



Spreading Your Wings

Living and Working with the Angels



A free angel ebook, filled with angel messages
and true life angel stories to uplift and inspire you.

Written by Darren Linton

(with illustrations by Sally North)

Spread The Light Of The Angels

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Welcome From The Angels



Iwould like to personally welcome you to this angel book. The angels have blessed my life in so many ways. This book is intended to help share their love and light and inspiration with the world. I hope that you will be encouraged, inspired, uplifted and enlightened, and touched by the angels as you read this book.

The book contains numerous messages from the angels about how to improve your life, and over 50 true life examples of how the angels have touched people's lives through guidance and miracles, to encourage and inspire you. This book is also encourages each of you to take a step further in connecting with your angels, to open up, connect with these loving beings of light, and let their greater love and light and guidance into your life. The book describes how to do this, discusses an angel process which helps you to develop gracefully and easily, and contains numerous steps you can take to develop your connection with your angels further. It also invites you to play a greater part in healing the world, and to join in the World Angel Network

As you read these messages and stories, I hope that a part of you will be touched and moved, and that the angels will whisper to you and guide you forwards. May this book serve as a means of divine guidance to you, a gift from the angels.

Before we begin our journey together, it seems appropriate to begin with an opening message from the angels....





Opening Message From The Angels

We welcome all of you who are reading this book. We welcome all souls from around the world who wish to work with us angels, and spread love and light to the world. It gives us joy to be able to communicate with you. We are gladdened that you seek to explore your link with us angels and with the divine. This is a blessed communion, a meeting of earthly souls and spirit, for the greater good of all.

We angels, archangels and other higher beings of light, are here to assist humanity at this important time. We bring a message of hope and encouragement for humankind. With divine intervention, the earth CAN be transformed into a paradise on earth for all. All who connect with us are helping to open the doorway further and allow more love and light into the planet. All those that connect with us are doing mighty work for the planet.

*We are here to bring comfort, joy, love and light, hope, wisdom and inspiration to all – to help build a better world for each and every one of you **personally**, and for others and the whole of the planet.*

We know you may be reading this book for any of a number of reasons. Nevertheless, it has found its way into your hands. Think of this book as another Heaven-sent reminder that you are a child of God, a much beloved spiritual being, cherished and supported from on high. (You have probably already had numerous messages before). Our intention is that this book will play a role in your re-awakening of the gifts within you, in remembering that you are loved and blessed from above, and that it will also encourage you to play a bigger role in being of service to the planet.

HERE TO HELP YOU

Most of you yearn for help with some or many of the fundamental challenges of human life. We can provide you with loving guidance and help in : finding your true self and inner peace and happiness, healing the past, finding your purpose, moving on to a better life, and about specific areas of your life such as work/career, relationships, health, your children, family, home, and spiritual growth, to name but a few. We have provided many general messages in the pages of this book to spark new thoughts and awareness within you. When you are able to connect with us fully and hear the guidance we angels wish to share with you directly, then you will receive all the individual guidance and answers to your questions that you seek. No need to go to others, you can learn how to receive guidance directly for yourself at any time. We are always here on the end of the spiritual phone, like loving friends waiting to help you, once you know how to dial our number. And once you can connect with us, the calls are free! We are always pleased to talk with you, however you are feeling. Over time you will find that our guidance will lead you to a new and greatly enhanced way of life.





Many of you also yearn to help others and make a difference to the world. You wish to find and develop the right spiritual path, and spread healing and help to others. Some of you sense this path, wish for confirmation and clarity about next steps, and wonder how to develop it further. Some have yet to begin looking. As we are here to help heal the planet, it is also our great joy to work with those who wish to make a difference. We can take you by the hand and lead you forward along your path, enlightening you about the true nature of your mission, opening doors, creating miracles, and leading you to pastures new and the fulfillment of your purpose and mission here on earth. In so doing, you will fulfill the inner calling of your soul. With angelic support and guidance, you can achieve remarkable things, and have a most fulfilling and joyful life helping others.

BETTER FUTURE

A whole new world awaits you when you connect with your angels. By opening up to the love and light of God and the angels, your inner being becomes filled with light and healed. You move increasingly from pain, suffering, selfish struggle, torment and difficulties, to a place of inner peace, love, wisdom, compassion, contentment, harmony, flow and miracles – from the dark to the light. As you transform your inner world, adding more love and light inside you, so your outer world also becomes transformed for the better. This is what is meant by creating 'Heaven on Earth' – you create your own new world, your own piece of heaven on earth, living a life you love and adore, full of rich new experiences and the abundance of life.

Connecting with the angels and the light helps to unite your soul with the power of the universe. Both your soul and the higher powers want you to be blessed, fulfilled, happy beyond your dreams, to fulfill your true purpose, live your life to the full, and contribute your best to the world. When the power of the universe is united with you, remarkable changes happen. You don't have to struggle alone. There is an abundance of help waiting to assist you, when you are ready. We are here to help.

IT'S IN YOUR HANDS

Let our inspiration touch your soul as you read this book. Let us uplift your spirit, and empower you to see changes you can make to improve your life, and that of those around you. Let new thoughts and ideas enter you. In this way, this book can be a divine instrument of God, and you will see how closer contact with us angels can benefit your life, if you choose it. Be open. Notice and remember our help.

This book is an invitation to go further and higher. It is designed to give you some help now, and show you the way – to point you in the right direction. Only you can decide if you wish to take the next steps in linking with your angels and with the light. Remember that we are all one. The more people that comprise the body of mankind who choose individually to link and merge with the light, the more the whole of humankind becomes transformed and enlightened, leading the planet forward. It happens one person at a time, one step at a time, but the combined actions will be glorious and a revelation.





COME JOIN US

We hope that you will also soon connect with the angels more fully and join the world-wide family who are linked to the angels and the light and working for the good of the earth. We are ready and waiting to assist you in connecting further with your angels and with the light of God, to transform your life for the better and highest good of yourself and all around you. We are ready and willing to help you in finding your self and your path, and in spreading your wings.

We love you all, each and every one of you, regardless of your life up until now. We will gladly fly to your assistance when you call upon us. Look for the signs. Know we are with you, beloved ones.

May Peace, Love and Light shine down upon you, and may the love of God and the angels be with you.

*With much love to you all, today and always, we bid you welcome.
The Angels*

I hope you enjoy this book, and gain many benefits and blessings. I wonder what new thoughts, ideas and angelic help you will receive as you read this book ...?

The book is in 4 main sections

1. How the angels guided me to develop and share the Angel Process with the world
2. Messages and stories to help you improve your life
3. Variety of ways that you can develop your connection with the angels further
4. Launch of the World Angel Network and how you can get involved.

Read them in sequence, as they are intended, or dip into whichever sections appeal to you when you need them. Do whatever feels right for you. May the wings of the angels enfold you as turn the pages...





Introduction

Why Did I Write This Book?



My name is Darren Linton. I have been living and working with the angels for over 10 years now. The angels selected me to be one of their ambassadors on earth, to help spread their light, and to help people everywhere to connect with their angels. This book is written to help inspire YOU to take your connection with your angels to a higher level – to help you Spread Your Wings.

