of fears, doubts, thoughts of lack, etc. (which create problems) you **choose** your outlook for the day. As the joke says, instead of saying ‘Good God, Morning’ when the alarm goes, you can say ‘Good Morning, God’ and ask yourself ‘How would I like this day to be?’

Positive Intentions

Living in the Moment	Knowing it'll all work out
Trusting in God	Be Loving
Being ‘In the flow’	Acceptance
Abundance – knowing you have or will receive everything you need	
Confidence in myself	Self-Belief
Being Guided along my path	Trust in your abilities and Inner Wisdom
Everything is Perfect	Happiness/Satisfaction
Effectiveness/Perfect Results	Miracles

Don’t you feel better just thinking those thoughts? Setting your expectations in this way, and living **from** these thoughts, is likely to create a far better life.

Choose now how you would like yourself and your life to be. Set your Intentions and Expectations for the next three months or so. You can use the above or make up your own. Which would be **MOST** beneficial to you?





Daily

It is helpful to start each day with these thoughts, to **'set yourself up' for the day.**
(You can either stick with the same ones, or choose some appropriate ones for each day)

How will you remember to do this each day?

(e.g. write them out, with pictures, and put them on fridge or bathroom mirror)

What will you do?

Imagine Success

Take a few moments (close your eyes) and imagine yourself doing this each day. See yourself having much better days, feeling satisfied. See yourself doing this naturally and easily every day. (Open your eyes)

Intentions and Expectations for this workbook

Which ones would you like to choose? How would you like this course to be?





What things can you do to help achieve this whilst working through this book?





Your Angel Experiences So Far

Why have you been drawn to this work? How did you become interested in Angels? People usually develop their interest in Angels through one of four routes. I wonder which (if any) apply to you?

1. Dramatic Angel Experiences
2. Through Healing Work
3. Subtle Angel/Spiritual Experiences
4. Reading About Angels

Let's look at each of these...

1. Dramatic Angel Experiences

Generally, we have to invite the Angels into our lives to help us, in order to receive their blessings. However, the Angels **are** allowed to intervene in life-threatening and special circumstances. A dramatic appearance of an angel can be a powerful spur to make the most of one's life. The desire to connect and work with Angels again may come years later after the event, when the person is ready.



One lady, who we'll call Silvia, told me that she reached a low point in her life years earlier. A number of tragedies had befallen her, and she felt she couldn't go on. She wanted to commit suicide. She said she prayed to the universe to let her die. Instead a radiant golden angel appeared at the bottom of her bed (she said it was golden, male, and had beautiful wings). It said simply, 'you must live. There is a reason'. She was dumbfounded by the experience, but gave up thoughts of suicide, and got her life in order again. Having done so, she came to me years later to learn how to communicate with angels and find out her true purpose for this life. This we did. She is happier now and building a wonderful new life for herself.



Colin told me of his amazing story with the angels. Driving along one wet and windy night on a country road, he skidded, lost control, spun off the road and down a hill. The car rolled – he was thrown out of the car, which then landed on top of him, crushing his ribs. 'I could hardly breathe' he said, 'I felt sure I would die. Then a glowing radiant being appeared from nowhere and lifted the car off me. I crawled a few feet away, my chest in agony. Then the being put his hands on my chest – I felt a warm glow, and the pain disappeared'.

When Colin got to hospital he was told he had just one broken rib. 'The doctors didn't believe that I had a car lying on top of me – they said it would have crushed me and done far more damage, or killed me. They didn't believe me, but I know what happened – I'll never forget it'.





2. Through Healing Work

Many people these days have studied various healing techniques, such as Reiki, which involves working with Divine energy. Frequently, people report having experienced or sensed bright coloured lights, Angels, divas, Jesus, and other spiritual beings being present and assisting in their healing sessions. This is common.

However, these healers often report that these Angels and beings only come during their sessions with clients – they are unable to contact them for help with their own lives.



Tony had been a practising Reiki master for seven years when he came to see me. He often had angels and other beings appear during his sessions, but he had never spoken with them himself. He dreamed of opening a healing centre, open to all, but did not know how to do this. Tony was delighted when, in our very first session, he was able to meet and talk with his Guardian Angel, who guided him on the next steps to take in his life. He soon learned how to talk with his angel whenever he wanted to, and tunes in for guidance with his path a few times each week.

Being guided by Angels enables healers to develop their work and their lives to their fullest potential, for the greater good of all.





3. Subtle Angelic/Spiritual Experiences

Numerous people tell me about how the Angels help them find parking spaces when they want one, or keep them safe on journeys, or help in small everyday ways. They say this half jokingly, not quite fully believing it, but this leads them to want to explore more.

Here are a few examples.