Over the last decade, the angels have worked through me to touch and help thousands of people all over the world. By connecting with their angels, people have received healing, guidance, love, inspiration and a multitude of blessings from the angels which have enriched and in many cases, transformed their lives. You can hear about many of these stories in this book.

The angels, these extra-ordinary and wonderful beings of light, are here to help us. You too can meet and contact your guardian angels, spirit guides, the archangels, and other angels and masters to touch, inspire, and help every area of your life. In every corner of the world, the angels are here and waiting





to help us – we have only to reach out and ask, and discover how to contact them in the right way. I'll share with you how you can do this too, in this book.

This free book is full of angel messages to help you in every area of your life, and stories to inspire you, and encourage you to develop your connection to your angels further. It also contains information about how to do so. At the end, I will also invite you to join a course that will develop your angel connections to much higher levels in ways that will delight you. (You are free to accept or decline).

We (the angels and I) want you to be **INSPIRED** and blessed by this free angel ebook. We would like your life to be enriched, and we would like to invite you to help spread the work, hope and inspiration of the angels to many others. We would like to invite yourself, and thousands of others, to take the next steps in getting closer to **YOUR** angels, and receiving their loving guidance, help, healing, blessings and miracles that can **LIGHT UP YOUR LIFE**, and touch the lives of many others around you too.

Why Is This Important Now?

The earth is currently in a stage of evolution and transformation (some call it 'a planetary crisis'). The way forward for mankind and the earth is to grow and evolve to a higher state of love, understanding and wisdom – to adopt a more loving and spiritual perspective towards our fellow man and the Earth. The angels are here to help us save the planet. The more souls that awaken, connect with the angels, and receive higher, loving guidance, the quicker we can help to heal ourselves and heal the planet.

The angels can help us to heal ourselves of earthly pain and suffering. Then we can open up more fully to divine love, grace and happiness in our own lives – let ourselves be touched by God and the angels and see ourselves and our lives blossom and grow. We can also bring healing through to others, and touch their lives too, and work in other ways to help the world. The more of us that connect and are guided, the more rapidly the world will be transformed.

Linking with the angels is like being given the Genie in Aladdin's Lamp – they can help us to accomplish miracles in our lives (if they are for the highest good), and help us to fulfill God's wishes for the earth. Most people have the 'magic lamp' – they just don't know how to rub it so the genie (the angels) appear! I'll explain how you can do this later.





By linking with the angels, we are helping to add our light and energy to the sum total of all those around the world, who are working to help heal mankind the planet, and lift it to a higher level. You can become part of a network of angel and light workers around the planet, all working in harmony and unison for the good of the earth. This is the age of Aquarius, when life on earth transforms for the better. You can improve your life, and help the planet too.

This book is full of messages and tips from the angels, and stories from people, to inspire and help you in every area of your life. You are invited to use these messages and stories to help you and others.

So linking with your angels is important for your own life, to help you heal, grow, develop, find your true path, and path of light, fulfillment, abundance and happiness. It is also important – you are also playing your part – in healing others and the planet.

What could be more important than that?

Why Am I Giving This Book Away Free?

Because I am guided to do so. The angels wish to reach many more tens and hundreds of thousands of people everywhere. They are waiting to pour their love, healing and help into the lives of people, but many need a little encouragement to take things further. This book is sent to give a little light, hope and encouragement to people everywhere to welcome the angels into their lives. Many of you will be reassured, comforted, uplifted and encouraged to develop your angel connection further. By helping to spread the work of the angels, I am fulfilling part of my purpose here on earth.

As well as the encouragement, hope, reassurance and inspiration that this book provides, I also want to share with you the (so far) relatively little known and unique process of how to connect easily and successfully with your angels and the archangels, and receive the love, guidance, help and messages they are waiting to give to you, and how to receive angelic miracles in your life as never before. This angel process, which I like to call the “Stairway to the Angels” since it involves a series of easy and joyful steps, taking you higher and higher, and was given to me by the angels to share with the world. They want to help people everywhere to connect with them. This angel process has already worked highly successfully and magically with people across 5 continents and in over 25 countries around the world. All of the stories you are about to read in this book are by people who lives have been touched and transformed by the angels, using these unique ways of living and working with the angels. You will see for yourself the myriad of ways in which the





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angels have blessed people's lives. What is it like to live and work with the angels? You will gain an appreciation of the joys this brings by reading the pages and stories of people in this book. And I'll tell you how you can do it too!

Read the inspiring messages I channeled from the angels just for this book to help you in every area of your life. Be inspired by the angel stories of others. Then I will share with you how you can receive similar angelic messages, blessings and miracles into your life for yourself, and how you can link with your angels and developing your connection to higher levels. You will no longer need to go to others for guidance – you can learn to channel and receive guidance and messages from your angels directly for yourself. Let the love, guidance and inspiration of your angels light up your life, your loved ones, and touch those around you, and help you play your part in helping the planet.

We hope this free ebook will encourage you and inspire you, your friends, and thousands of others to take the next steps in developing your angel connection further, and be touched and guided by the angels, and blessed beyond your most heartfelt hopes and expectations. We want you to share the love, joy, support and miracles that the angels bring to our lives. Enjoy the book.

Please feel free to forward and share this book with others you feel may enjoy it too.





My Own Story

Saved By The Angels From Death



If it were not for the angels, I wouldn't be alive today – they saved me from a fatal car crash.

I used to commute to work on the M25, a busy motorway (freeway). I would get into the fast lane, and stay there until I reached my turn off. On this day, I was driving fast, and noticed a truck matching my speed in the lane next to me. I didn't think anything much of this. Then a voice in my head said "Overtake this truck and change lanes. Do this NOW." Without thinking I felt a force press down on my foot on the accelerator and the car shot forwards. I checked I had passed the truck, and changed lanes. Just then, something flashed by me apparently going in the WRONG DIRECTION in the lane I had just been in. I looked round to discover that a large truck had broken down in that lane. I had been hurtling towards a stationary truck at high speed, with another truck next to me so that I couldn't swerve. Had it not been for the intervention, I would be dead.

At the time, I thought "Phew! That was lucky!" I was somewhat shaken, but shrugged it off as one of those near misses, and 'someone up there is looking after me'. We often have experiences like that – near misses, lucky escapes. It wasn't until years later, when I was talking with angels, that I realized that it was my Guardian Angel that had been protecting me and which had saved me.





I asked my angels

"Was it you who saved me from that accident?"

They said *"Of course, Loved One" (that's what they call me) "It was not your time to die. You have much work yet to do upon the earth."*

So if it wasn't for the angels, I wouldn't still be here. As I was to later discover, they had big plans for my life, as they had selected me to work for them and help them to spread their work. They were to give me an effective angel process for helping people everywhere to connect with their angels, and were later to give me an inspiring vision for the world. More in a few moments.

However, I was not always interested in angels. I had an ordinary start to life.

Humble Beginnings

Earlier in life I was a fairly shy, quiet, sensitive child. I had a fairly uneventful and happy childhood. I was a 'good' child, and studied hard at school. I was something of an innocent in the world. Later in life people often described me as being 'too nice' and 'not tough enough'. I often felt different, as though I didn't quite fit in.

(I have since come to realize, over the years, that most of the spiritual people that I meet are also sensitive souls who feel 'different' to others. This is because we are different to the norm – we are spiritual souls here to help mankind evolve. Being sensitive and different is GOOD! We should embrace our spirituality and our own uniqueness and special qualities.)

In my later teenage years, my older sister took me along to some spiritual workshops (not exactly the normal activities of your average teenager!). Shortly after, I had a strong sense that one day I would somehow help people all over the world, though I had no idea how or with what. It was a nice feeling, but I soon forgot about it and carried on with life, my studies, and university.

Universe Guiding My Earlier Life – Preparing Me For What Lies Ahead

After university I developed a career in big business and marketing, I thought I was creating and promoting better products to help the world. I enjoyed this career immensely, studying society and finding how to create better products and services that would benefit people. For example, I helped develop and launch one of the world's first 100% natural, healthy soft drinks, as a healthier





alternative to the usual sugar filled fizzy drinks full of additives. Even though I was successful in this career, I somehow knew however that marketing would not be my long-term career. I didn't know at the time that this was the universe's way of training me in being able to help spread spiritual work to the world later in life.

One day, when I was Marketing Manager for a big, famous international beer company, I thought to myself "What am I doing? I'm encouraging people to drink more beer, and helping a large international company to make bigger profits. Is this really what I want to do with my life?" The answer of course was 'No.'

I then switched to a career in training and coaching people – business and personal development. I loved helping people to improve their lives. I had already run training courses during evenings and weekends and enjoyed making a difference to people's lives. I was trained by some of the biggest and best organizations in the world. The courses ran over 3 months, so I worked intensively with people, and learned how to help people change, grow and transform themselves, achieving real improvements and better results in their lives, in a fairly short space of time. This was not just teaching theory, this was working with people to bring about actual change and transformation in their lives. I wrote and delivered my own courses too, finding new and better ways to help people.

The satisfaction from helping others, seeing them change and grow, hearing about the improvements in their lives, and their gratitude for such profound help, was deeply moving and fulfilling. I did this for 10 years, not realizing that once again the universe was preparing me for the future - training me in how to help people to bring about changes in their lives – developing and delivering courses that help people to change, grow and improve their lives.

Spiritual Awakening

During this time I also went through something of a spiritual awakening. I fell in love and got married. I left my job so we could begin a new life together. Then a few weeks later my wife left me. I was devastated. Shortly after I became ill with a chronic mystery illness. In the space of around 3 months I had lost my job, my wife and my health. I thought 'poor me'. It was a low spot in my life. It also proved to be a big spiritual awakening for me. After a few weeks feeling low and sorry for myself, I got hold of myself and determined that I would make it a turning point in my life – a fresh start – and that one day I would look back on the situation and say "It was the best thing that ever happened to me". (It proved to be true – it was the start of a whole new phase of my life). At my lowest point, I said that classic prayer to God, which many utter "*Dear God. Sorry I've ignored you all my life.*" (I had never been spiritual





up to then) *"I'm in desperate trouble, can't cope and need help. If you're REALLY there, please help me."* Amazingly, God answered with a series of truly amazing 'co-incidences' which left me in no doubt that He was there and helping me. There was 'something up there', a higher force guiding and helping us. I had awakened.

This period of my life led to a whole new outlook on life, and led me to explore the world of mind-body-spirit, and discover powerful new methods of healing, personal transformation and growth, mainly at first for myself, for I had much to heal, and also to help others. As I grew, my whole outlook on life changed for the better.

TIME TO MOVE ON

After 10 years of training and coaching with organizations, I sensed it was time to move on, though I had no idea what to do next. I DID sense that I wanted to help people in more long-lasting ways. Working with people to improve their lives over 3 – 6 months was all well and good, and the things learned would undoubtedly help them later too, but what about the rest of their lives? I saw so much potential in people. Working in a business environment also felt constrained. I had been drawn to and had studied spiritual areas, and felt I wanted to incorporate more of the spiritual in my work, to help bring out the best in people.

One day, shortly before I left, a man came into my office and asked if I was interested in spiritual matters. I cautiously said *"Yes, why do you ask?"* He said, somewhat boastfully *"I'm one of the best psychic trainers in the world. I have been sent by spirit to train you psychically. I run a class every Monday night. It's free. Do you want to come?"*

I was flabbergasted! I mumbled *"Yes"*. As a curious seeker of truth, I couldn't resist this invitation, especially after all the spiritual experiences I had been given. So I went to the classes, and within 2 weeks found myself performing spiritual healing and channeling messages from spirit. It was extra-ordinary. After about 6 weeks my teacher said *"Sorry everyone, I've been told by Spirit I have to go to Australia. I'm off. Goodbye."* And with that he left. I thought *"Great. You give me this extra-ordinary gift (in those days it was most rare). What am I supposed to do with it now?"*

My Life Purpose

So I left the training company, and got a simple humble job while I explored my life purpose. I prayed to God. I said thank you for all the good things I had experienced so far in my life, and said I was ready for a life of service, and to please show me the way. I read books on Life Purpose. I prayed. I meditated.





Then on the 4th July 1996 (American Independence Day) I received my answer. It came to me in a flash.

Suddenly I recognized that we, in the West (and increasingly the rest of the world) are caught up in society's relentless drive for material growth, consumerism, more possessions, more 'stuff', which isn't actually making us any happier - in fact it creates divisions in society, stress, anxiety, long hours of work, break-down of families and communities, and is actually destroying the planet! We cannot have 6 billion people on the planet with houses, cars, microwaves, washing machines, every modern gadget – we would need 3-5 planets to supply all the resources. (Global warming had barely been raised back then). Even so, I realized we couldn't go on this way. We are destroying the planet, yet every society is trying to copy it and get on the bandwagon. Even though it doesn't bring fulfillment to society and is destroying the planet. It's crazy! I saw then that there must be a better way. My inspiration was to help people to reconnect with Spirit, and allow themselves to be guided by Spirit in their lives instead. They would then get off the consumerism bandwagon, discover a more fulfilling life for themselves, and help to create a better world.

America is supposed to be the land of the free, but most of western society has become enslaved to consumerism and materialism. Spirituality can set us free, individually, and as communities, nations and as a planet, to find our own path, and better path for all. So I was here to help set people free, connect with spirit, and develop a better way of life. Wow it was exciting. It seemed so apt, especially as I received this revelation on 4th July, Independence Day! It felt right. I knew this was the answer that God had given me. I felt elated. However, the next day I woke up terrified. "Who me?" I asked. "Little old me? I'm not good enough. I don't have what it takes. It's too big a challenge. I don't know where to start. Take it back" I pleaded. But God had other ideas. 'By chance' I had booked onto a powerful course four weeks later. That course taught me to release my fears and self doubts, move forward, and believe in the impossible – to do my bit for the world.

I still had no idea where to begin. I prayed for guidance.