Parking Spaces

Lots of people report being able to find parking spaces when they need them. Some say they call on their 'parking angel' to help them. Here is one story I'd like to share with you.



One of my clients Sharon told me she was going to a Mind, Body, and Soul Exhibition at Southend. The car park was packed full. She thought about parking elsewhere, but realised that would mean a long walk. She told me she said to her angels 'If I'm meant to go to this exhibition please find me a parking space'. She said she decided to try one last parking row before she gave up, and low and behold, there was a little space for her! It was at that exhibition she met me and decided to take a course on working with her angels.

In perfect synchronicity, Sharon told me this story just when I was thinking I needed a good example about someone finding parking spaces with Angels help.

The Angels are happy to help with these small details as well as the bigger aspects of our lives.





Safe Journeys

Many people tell me that they have been saved from nasty accidents by unseen forces. This seems to be a very common experience – having a ‘lucky’ near miss, or wondering how you got home safely when your mind had been ‘miles away’ during the journey. The Angels protect us. Here are two examples.



Many years ago, I was driving along a busy motorway (Britain’s notorious M25) in the outside lane. I noticed I had a large lorry matching my speed in the lane next to me. Normally, in those days, I would stay in the same lane until I reached my destination. Suddenly, I got an overwhelming urge to overtake this lorry and pull in to the middle lane. Almost before I knew what I was doing I had pressed the accelerator to the floor, speeded up, and pulled in, in front of this lorry, for no logical reason whatsoever.

The very next moment something flashed by on my right. I glanced round to see a lorry BROKEN DOWN in the fast lane. I had been speeding along at 80 mph straight towards a broken down stationary lorry in the lane in front of me, with another lorry next to me preventing me from swerving to avoid it. Without that intervention I would surely be dead. My Guardian Angel, years later, confirmed that he had intervened to save me.



Wendy was travelling by car on her way to see me. Suddenly she felt a need to call out to the Angels to protect her, in love and light. She told me ‘A split second later a lorry came flying round the bend out of control. It veered onto my side of the road, and missed my door by a whisker. A few inches more and I would have been badly hurt. The angels were protecting me’.

Have you ever had a lucky escape, or a number of ‘near misses’, while travelling, and wondered how you came away unscathed? Perhaps it was the Angels watching over you and protecting you.





4. Reading About Angels

There are many wonderful books around about the Angels. Many people tell me they have read the books, tried the exercises, but nothing happened – they were unable to connect. They come to me because they want to learn how to make that connection and talk with their Angels. Many try to connect first time, in one step. This may be too big a leap. The angels have shown me a simple step by step procedure that allows almost anyone to connect with the angels gradually and easily. We are sharing these steps in this course.



Julia was one such person. She was so interested, and had read so many books, why couldn't she connect? She was frustrated that the exercises 'didn't work' for her. By working with her, I was able to help her create the right foundations, take the first steps, then she connected easily. She was thrilled and delighted, and understood why the earlier steps were so helpful in establishing a lasting connection with her angels.

If you have read lots of angel books, but been unable to connect yet, or had one or two contacts, in workshops or on your own, think of it as useful preparation, in readiness for creating a lasting connection with your angels.

So How Do We Connect?

The first step in developing a link with our Angels is to recognise the various ways in which they communicate with us.

Once we open up to their help through a variety of ways, then it is usually easier to connect directly with them too.





How Angels Communicate

Angels can communicate with us and guide us in many different ways – some direct, others more indirectly. You may have experienced some of these already. The more we open up and are willing to work with them, and the more we ask them, the more help they will provide. They are only too delighted to help - it's what they are there for.

Your Angels love to assist and help you. They are like loving parents who are only too pleased when their children ask them for help. So ask for help and answers, and notice how they respond. The more you do this, the faster and easier the response. Soon you too will come to expect 'everyday miracles', i.e. help from the Angels.

Once you have become used to asking and allowing the Angels to help you in a myriad of areas, solving problems easily and miraculously, it soon becomes unthinkable to live life without them.

How Angels Communicate With Us

Here are some of the common methods that the Angels use to communicate with us. You may have experienced some of them...

1. Intuition/Instincts

You know those thoughts that come to you – something 'feels right' or you 'just know' you should do something (like for example respond to a particular advert), or you feel you need a break or rest or change of direction. Sometimes you follow these 'intuitive' thoughts and hunches (and are usually glad you did) and sometimes you ignore them (and usually regret it – 'if only I'd listened to myself'). We all have an inbuilt guidance system that lets us know what's right for us (and what's wrong) if we listen. It's a powerful tool in itself.

The Angels can also use our intuition to 'plant' answers and guidance for us, particularly in response to our prayers.





How do we know if it's us or the Angels responsible for the intuitive thought? To some degree, who cares as long as it helps us?