Mission From The Angels

Shortly after, I was running a workshop in my home for some friends. As I sat down to let someone else speak, a voice spoke to me and said "Start a business. Call it **LifeWorks**. Have it be all about helping people to connect with Spirit and find their 'Life's Work' for your life really works when you've found your Life's Work. Start by producing a business card to show you've begun (they gave me a design and the words for my card). We know you don't know what else to do – just start, we'll guide you each step of the way."





I was delighted. Here was the guidance I had been looking for. I thought to myself – “*Can I really believe this? Shall I follow this or ignore this?*” I thought – “*Well I asked for guidance, here it is, why on earth would I ignore it?*” So I did as guided. And my life has been guided and has evolved in wonderful ways ever since.

This led me to beginning a conversation with my angels. As I had already learned how to channel spirit, I asked who was talking to me, and was told it was my angels. I was told I had two angels with me to help me get started, Michael, a male angel, who gave lots of practical guidance, and a female angel, who talked to me about love and understanding and compassion – the feminine side of spirituality. Together they guided me forward, talking with me each day. I developed my link with the angels.

I began offering sessions to people, to help them connect with spirit and discover their life purpose. The results were extra-ordinary, right from the first session, and I realized that I had been given a gift for helping people, and had found my true vocation. It was exactly what I had been looking for – helping people with the whole of the rest of their lives.

After a few years of working with clients, the angels told me they wanted to give me a simple process that would make it easy for everybody to connect with their angels and talk with them. They did so. It was brilliant! I always like to ensure that whatever I teach actually works – is not just theory – but actually delivers results for people, so I tested the angel process. I tested it with groups and on courses, to prove that it worked (it worked like magic), before developing the world-wide angel course and angel workshops I continue offer to this day. The angels asked me to spread this wonderful angelic process with the world, so that people everywhere can connect with their angels, whenever they are ready. (I have provided more details about the development and testing of the angel process and the angel courses in the section ‘*How the course was created*’). The process has worked with hundreds of people so far all round the globe, and the stories of many of them fill this book.

Over the years, I, like many others, have experienced countless examples of angel messages, guidance, healing, and miracles, helping our lives and those of others. I want to share this wonderful world of connecting, living and working closely with your angels, so more can experience this. Hence this book!

So my twin missions are to help people to connect fully with their angels, through the world-wide angel courses and workshops (see www.GuidedByAngels.info) and to help people discover their life purpose, which I do through telephone sessions with clients world-wide (see www.careercounselling.webhealer.net) and my new career and life purpose





course, designed to help people discover their ideal career direction and true life path (see the course details at the web-site www.guidedbyangels.info)

My aim is to help thousands (or millions) of people all over the world to awaken to spirit and find a better way of life, for themselves, their families, their communities, and for the sake of the planet – to play their part in living extra-ordinary lives and helping to make the world a better place.

Many people these days are interested in angels and want to develop their connection further. Many feel there is 'something more' for them to do with their lives. All are invited to connect with spirit and the angels, and discover their true path. Increasingly, more and more people are hearing the call.

How I Discovered A Stairway To The Angels

Many years ago, the angels gave me a unique angel process which makes it easy for people everywhere to connect with the angels. They asked me to spread this angel process with people around the world. How was this process developed and tested? How did it come into being and why? Understanding this will help you develop faith and greater belief in your ability to connect with them too.

Many of the people who came to me for help with connecting with their angels said that they had read angel books, found feathers, seen various signs and prayers answered, but had been unable to see or hear their angels. They had tried the exercises in the books without much success. I realized that I seemed to have an ability to help people connect instantly with their angels. I assumed that because I had such a strong connection myself, that I could 'jump start' my clients (like jump starting another car from your battery) with my energy and connection. I certainly produced almost instant results and angelic connections with my clients, which delighted and astounded them.

After a few years of working with people, the angels said to me

"We want to give you a process which will make it easy for virtually ANYONE to connect and talk with their angels"

"Great" I said.

"Here it is" said the angels, and the whole process popped instantaneously into my head – I 'saw' the whole process in my head.

"Wow!" I said. "Thank you. That's FANTASTIC!" I could also see the wisdom of the process, a kind of Stairway to the Angels.

"Now I understand" I said "You always get me to start with steps A and B with clients – now I see why. Once they've done A and B, then C and D are





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fairly easy. And once they've done A,B,C and D, then EFG are simple! That's brilliant!"

"Yes." the angels said. "People often try to go from no connection to full connection in just one exercise (using an exercise in a book) – that's too big a leap for most people. If they use these easy steps instead, then they can build their connection with ease."

I was excited I can tell you. 'I can't wait to try this out' I thought. (One of my fundamental principles is that whatever I teach, I make sure it is tried, tested and proven first, not just theory. I always want to deliver outstanding results for people, not just ideas and theories, but things that actually work) I wanted to test and prove this angel process.

Now it 'just so happens' that I had an angel workshop booked for a couple of weeks later. A perfect opportunity to try out the angel process. That first workshop, using the new angel process that the angels had given me, was, up until then, by far the best angel workshop I had ever run. EVERYONE at the workshop connected first time and every time with their angels –they saw their angels, discovered their names, and received helpful and touching messages. The whole workshop unfolded beautifully – it was a magical day. Everyone was thrilled with the day and the results. I asked my assistant for tips and how to improve it, and she said "It couldn't have been any better – the whole day was absolutely magical." And I had to agree – the angel process had worked far better than I had dreamed possible.

I went home delighted that the angle process had proven itself so well. Here was something worth sharing with people.

Then I thought "Oh No!. It works so well, the angels are going to ask me to spend all my time traveling round the country, living in hotels, giving endless workshops – I don't want to do that.' (At the time, I was still suffering from M.E. and didn't have the energy to do that).

"No" the angels said to me "We've got a much better idea for you."
I was relieved. I wondered what they were going to say next.

"We would like you to turn this angel process into a home workshop course, with sessions, a manual, and guided mediations on CD. Then you can send this angel course out to people anywhere in the world, without them having to wait for you to come and run a workshop in their corner of the world. They can start whenever they are ready, where-ever they live.

Again I thought what a great idea. I also 'just happened' to have met my business partner Richard, who told me he could help with physically producing the manuals, recordings and CDs, making it look nice, creating a web-site, and sending the courses out. All I had to do was write it!





It was a joy to write, and record the meditations. I channeled the entire course – I was guided what to write. It came our perfectly first time – it was a joy to write. I just sat there and the words flowed out of me. No redrafts or amendments (I'm a bit of a perfectionist normally, so I would have played around with it for months otherwise) – I just knew the first draft was right (it had been written through me by the angels).

Again, wanting to only offer proven things, I wanted to test the course out. Could people really connect with their angels in the comfort of their own home, on their own, without the benefit of my physical energy or input, using just the course and CDs alone?

I had to find out.

The First Test

I decided to place an advert in a spiritual magazine saying 'WANTED – 20-30 people to test a new angel course' I thought that trying it with 20-30 people would show if it worked or not. In fact, I received OVER 300 CALLS, and over 100 people ended up testing the course.! "Wow!" I thought "This is a sign that the angels DEFINITELY want this to go ahead."