However if it answers a specific request or question we've asked the Angels, then it's more likely to be from the Angels.

If you block and disregard your intuition, you block a very powerful tool, and block this channel of angelic communication too. The more you use and develop your intuition, the more you will benefit from your own **and** angelic guidance. That's why we devote a large part of our full six part course, Guided By Angels, to helping you develop this important tool further.

2. New Ideas and Inspiration While Relaxing

When we are busy, stressed, and our heads are full of thoughts, it is difficult for the Angels to get through to us. When we are relaxed, mellow, peaceful, it is much easier for the Angels to drop new thoughts, ideas and inspiration into our minds. That is why people often have their best ideas while relaxing in the bath, meditating, walking in nature, or waking first thing in the morning. The Angels often pass us ideas while we are relaxing or asleep. Pay careful attention to the ideas you get at these times. Your intuition will tell you if they are right for you. (n.b. Not all thoughts during these times are angelically guided – sometimes relaxing is a way of recognising and releasing doubts and 'negative' thoughts we have. Angelic inspired ones will feel different – they'll 'feel right', positive, and you'll 'know' its right for you).

3. Books, Magazines, 'Co-incidences'

If we ask for help, the Angels often respond by leading us to 'chance upon' the answer in a variety of ways – a page in a book we open that 'just happens' to provide the answer we're seeking, an article or advert in a magazine that's just what we're looking for, a chance phone call from a friend, something arriving unexpectedly in our mail, finding something in a shop, walking along and noticing some building or sign that we never spotted before – there are endless possibilities. You have probably experienced some of these 'co-incidences' already. The more you are open to them and watch for them the more you will notice (especially if you ask the Angels for help).





4. Answers via Other People

The Angels seek to diminish human conflict and promote harmony and co-operation. Often, if we are having difficulties with another person, if we call upon the Angels for help, they will work through the other person to resolve the situation. Thus you may find that the difficult other person or worrisome situation simply ‘magically’ disappears, and is no longer a problem or that an expected argument is easily avoided and resolved. The other person somehow changes their mind and lets you know. The more we ask the Angels for help with our relationships, the more they will help. Be willing to receive insights and understandings about the other person too – sometimes we need to change as well as them.

5. Direct Intervention

Angels can often perform minor miracles to help us e.g. helping to find lost objects, resolving problems with objects such as computers or cars (which suddenly start working again after asking for help) and other methods of direct intervention. Perhaps not as common, and tend to happen more with smaller rather than bigger issues, it’s still a delightful form of response to our prayers when it happens.

6. Feathers

Angels often leave (usually) white feathers as a sign of their presence, or for confirmation. Finding a white feather can act as reassurance of the Angels’ presence and sometimes as confirmation that you are on the right path or in the right place (e.g. when buying a new house – finding feathers would be a good sign to go ahead).

7. Talking Directly With Your Angels

As well as all the other methods, this is a powerful and wonderful means of communicating with them. Many believe we have Guardian Angels, and other guides and Angels watching over us. You can learn to speak directly to them, and hear their answers immediately – rather like picking up the phone and calling them. That’s partly what this course is all about.





Once you have learned and practised how to talk with your Angels, you'll be amazed at the endless source of love, guidance and wisdom that is there for you. They can help provide answers and guidance with any problem, and help to guide your life to a higher path. It can make a big difference to your life. (This workbook is designed to help you *work* with our angels, and receive their blessings. The rest of the full course, *Guided By Angels*, teaches you to *talk* with your angels, and hear their loving answers.)

Which of these methods have you experienced so far? Even if you're not certain if it was an angel experience, write down a couple of experiences you have had.

Your Angel Experiences

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Here are a few more brief examples. See if these jog any further memories of incidents you have had and add them to the box above.



Intuition

Sharon was in a bookshop looking for a present for a friend. Her intuition kept guiding her to one corner of the shop. She couldn't understand why – there was no obvious present for her friend there. Then she looked down – there was a specialist healing CD she had been trying to track down for months.

Ideas/Inspiration Whilst Relaxing

Roger needed someone to do some design and leaflets to help him develop his healing business. Who could he trust? He couldn't think of anyone. He decided to have lunch in the garden. While he was relaxing, he suddenly remembered an outstanding designer who did terrific leaflets who he knew 10 years ago. Did she still exist? Could he find her? He went to an old bookshelf, and as he picked up a file an old diary fell off the shelf into his lap. Her number was inside, yes she was still there, and very delighted to hear from him, especially as they recognised it had been divinely guided.



Books, Magazines, Co-Incidences

I remember once thinking that I needed to improve my finances. I called on the Angels to bless me and send me guidance. An hour later I opened the post and there was an unsolicited special offer for an amazing book about how to improve your finances! Just one hour later! I bought it – it was excellent and just what I needed at the time.