You can guess the next bit. The results were absolutely astounding. People reported meeting and talking with their angels regularly using the course, receiving healing, miracles, inspiration, improvements in all sorts of different areas of their lives. Each of the steps of the 'stairway to the angels' seemed to produce helpful results themselves, and collectively the results and affects on people's lives was incredible. As I read through everyone's feedback, I realized that the course had indeed opened a 'doorway to the angelic realms' through which the angels love, guidance and messages was able to pour through to each person. I was humbled and touched by the stories I read. I received countless letters of thanks. I knew it was not me, it was the angels who were working the magic.

The Course is Launched

After the truly incredible test results, it was obvious we needed to launch the course. The course was therefore launched in 2003 via the web-site and some adverts in spiritual magazines. Amongst some of the first to take the course were some people living in remote islands off the coast of Scotland – a place where I doubt if any speaker would ever go to run a workshop. How wonderful to be able to help them. People enrolled from towns and cities all over the country, and overseas too, all ready and eager to connect with their angels. During the subsequent years, the course has found its way to people





in over 25 countries across 5 continents around the world – North America, Europe, Africa, Asia and Australasia. The course continues to be available to this day, and I continue to receive touching and inspiring feedback from course students all around the world.

The angel process, the 'Stairway to the Angels' as I call it, and the angel course, *Guided By Angels*, is working its magic and helping people to connect with their angels (and helping the angels to connect with us) all over the world. We are building a network of angel workers around the globe. Come and join us. The course is available to you wherever you live, right now, anytime. And for those who live near enough, you can come and experience it as part of a group workshop too. (See web-site for details of both of these). The angels would like many more people to connect with them. You can do so too, if you wish.

The more of us that connect with the angels, follow our highest path, and help to spread light and love and help to others, the better the world will become.

A Vision Of The Future

I received a vision from the angels many years ago of thousands of lights all over the world, all interlinked, creating a network of lights around the planet. These lights are angel-workers, and light-workers, all linked together and working together for higher good. It is my intention to create a world-wide angel club, or society, in which all angel workers can be united. There would be mediations on special days, millions of people all praying and meditating together around the globe at the same time – can you imagine the power of that – and uniting their efforts to improve the world. Newsletters, links, campaigns, opportunities to network and assist one another, meetings in every nation. Imagine the good we could do.

That vision is still some way off, but I can see spirit guiding me forward. Already the angel course given to me to share with the world has reached people in over 24 countries across 5 continents around the world, and there are many others working for the light too. Passing this book on, encouraging and inspiring people, inviting people to take the next step in linking with the angels, is one way of helping to make this vision closer to reality.

You can play your part too, and join the growing numbers of people around the world, linking with the angels, and working in even bigger and better ways for the light.





Spreading Your Wings



We hope this small angel ebook, together with the resources and courses offered at the end of the book, encourage you, and inspire you (and your friends) to take the next steps forward in developing your links with the angels, and allowing them to assist and enhance your life, and the lives of those around you and others you will touch during your path and lifetime on earth.

Enjoy it, and please pass it on to others who may appreciate it too.

Now it's time for the angel messages and stories ...





Chapter 1

Health & Wellbeing



I was lying in hospital and awoke in the night to see an angel standing at the foot of my bed. I thought I must be dreaming, pinched myself, shut my eyes, opened them again, but the angel was still stood there. He was huge, surrounded in brilliant golden light. He spoke to me and said “Do not worry – you will make a full recovery”. I then felt waves of healing energy washing through my body – it felt wonderful. After a few minutes, it stopped and the angel smiled and disappeared. In the morning the doctors came round to visit me and were amazed at my sudden and unexpected overnight dramatic recovery.

We are more complex beings than we realize – we are intricate beings of mind, body and spirit, interwoven with God’s love and the with spark of God’s Light lighting us from within. Here on the earthly plain, we lose sight of our brilliance and radiance, and become clouded and clogged with earthly pollution – physical, mental, emotional and spiritual. How best to restore ourselves to shining lights? The angels can help us with this. They can lead us to the physical and lifestyle changes and appropriate healers and types of healing that we need, but also comfort us emotionally, help us heal our wounds, understand the bigger picture of our lives, develop inner peace and faith, and help us move forward.





All of us suffer from physical illness from time to time, some more serious ones than others. Illnesses often contain lessons for us – either forcing us to stop for a while, and have time to think and reflect on life, or sometimes they may healing lessons that are important to us, which we may learn on our journey back to well-being. Often we need to be healed of emotional, mental or spiritual problems too – equally important – the angels can guide us to what we need. They can answer our long held questions – Why did this happen to me? Why did this person treat me this way? Why do I have this ailment or disease? What is the higher lesson for me? How can I heal, let go, learn and move on? What helpful guidance does this provide about my path for the future?

The angels can intervene directly, providing us with direct healing (I have experienced and heard many examples of this, removing our pain and symptoms directly, (though this is relatively uncommon). Or they can give us messages about the condition and how to treat it, or lead us to articles, information, healers, therapists and situations which give us what we need at the time.

They can also help us to heal the underlying pain and *cause* of our suffering. They can help lead us to make changes in our lives which leave us feeling free, whole, renewed, blessed to be alive again. Serious illness is very often a blessing in disguise, which leads the soul to discover new things which ultimately benefit that person's life. The journey will be different for each soul, but the angels lead us to what we need, at exactly the right time. The wisest doctor in the world is not all-seeing and all-knowing – he/she cannot look into our soul and lead us to what we need to lead us back into the light and back to our path. That is why it is so wonderful to work with these beings.

Here is a message from the angels, followed by a few examples and comments from those who live and work regularly with the angels.





Beloved Ones

You do not appreciate the beauty of your souls and your bodies in the inner plains. They are magnificent creations – intricate systems of light that serve your soul perfectly. If you could see your spiritual energies, the radiance of your aura, rather than merely your physical bodies, you would know how beautiful you all are. The Earth is being flooded with light and energies at this time to help heal the planet and help mankind ascend. This will bring many old problems to the surface to be healed, collectively and individually. Many of you are sensitive souls, and will feel changes in your body during these times (not always pleasant), but trust that it is part of the healing process and purification of your being and soul – you will emerge feeling lighter, freer, better than ever before, cleansed within your soul, able to be true to your soul. Illness is not a suffering, it is a gift of enlightenment and purification, if viewed from the right perspective. You are an interconnected mind-body-soul, so as you heal one aspect, the other aspects of your being are healed simultaneously. Take care of your bodies, the temples of your souls, for your happiness and path are dependent upon your physical, mental, emotional and spiritual well-being. Call upon us, and we will guide you, in whatever ways you are best able to receive our guidance.