People who contact me often say that the advert 'just leapt out of the page' at them. This type of experience too is very common.





Answers Via Other People

Sasha had a lot on at work. Suddenly she remembered that she had a meeting the next day for which she was unprepared. She did not want to let people down. 'Please make them postpone the meeting' she prayed. Ten minutes later, a colleague walked in 'Have you heard – Peter's got to go to the States, he's cancelled tomorrow's meeting'.

Personally, I've also noticed that my partner has the uncanny knack of saying the right thing. Often, if I'm wondering 'should I do A or B she will say 'of course – you know what you should do – do B'. She is invariably right. The angels send me the answers via her.



Feathers

'I have heard about getting feathers, but never got one myself' said one woman at one of my workshops. 'Maybe soon' I said. We broke for lunch a few minutes later. As she opened the door to leave the room she cried out 'look, there's two white feathers on the floor just outside the door – they weren't here earlier when we came in!' She kept one and gave one to her friend. The angels had answered her!



Direct Intervention

Vic was getting frustrated – his e-mail just wasn't working and he couldn't understand why. I happened to call just then. 'Is this a message of some kind?' I asked. He realised he was very tired and needed a break. Vic did so and when he came back rested and refreshed, the computer worked fine and he had a good and highly productive afternoon. The angels had intervened to force him to take a break. (The angels have also repaired my computer when it's gone wrong and I've called on them for help – next instant, hey presto, all's working fine. A miracle!)





Talking Directly With Angels

You'll soon be experiencing this yourself. There are so many wonderful examples we could share; we'll let you experience it for yourself in later modules.

Everyday Help

The Angels can also help with a whole range of common everyday problems, providing answers directly, or through miraculous 'co-incidences' that 'just happen' to show up shortly after people ask for help.



Anita was packing for a holiday. She went to the desk where she keeps all the family's passports, but her two daughters' passports were not there. 'Have you moved your passports?' she asked her daughters. 'No Mum'. Anita searched the desk again. Then she searched the suitcases and travel bags from their last trip. She started to panic – they couldn't travel without them.

She searched the whole house, becoming increasingly fraught and panicky. Finally, in utter frustration, she sat on the sofa and called out to her angels for help with finding the passports. Immediately, a voice popped into her head 'Check the top left drawer of the desk'. 'That's ridiculous' she thought, 'I've checked it twice already'.

Thinking she had nothing to lose, she went upstairs anyway, opened the top left drawer, and there, sitting on top of the other papers, staring her in the face, were her two daughters' passports. 'I can't explain it' she said 'All I know is they definitely weren't there when I looked earlier. I'm glad to have them back though'. She was grateful to her angels for helping her regain the passports.

The Angels can help us with our relationships too.



Julie was in disagreement with her boss. He wanted to send her on a course. She didn't feel she had time to go. She knew matters could come to a head on the Monday. On Saturday morning, she prayed and asked the angels to help resolve the problem. Having handed it over, she stopped worrying about it and got on with her weekend. First thing on Monday morning her boss called her into his office. He told her that he had reconsidered the matter over the weekend and that he had decided someone else was better suited to attend.

Julie knew that the angels had helped to solve the problem.





The Right Spiritual Foundations

It makes sense that if we are healthy, relaxed and happy, it is easier to do spiritual work, and to tune in and connect with the Angels, than if we are tired, run-down, emotional and stressed.

In my years of teaching people to work with Angels, almost invariably the first things the Angels advise is for people to get themselves, their health, their homes and their lives in good shape, as preparation for further spiritual work. It helps enormously. This covers all the obvious things we know we should do anyway, but sometimes we need some prompting and reminders. It can be helpful to take a look at life and see what's good and which areas need some attention. This covers both our daily habits and our lives in general. It stands to reason that if we are in the middle of highly stressful periods of our lives, it will be more difficult to develop our spiritual connection than if we are more relaxed and settled. Daily practices such as exercise, meditation and a good diet tend to help considerably.



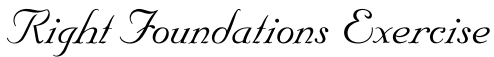
Julie was a teacher who came to one of my introductory angel workshops. I had spoken with her, and thought, being a busy teacher, she was likely to be tired, stressed, and might find it difficult to connect. In fact, she connected beautifully and easily. I found out later that she had been badly ill years earlier, and so had developed good, healthy daily habits – healthy diet, exercise, walks in nature, little alcohol/caffeine, etc – to support her well being. Her good habits helped her connect easily with the angels.