The angels will gladly respond to requests for help with personal healing, whether physically, mentally, emotionally or spiritually. They will rarely ‘magic’ the problem away, rather they will guide us to whatever we need next. Here are some examples from angel course students:

“ I asked the angels what I needed for letting go of past emotional problems. I wanted to get on with my life, but my health was stopping me. I had tried many alternative therapies including healing, but nothing seemed to move me forward. A voice came into my head that healing would help – I thought if I was to try healing again, the angels would guide me to the right person. The very next day a local paper had an advert on the front page about healing, and spoke of a local man who had just started healing in the town. I phoned him and had several sessions, and I have made a lot of progress. Maybe I wasn’t ready before, or maybe the angels simply guided me to the right healer for me. ”





“I have been ill for several years and asked the angels to give me guidance on my health issues. I am a herbalist so I know that diet and exercise are important. I have had several operations, which have caused mobility problems and a few extra pounds. After asking the angels for help, the next day I had a visit from a lady who told me about her friends who were personal trainers and were starting up on their own. The following day (good timing!) I was going to the doctors for a blood test and mentioned this to the nurse. She said I could get a prescription for the doctor for the local fitness centre for a ten-week program. I felt better with this program, but felt I needed extra help, so I also got myself a personal trainer too. I feel this has been the right guidance for me and has helped considerably. Thank you angels for bringing me the timely guidance.”

“By using some of the exercises in the course, I can do in a few minutes what used to take me half an hour. I can keep my energy systems functioning with little effort, and so concentrate on more advanced techniques, to better serve humanity by walking quickly down the path of ascension. I am now using the bubble of light for spiritual protection. I feel the energy of the bubble, whatever or whoever I want to protect. I know then that the things / people are fully protected.”

I

“I work with people with problems. My angels said I need to cleanse and protect my aura every day. I asked how and when. I'm so busy I couldn't see how to find time. I was surprised at the answer. The angels told me to do the spiritual work in the shower. Actually it works brilliantly. While I am having my shower every morning, I ask for my aura to be cleansed – the water helps with this – then I asked to be filled with divine light. Again I imagine my aura





being filled as the water pours down onto me and warms me. Then as I dry myself and get dressed, I put on my protection. This gives me a big boost every morning. ”

“ *I have found that if ever I am ill, but need to run an angel workshop, the illness will magically disappear for the duration of the workshop – I feel fine and energized – then reappear afterwards when I am resting and have time to heal. ”*

“ *I went to the hairdressers. Upon putting my head on the back basin for a shampoo I had chronic pain in my spine. I cried and cried with pain and after visits to doctor, physio, osteo, A & E I asked spirit of course as well. On 4th Feb I was at my lowest ebb in bad pain I put my arms out and asked spirit to give me healing and upliftment, I then saw in my minds eye I saw a flower then the smiling face of Mary. I felt calm and fell asleep. Since then I have improved and have cut my tablets by half. I never stopped doing my short morning meditation during which I asked for healing one day I asked to speak with Raziel who said: We are aware you have been in a lot of pain, out of this will come an improvement, the job you seek, home move, better health, we angels are aware of your struggle and are with you,, know you are loved, blessings to you. I said my thanks but then got a shock I then saw: Raziel who arrived on a white horse turn into an Indian warrior in full red Indian clothing on a white horse, he raised up his spear (which had feathers adorning it) and chanted Indian over and over. He said he was White Eagle, he then rode away. This made me smile and I felt secure and protected and hopeful for the future again. ”*





Thoughts To Ponder

1. What do you need to heal within yourself? (Ask the angels to help you)

2. If everyone you met thought you were a beautiful being, how would you feel? What difference would that make to you? Treat others this way, and this will be reflected back to you.
3. If you have 'suffered' from illness, what have you learned from it? What else can you learn from it? How has it helped your journey? See the perfection in everything, including yourself (and any illness). Accept the perfection of the universe, and be at peace, knowing that God, the angels and universe are guiding you along your own unique path of growth. All is well.

Ask your angels to help you with your health, well-being and radiance. Note any thoughts / ideas / signs or messages that come to you now, (or over the next few days).





Chapter 2

Family and Children



I was waving my daughter off on a school trip. I asked the angels to protect her and the other children on the trip. A moment later a large blue van with the word "Angels" on the side drove past. I knew right away that she would be protected – blue is the colour of Archangel Michael.

Our families are precious to us. The role of parenting is a vital one, especially as more and more highly evolved and enlightened souls are choosing to be born at this time – they need to be nurtured and guided appropriately.

Parenting is one of the greatest educations in our earthly life. The angels would like to make some comments on this increasingly important subject.





The Role of Parenting

As a parent, it is your role to encourage and help guide the balanced development of your children's physical, mental, emotional and SPIRITUAL well-being.

You will have a far greater impact on your children than you realize, for they will carry your influence for the rest of their lives, whether you are aware of this or not.

If you have gifted children, encourage them, nurture them, support their uniqueness and unique gifts, and endeavor to teach the principles of right living, such as love, tolerance, discipline, respect, application, love for self, love of others, love for the planet and all living things. Plant nuggets of golden wisdom within them with love and give them the foundations for an extra-ordinary life. They will carry these around for a lifetime, and tell others of your wisdom and love, so that your effects will grow and spread beyond your children and down through successive generations. Many of your children have a special role to play upon the earth. You are the Guardians of their souls – help guide them and prepare them for the future.

For those of you facing difficulties with your children, or who have children who have some challenges, remember that each soul CHOOSES its circumstances and parents to help its soul development – to learn the lessons it needs to learn, and to prepare for its lifetime's work. If your child has health difficulties, there is a REASON – it is a gift from God to help bring forth the best qualities from their soul (e.g. Inner Strength, Courage, Patience and Determination). They may have chosen you as a parent to help bring out certain personality characteristics within their soul (or within yours!). Any difficulties you and your children are having with each other may be pointing to deeper lessons to be learned and further soul qualities to be developed. Look for what both you and they could learn from such difficulties. You are both spiritual beings helping each other to grow. What is the lesson, the gift, for each of you? If you genuinely seek it, you will find the gift. (e.g. unconditional love, forgiveness, independence, free will).

Be an example unto your children by continuing to work on improving yourself.

Your children chose you for a reason, for better or worse, to help bring out the qualities they need for their soul path this lifetime. Can you see what that is yet? Can you recognize their strengths and gifts which they may use on their path? Nurture these. The angels can guide you. Your children are a big responsibility, and an opportunity for you to contribute to yourself, to them, to all those they will touch during their lifetime, and to the universe. Your contribution to your children has a far greater and longer lasting affect than you realize, and is worthy of deep thought, understanding, contemplation, love and wisdom, rather than hurried practicalities of providing only for the





body, not the spirit or soul, which is currently performed by many parents who are less enlightened.

The angels are here to help you understand your children – their lessons, their gifts, their challenges, and their paths, and to give you guidance, support, advice and reassurance. You will then KNOW that your children are gifts from God, and that they are receiving the highest and best contributions that you can provide for them. Let us help you with this vitally important work. With the right grounding, your children will carry this ascension work onwards and upwards to new levels. You will be able to look down on them with satisfaction at the contribution you made to them.

Many people worry about their children – will they be alright? Will they be bullied at school? Will they find happiness? Many who are on a spiritual path have gifted, highly spiritual children, or ‘problem’ children. Being a parent is fraught with worries at every stage.

The angels said :

You worry far too much. This is wasted energy, and counter-productive. Being a worrying parent only projects your fears and lower energies onto them. Far better to ask “What else can I do to improve the well-being of my children” and be open to ideas. Pray. Have faith that they are being cared for by God and the angels. Come from a position of love, compassion and determination to see them grow and become happy, strong, unique individual souls. Shower them in your loving energy daily and watch them grow. This is easier said than done, we know, for it requires you working on your own spiritual enlightenment too, and keeping yourself happy and full of light and love too. We can show you the way.