In contrast, one of my clients, a sales executive called David, called me up one evening to say he was having difficulty connecting with his angels. 'Do you think the alcohol might be interfering?' he asked. 'I don't know' I replied 'How much do you drink?' 'Not much' he said 'just a bottle of red wine each night with the evening meal to help me unwind'. I told him that yes, a bottle of wine a day probably wasn't helping! I suggested he learn to meditate instead to help unwind from the day.

He explored a few different methods of meditation until he found one that worked for him. Now he meditates daily, tunes in and talks with his angels easily and his life has since been transformed – he left his sales job, and started a new career in environmental protection, a subject he feels passionately about. A whole new life is opening up for him.





FOUNDATION A - YOUR HEALTH AND DAILY PRACTICES

	All The Time	Could Improve
Healthy and regular diet		
Vitamins/Supplements		
Little/No Alcohol		
Little/No Caffeine		
Drink lots of water		
Exercise weekly		
Meditate daily		
Time each day for spiritual matters		
Regular time/walks in nature		
Other healthy practices		
Are you in general good health		YES/NO
Are you taking appropriate action to improve your health		YES/NO
How many MARKS OUT OF 40 would you award yourself		
Any APPROPRIATE ACTIONS you should take?		



FOUNDATION B - LIFE

How would you rate each of these areas in your life? (tick)

	Cause of Much Stress	OK	Good
Work/Job/Career			
Finances/Money			
Health			
Relationships – At Home			
Relationships – Other			
House and Home			
General Outlook			
In 5 words, or less, you would describe your current life as:			
How many MARKS OUT OF 50 would you award yourself			
APPROPRIATE ACTIONS (What could you do to improve things?)			

FOUNDATION C - HOME

How would you rate each of these areas in your home? (tick)

Do you have a settled home?	YES / NO
Do you have a room in your home where you can meditate and do spiritual work comfortably?	YES / NO
Do you need to create or tidy up the space?	YES / NO





Do you create time for yourself each day for spiritual practice?	YES / NO
Do you have a 'sacred space' in your home (with candles, statues, crystals, etc) where you can do this course?	YES / NO
Are your family supportive or do you need to 'train' them and enlist their support?	YES / NO
How many MARKS OUT OF 10 would you award yourself?	
APPROPRIATE ACTIONS?	

YOUR TOTAL SCORE OUT OF 100 _____

QUESTIONS

- How do you feel about what you've written?
- How good are your foundations at present?
- Will you improve them?

--





Angel Exercise – Asking The Angels For Help

Look at the notes you made in the Right Foundations exercise. Select two or three areas where you feel you could do with some angelic guidance. Alternatively, pick two or three problems (big or small) in your life right now that you would like to receive some guidance about. Write them here.

1.

2.

3.

Ask the Right Questions

Having selected your areas, you can now ask the Angels for help. It is helpful to have clear questions in your mind when you ask – these can be either general requests for help or specific questions.

e.g. General	‘Please give me some guidance about how to improve my health and well being.’
e.g. Specific	‘Should I move job now or stay where I am this year?’

Write a suitable question for each area. Think a little about these – you might need to change them. You might need two questions instead of one to adequately cover an issue. Spend a couple of minutes until the questions ‘feel right’ to you. (Getting clear about the right questions and what you want is an important first step. Spending a few minutes on this is time well spent. How can the Angels help you unless you are clear what you want?) Write your final questions (draft them on a separate piece of paper) below when you’ve selected the questions that feel right to ask.

1.

2.

3.





Meditation - Angel Guidance

To ask for Angel help, simply do the following

1. Sit quietly for a few moments. Still your mind. Get yourself quiet and centred. Let go of all thoughts, answers and expectations. Empty your mind.
2. Take your questions and call upon the Angels to help you. You can say your own prayer (use whatever words feel right), or use the following:

‘I call upon my Angels to provide me with help and guidance for my highest good.’

3. Read your questions and mentally ask the Angels to help.
4. When you’ve finished, let go of any worry or expectations. You have given the problem to the Angels to solve – wait and let them answer. It is in good hands. The Angels may answer instantly or over the next few days or weeks.
5. When you’ve finished asking for help, sit quietly for a few moments. Allow yourself to notice any thoughts that pop into your mind. Do you get:
 - a. Answers to any of your questions?
(It will feel like you’re making it up yourself, but receive the answer(s) and write it down, so you can review them.)
 - b. Do you feel guided to look at a book? (Go and let it fall open on a page, you may find your answer there.)
 - c. Do you feel guided to call a friend, or take some other action?
The answer may come from this action.

Wait for 30 seconds. If you get some answer(s) or signals immediately, great. If not, trust that the Angels have heard your prayers and will send you an answer in their own good time.

Thank them for the answers you have received, and/or in advance for the answers that will come.





6. Watch out for signs, signals or 'co-incidences' that help you in these areas over the coming days or weeks. You will either notice answers coming, or simply find that the problem has worked itself out and gone away without you doing anything more. Either way, the Angels have answered you.

Write any answers or actions here





Immediate Answers

If you received immediate answers and wrote them down, take a look.

- If the answers sound wise, loving, peaceful and 'feel right' for you, the Angels have spoken.
- If the answers are pushy, demanding, or 'don't feel right' your own thoughts and brain have probably interfered. Ignore this. Leave it a few days and, if you haven't received another sign, co-incidence or answer, ask again on another day when you're feeling calm.

The advice of your Angels is always loving, calm, assured, and feels peaceful, right, and natural. If this is how the answers felt, the Angels have guided you.

If you look back on these questions in a month's time you will be able to see how you have received answers and/or how things have improved in one, two or all three areas. Be thankful for any guidance or help you received – you are learning. You may not get perfectly clear help and guidance with all three areas almost immediately, but when you look back you will probably see with wisdom the angels help.

The more you work with the Angels, the faster and easier their help comes (your vibration and connection grows and strengthens over time). Trust that they will help you more and more over time and be grateful for any and all help and answers along the way. The Angels respond to your gratitude and desire for further help. (The state of gratitude facilitates more miracles, more so than say doubt and impatience! So give thanks in advance and have faith that having prayed, your prayers are already starting to be answered.)





How The Angels Help You

Your ‘everyday miracles’

It can be very helpful to write down your own experiences of how the Angels have helped you. As you notice more instances over the coming days and weeks, write some down.

Recording examples helps to:

1. Acknowledge the help of the Angels (the more gratitude we show, the more easily they can help us again).
2. Noting examples helps provide you with proof and builds your faith and confidence in the Angels.
3. Provides examples you can review and discuss with others, in time. This might help them too.

Note your examples of angelic help in the table overleaf provided as they occur.





How The Angels Helped Me

Date	Area e.g. Work, Relationship, Health, Everyday Miracle	What Happened...	Method of Angelic Help (e.g. Intuition, Direct Message, Book, Magazine, Co- incidence, Feather, etc.





Build Your connection over the next month

The angels invite you to call upon them frequently over the next month, and notice their answers to your prayers. As you notice more and more answers, your belief will strengthen – you will **KNOW** that the angels are with you, supporting and helping you. This inner knowing will help you further develop your connections with your angels.

Review your intentions and expectations regularly, and keep yourself and your foundations positive, and you will soon see the difference that all these things will make to your life

The angels are happy to help you with any and all areas of your life (bear in mind that some issues are easier and quicker to resolve than others). Be thankful, and notice all the progress, answers and angel blessings that you receive in your life.

Conducting a Simple Ceremony to Welcome the Angels into Your Life

If you are ready for the angels to answer your prayers and (continue) blessing your life, it can be helpful and sometimes very powerful to conduct a simple ceremony to ask for and welcome the angels into your life. The ceremony is really a powerful prayer, calling on the angels to help you as never before, and welcoming their presence and input into your life in general, rather than (or as well as) asking for their help with each specific issue.

You can conduct your own private ceremony to welcome the angels into your life (see below). It's fun to do. People often report feeling the presence of, or energies from, the angels during this ceremony. Some hear messages. Others feel a sense of release and change within themselves. Sometimes people do not have such a specific angelic experience, but afterwards feel a sense of peace or calm, or sometimes excitement, knowing that they have called the angels, and the angels' help is on its way. We wonder what you will experience when you conduct your ceremony?





CONDUCTING YOUR CEREMONY TO ASK AND WELCOME THE ANGELS INTO YOUR LIFE

To conduct the ceremony, first choose a time that 'feels right' to you – your will intuitively know the right time for you.

The most important thing about the ceremony is that it feels sacred, and that it feels right and genuine for you. We have provided below a few suggestions for you. Read through and select whatever 'calls' to you. Feel free to add you own ideas and personalize it, so that your very own ceremony to welcome the angels is just that – your very own.

Suggestions for your Ceremony

- Choose the appropriate location for you. This could be a room in your house, which you make ready with flowers, candles, sacred objects (eg statues, crystals) etc., or out in nature somewhere special (eg hill-top, or by a stream, or in your garden by the flowers), or in a sacred building (eg temple, church, ancient site). What feels right for you? Choose somewhere that is easily accessible now.
- Select what objects (if any) you would like around you (eg favourite crystal, pendant, picture of angels, candles, flowers etc.) Then ask "is there anything else I need?" It will either 'feel right', if you have everything you need, or you will have an idea of what else would be helpful.
- Decide what type of ceremony feels right for you. This could be a meditation and a simple prayer (see below). You could play inspirational music or an angel exercise. You could light a candle or fire as part of the ceremony. You could write out your desire to release the past on a piece of paper, and burn it, as a way of letting go of the past and opening to the new. What else can you think of that you would like to do in your ceremony? It need not be complex (the angels like simplicity). Just decide what feels right for you.
- The words or prayer you use are not as important as your desire and intention behind them. You can use the Simple Invocation Prayer below, or a prayer from another book, or simply speak from your heart and ask the angels to come into your life and begin working with you.