Course students reported a BIG shift in their attitudes and behaviour towards their children, and in their children too, as a result of working with the angels. Sometimes the changes were quite miraculous. Here are a few examples and comments.

“ I discovered that my son was being bullied at school. The teachers seemed unwilling or unable to do anything about it. I was very concerned for him. I asked the angels to help. A week later, the bullying stopped. I asked my son what had happened. He said the bully had left the school and gone to another school instead. I was thrilled and thanked the angels for protecting my son. He’s doing fine again now. ”





“ While doing the Healing Temple exercise) I was lifted up to a glowing temple with divine light. Inside was a healing bed, like a room in a salon or clinic, where I was brought to lie down. I felt purple, pink and green light wash over me. I saw a pink energy around me, and the angels told me this was ‘Heartfelt Love’. I then saw a pregnant angel (I know – most unusual!!) but I did – I knew instantly that I was being told my best friend would soon conceive – a gift to me because I knew my friend was so concerned she wouldn’t conceive. (Yes she did soon conceive!). Afterwards I felt elevated, like I had a different perspective of life ‘down here’.

”

“ I was looking for a new house and felt good about one I saw. Just then I noticed a large white feather in the middle of the floor. I thought ‘That’s funny. If I was showing somebody round my house I would have tidied up first’ You couldn’t miss it. I took it as a sign from my angels that it was the right house, as I saw it just after my thought about being the right house –it was a sign of confirmation. I bought it, moved in and have been very happy there.

”

“ I asked the angels for help in my daughter’s relationship with her boyfriend. He is a very jealous and possessive young man, which causes many arguments which upset both my daughter and myself. The angels have given me support and guidance on how to support her at this time. As a mother you want the best for your child, and when you are faced with this sort of situation you sometimes have to stand back and let your child learn from it. I have felt the voice of my angel guiding me what to say. My daughter has got a lot stronger – I know she is receiving guidance. She has started to take control of her life. She has also asked the angels for guidance in her relationship – she has written letters to the angels which she feels has helped her. Thank you angels. Recently my daughter phoned to say that she





and her boyfriend wanted to come and visit. I asked the angels to help, as I wanted a peaceful time with no arguments. The morning they arrived I had 25 doves front and back of the house that stayed during the visit and gradually left after they had gone. We had a wonderful few days together with no arguments – what a wonderful sign of angelic help. Thank you again angels. ”

“

I couldn't decide where to live after returning from abroad. I had explored many cities, but none seemed right. While visiting a friend I asked the angels 'Where should I live?'. A voice said "Drive West for 2 hours". 'How will I know when I've found the right place?' I asked. "You'll know" they said. So after visiting my friend I drove west for 2 hours. After 2 hours I saw a beautiful rainbow arching over the city ahead, and I knew that was where I was supposed to live. I have moved there and I love it – it feels like home. ”

“

I was packing our bags in readiness for myself and my two daughters to go on vacation when I realized I couldn't find our passports. I hunted everywhere. I asked my daughters if they had them. No. I asked the angels where they were. They said "In the top drawer of the desk." I thought 'I've already checked there at least twice'. They said "check again." So I went to the desk, and there they were, as clear as daylight, in the top drawer, on top of some papers. I thought 'I couldn't possibly have missed them' I think the angels were proving to me that they could help me- they moved them there. I thanked the angels for helping me find them. ”





“ *In one incredible example, the angels helped our family recover our missing guinea pig. We had two prized and much loved guinea pigs. One day, one of them escaped and vanished. My daughters were upset and heart-broken. We searched everywhere – all round the house and garden, to no avail. Eventually I said to the girls, “He’s lost. There’s only one way we’ll find him. Are you willing to try?” They agreed. We closed our eyes and asked the angels to tell us where he was. All three of us got the same identical answer ‘Upstairs, in the bottom left drawer of the cupboard in the spare bedroom’ This made no sense to us, but all three of us received exactly the same message. We rushed upstairs and sure enough, there was the missing guinea pig, in the bottom drawer of the cupboard in the spare bedroom. Amazing! What I love about this is that it is almost like a scientific experiment – all three of us received the same, highly detailed and accurate answer. Proof of the angels, if ever we needed it.* ”

“ *I was told by my angels that we (my family and I) would move to a house with countryside behind it in a particular village – I saw the house in all its detail very clearly in my mind. We had been thinking of moving. I hadn’t even heard of the village before, but I looked it up, and it was in the area we were thinking of moving to. The next day I drove out to the village, and there to my astonishment was the exact same house! It looked perfect for us. The only problem was, it had just been sold! I have faith in the angels so I contacted the estate agents anyway. A few weeks later, the original sale fell through, and within 3 months we had bought it and moved in. We love it here. The countryside around us has such a lovely energy.* ”





“ I had a step grandfather that I was very fond of and when he passed over, I was supposed to receive some jewelry from him but of course, family greed got the better of certain people and I was given a medal what he had won during the first World War. I didn't take much notice of this until I found it out of my jewelry box and realized that he had won it at the Battle of Mons where the Angel of Mons appeared and of course, a special medal was struck with the Angel of Mons on the back of it to recognize the accepted appearance of this mighty angel. (In the First World War British soldiers who were surrounded by the enemy claim angels appeared protecting them, firing flaming arrows at the enemy to keep them at bay, and allowing them to retreat safely, saving their lives. It was widely reported at the time as a miracle). I now realize that this is worth all of the treasure that I should have had because in my angel work I can use this medal and this story to prove just how long the angels have been around this time. ”

We leave you today to ponder these wise words penned by Kahlil Gilbran in The Prophet:

Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you. And though they are with you they belong not to you.

You may give them your love, but not your thoughts, for they have their own thoughts.

You may house their bodies, but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit, even in your dreams.

You may strive to be like them, but seek not to make them like you, for life goes not backwards nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth.

The archer sees the mark upon the path of the infinite, and He bends with you His might that His arrows may go swift and far.

Let your bending in the Archer's hand be for gladness, for as he loves the arrow that flies, he loves also the bow that is stable.





Thoughts To Ponder

If you have children:

1. What special qualities can you already identify in your children? Nurture and encourage these.
2. What are your hopes and expectations for your children's future? Let them go – these are YOUR thoughts, not your children's. Support them, nurture them, teach them values, then encourage them to find THEIR path, utilizing their gifts.

If you do NOT have children (and even if you do) ask yourself:

1. To what extent did your parents encourage you and your gifts? How would you have preferred them to treat you? How would you have felt if they had done so? What can you learn from how you were raised from your parents? How can these lessons help you to be more understanding or helpful towards others?
2. To what extent are you free from your parents expectations and influences? It's never to late, beloved child of God, to find your way.
3. What simple steps can you take to make yours a happier and more loving home?
4. Whether you had a happy or unhappy childhood, how did this help to make you a better person (e.g. stronger, more loving, independent?). Be thankful for this – these qualities may help you more than you realize (there are no accidents in this world – we often choose our parents to help us learn the lessons we need).