INVOCATION

Dear Angels, please hear my prayer. I would like to invite and welcome your loving assistance into my life right now. I open myself up to your loving embrace and guidance, knowing that you bring only good and light into my life. I welcome you and thank you in advance for all that you will do. In Love and Light. Amen.

- Allow some time afterwards to sit and receive any response – don't rush off. Allow yourself Enough time (30 minutes is usually sufficient) to do your ceremony properly and in an unhurried way.
- Enjoy it!

Afterwards

When you have completed your ceremony, you may want to record what happened for posterity (after all, it was a significant moment in your life, whether or not you experienced anything immediately). Pay special attention over the next few days to signs and messages from your angels (see earlier in the workbook) and call on them to help you. You may be pleasantly surprised at what you receive.



Tricia conducted her ceremony in her garden, on a sunny day, sitting near her favourite flowers. She decided to simply meditate for 5 minutes first, to centre herself, and then repeat the invocation. She describes what happened:-

“As soon as I finished the words, I smelt a sweet fragrance, and felt my angel wrap its wings around me. I heard a voice in my head say ‘close your eyes’ then I felt waves of energy washing over me. It was wonderful. Over the next few days I kept coming across books and articles about letting go of the past, and opening up to a new more positive future. I think it was their way of telling me it was time to move on with my life.”

She has since noticed countless feathers, signs, and other help from her angels, in all sorts of areas of her life. She was delighted with the response of her angels.





Martin had a different experience.



Martin was a spiritual healer who decided to call on the angels to help himself personally and to help him develop his work further. He conducted a full indoor ceremony, with candles, music, incense, crystals - everything he could find to help. He lit a candle for divine inspiration, and told the angels of his problems and called on them for help. Afterwards, he said he received just seven words. “We are here – we will guide you.” He was a little sceptical at first, but he kept noticing extra-ordinary coincidences in the weeks ahead guiding him forward. Months later, he was able to see how the angels had helped him to subtly shift the focus of his healing work, and how everything in his life had gently evolved and was now much better. He realised he was happier than he had been for years. Once he recognised and accepted the help that the angels had given him, his angel connection developed strongly.

Your angel ceremony can be a powerful way to ‘kick start’ your connection with your angels. Pay careful attention to what happens during your ceremony, immediately afterwards, and in the days that follow.





Your Angel Ceremony

Record what happened during and after your own angel ceremony below.

What did you do?

What did you experience?

How did you feel at the end?

What happened afterwards?

Angel Blessings that Followed: What angel blessings did you receive during the hours or days that followed your ceremony?





Closing Message from the Angels

We salute and welcome your desire to connect with us beloved one. Ask us to help you, and we will be with you, guiding and assisting you. Sometimes our answers will be clear and obvious. At other times, you may not see our hand at work, but know that we are there helping the situation. We are here to assist you and help you on your path. It is our pleasure and delight to bring you many angel blessings.





Summary And Review

In this book we have:

- Looked at the importance of angel work, both for you and globally, contributing to helping the whole world.
- Explored some of the reasons for your interest in the Angels and some of your earlier experiences.
- Noted the importance of setting your Expectations and Intentions, and invited you to set these daily in your own life.
- Noted the importance of having the Right Foundations.
- Explored your current situation and identified actions you can take to establish and improve the Right Foundations for you.
- Explored the methods Angels use to communicate and guide us.
- Reviewed some examples of angel guidance.
- Called on the Angels for guidance, and noted their help.

Suggested Actions

- Set or review your Expectations and Intentions daily.
- Follow up on your actions to create the Right Foundations.
- Call on the Angels for guidance and help, on various subjects, and notice when they respond (and record a few examples for yourself to help build your faith). Notice all the answers and angel blessings that you receive, with thanks.

Congratulations. If you have done all of this, you have made a good start. We hope this workbook has helped you appreciate the importance of angel work, both to you and to others in the world, and encouraged you to call on the angels to help you with your life.





Do you like to develop your Angel Connection further?

‘Angel Blessings’ is a small part of a larger course which helps you develop your angel connection much further – it teaches you how to meet, connect and talk with your guides and angels, and receive their loving answers, whenever you wish. It is such a delight to be able to talk with the angels, we like to make it available to everyone. We were inspired by the angels to create this course, so that everyone who is interested can develop a lasting ability to talk with their angels. Our mission is to help as many people as possible world-wide to connect with their angels, for the greater good of the world.

The course is called **Guided By Angels** and further sessions cover topics which include:

- Receiving Divine Guidance – Developing your intuition to higher levels to help guide your life.
- Receiving Divine Guidance – Talking with your Higher Self and tapping into the Inner Wisdom that lies within.
- Learning about the three main Archangels, and conducting a special exercise to connect with their clearing, healing and inspirational energies.
- Learning how to talk to your Angels and receive their loving answers to all your questions, whenever you want their guidance.
- Meeting your Guardian Angel, Guides and Guiding Angels, talking with them, ‘see’ them, and learning how to receive messages from each and all of them.
- Introducing ideas and exercises that will accelerate your spiritual growth, and your work as an angel-worker.

The course includes numerous guided exercises, set to beautiful music, to help you clear away blocks and lower energies, receive healing and higher energies, and to connect and talk easily with your angels. These guided meditations and exercises are provided as part of the course to assist you in connecting easily.





By following the other sessions (in a similar way to this one) you will develop a lasting ability to talk with your angels, and receive their loving answers and guidance in all areas of your life. The course also includes numerous angel exercises for helping to heal and help others, and for developing your life further, so you can be a greater source of light and contribution to the world. A certificate is awarded at the end of the programme upon completion.

Do you feel inspired to develop your connection with your angels further? Does this 'feel right' for you. If you need to, you can ask the angels for a sign as to whether it is right for you to take the rest of this course. You will soon 'know' the answer.

You can find out further details about the full course at

www.GuidedByAngels.com

About the Course

The course is based on a simple ABC step-by-step approach for connecting, working and talking with your angels. This was given to the author, Darren Linton, to share with the world, to help people globally connect and speak with their angels. The course was written and channelled with the help of the angels. It has proved highly effective and inspirational to many who have gone before. You have already taken the first few steps of this course by completing this session.

Benefits of the Full Course

Many feel the call to develop their relationship with their angels. The angels want people to have a lasting and enduring connection with them. The angels want to be able to share their wisdom with people – to be able to comfort them, answer their every question, and guide them forward in life, for higher and greater good.

The course enables you to develop your connection further with the angels. You will learn to channel their guidance for yourself. You can then receive their answers and help with your every question, whenever you wish, to help you and/or others. You also learn to connect with the divine guidance within, as well as 'above'. In doing





so, your life becomes transformed. Changes become possible in your work, health, home, relationships – in every area of your life – that lead you to a higher and more fulfilling life.

Wouldn't you like your life to develop further along its higher path?

Greater Service

The Guided By Angels course includes specially channelled (and recorded) exercises to help you:

- release lower energies and issues from the past
- open to new energies that will assist your growth and future, and
- be able to call upon your angels and the Archangels, whenever you need their help or advice.

The course includes sections and techniques that will help you see more clearly the way forward for your own life, and numerous angel exercises that you can use to heal and help others, both in your work and in your personal life. It helps you to develop further as an angel-worker and lightworker, to spread your light unto the world, and to be of greater service to the planet.

If you would like to find out more about **Guided By Angels**, visit our website at <http://www.guidedbyangels.com> where you will find more information, stories from previous students and application forms.

Please feel free to e-mail us with news of miracles that occur whilst reading this workbook, or which come as signs in the days and weeks ahead. We would love to share your stories in our free newsletter. You can help inspire others too.





About the Author – Darren Linton

Darren was selected by the angels many years ago to be a messenger of light to the world. Working initially with individual clients, he learned how to help others develop their communication with the divine and with their angels.

The Angels then gave Darren a simple ABC step-by-step approach which enables almost anyone who is ready to develop a lasting and permanent connection with their angels. This simple methodology allows you to meet, connect, and learn how to work and talk with your angels. You can then enjoy the benefits of being guided by your angels, throughout the rest of your life.

Initially, he tested this on group programmes, with amazing results. The Angels then guided Darren to create a home study angel course, incorporating all this information. Called ***Guided By Angels***, it was first tested with an initial group (again with results exceeding all expectations), and has since proved itself to people in many countries around the world. He no longer runs group programmes – he has been guided to promote this course to everyone world-wide, and to channel further courses that can lead people to develop higher, richer, more fulfilling lives, for the good of themselves and the planet.

And Finally

We wish you much joy and success in life – may the angels guide and bless you. May they lead you ever forward, and guide you in the fulfilment of your greatest wishes and highest potential, for the good of you and the planet.

With Love and light

Best wishes

Darren Linton
and the Angels