Notice any thoughts about how you were raised, or how you raised your children. Are there any issues that would be beneficial to deal with? Ask your angels for guidance and help, and notice any thoughts or coincidences over the next few days.





Chapter 3

Improving Relationships



"I had a big argument with my boss on the Friday. I didn't want to worry about it all weekend, so I called on my angels to help me. I immediately felt a great peace fill me, and knew everything would be alright. On the Monday morning, my boss called me into his office, apologized, and we agreed on a new policy. The angels had moved his heart and mind over the weekend and dissolved any negativity between us."

We all long for happy, intimate relationships with our soul mate or partners, children and friends. Especially, it seems, for romantic love – our soul mate. The search for love occupies a large proportion of our life (the search for both outward love and companionship, and also love for ourselves - feeling love inside).

Being loved (and giving love) is an essential part of being human. In the past, when most of humanity was cut off from spirit, we sought love in the arms and affection of another human. Now that the angels and spirit are more easily accessible, we can reawaken to our divine love, which is a more lasting, enduring and powerful love. With divine love inside us, then we can truly love others.





For many, this is a lifelong search, seeking to heal the inner emptiness of unhappy childhoods, disappointing relationships, low self-confidence and self-esteem. This can manifest in a variety of problems – eating disorders, compulsive behaviors, eating, smoking, drinking or shopping to try to fill the emptiness within, restlessness, desperate searching, working too hard (workaholic) to hide the pain, or resignation and acceptance of less than we deserve – in fact the whole gamut of human misery and misbehaviors can be said to be due at least in part to a lack of feeling loved.

The irony is that we are all beloved by God (despite current apparent circumstances) and greatly loved by the angels. The problems of our lives are sent to teach us lessons, to help us grow. When we can see ourselves as souls, here to grow and learn and contribute to others, we can heal the hurt within, and open to divine love, that is there inside us all the time. Connecting with the angels helps us to find this inner peace, strength and love we have inside ourselves, and for others. When we link with the angels, we also feel the love of the angels around us and with us. Thus we see we are never alone, always loved, always have love inside - the search is over and the pain is healed.

With love inside, we discover a love of life. With love inside ourselves, and a love of life, then connecting with others, and loving others (with unconditional love) becomes easier. With love inside ourselves, we bring out the best in others, and we draw to us the perfect soul with which to share our lives (if we haven't done so already) – two happy whole beings sharing love, learning and growing together, rather than two desperate seeking souls seeking to be rescued from their torment and 'made whole' by the love of another (which rarely works, except by Grace). When we find love inside ourselves, we find love with others.

Thus our relationship with our self is the first thing that improves with a closer relationship with the angels. We are beings of love and light. Talking and linking with the angels helps us to remember this. Then when we remember that we have this divine love inside ourselves all along, and the love of God and the angels constantly with us, we can help others to discover this too. In passing along love to others, we remind ourselves that we have it ourselves, for you cannot give away that which you do not have already.

Relationships can also be great teachers. We are here to learn and grow, reawaken to our spirit, find our true path, and help others along the way. Family, partners, children, friends, colleagues, strangers can all help to mirror aspects of ourselves that we do not see – the person who treats you the worst, does you the greatest favour – they force you to face something you would not otherwise face. 'Bad' parents often force their children to find inner strengths to cope, or to eventually look within to discover the love we discussed above that they feel they never received from their parents. Having discovered their inner strengths and inner love, and healed themselves of





their hurts, they then often go on to help others do the same. Thus the hurts they suffered at the hands of others led to their redemption and saving, and enabled them to enlighten others. It is all part of our path. We get hurt. We heal. Then we help others do the same. We simply do not always see it – we get lost in the drama.

By communicating with the angels, we can discover the lessons of the relationship and/or the situation or interaction, and learn and grow more peacefully and easily. By communicating with the angels, we can also help others to see their lessons and path more easily, and provide the love and support that they need, just as our angels, and those special souls and friends around us, provide the support and help when we feel low.

It is a complex world we live in. We all need help sometimes. The angels are the wisest and most insightful of friends.

Here is another Message from the Angels

This will be a challenge for you, but imagine that you are being introduced to one of God's most beloved angels. You feel the love of God radiating out from this being. As you get closer, you realize that this being is YOU! You remember that you are one of God's children. This changes how you feel about yourself. You immediately recognize which areas of your life are unworthy of a being of light such as yourself, and vow to change these, with love. You see other beings of light around you, and know that these are your fellow souls upon the earth. If one of them mistreats you, you know that it is either because they have forgotten who they (and you) really are, and you show them love, understanding and compassion, and/or you recognize that they have a message for you, that there is something within you that has attracted this behaviour towards you, and this is a gift for you - to go within, see which aspect is not as evolved as it could be, and make some inner shifts so that you don't need that reminder anymore. Imagine caring for and tending your fellow souls who are unhappy and in need of help, and making a difference to them, AND being helped by some of your fellow souls, to help you learn, grow, shed some of your lower aspects of yourself, and become ever more enlightened. Wouldn't this be wonderful? This is life on earth (if viewed from a true perspective).

Now see your relationships in this light, and see what difference it makes.

Working with the angels, seeing things from this higher perspective, puts love back into ourselves and our relationships, heals them, improves them, allows us to release them if we need to, with love, and makes new things possible in our lives. It's a priceless gift. Here are some comments and examples of angelic help from course students:





“ *My husband has been going through a lot of changes at work, and has been a bit moody lately. He is not the most open and expressive of men. I found this difficult. After learning to talk with my own angels, I realized I could ask HIS angel what was wrong and how to support him. When I don't understand my husband's behaviour, I now contact his Guardian Angel, and am guided how to help him – sometimes I am guided to talk to him, sometimes to leave him be. In this way, I don't waste my time wondering what is going on, and I can offer my husband the help and understanding he needs. This has helped a lot in building a stronger and better relationship again. ”*

“ *The angels helped my mum and dad in the way they died and also helped me to 'complete my business with them' as well as comforted me as I went through the grieving process and letting go. ”*

“ *After I split from my partner I felt very low. I needed strength, healing and peace of mind. When I did the archangel exercise, I felt a heaviness around me, like being wrapped in cotton wool, and given a mild sedative. I felt warm, cozy and safe. I felt I couldn't move, but I didn't want to. When it had finished, the heaviness (my own emotional heaviness) had lifted. I saw light again. I felt able to cope again, more grounded. The anxiety was gone. I felt more positive, like everything would be OK. I was able to move forward again, do things instead of feeling too heavy to move. Later the angels told me that if I stayed strong, I would find my path. I wouldn't have so much fulfillment if I had stayed with my partner. I'd reached all the potential I could in that situation. It was time to move on. The angels showed me Omega, an angel card, forging out of the darkness into the light. I knew it was a sign to stay strong and keep the faith. Since then remarkable things have happened. ”*





“ I felt worried after an argument with my husband. I asked the angels for help. Immediately, I found a feather, and I knew everything would be all right. The problem was quickly resolved. S.J.

”

“ While I was standing in a queue in a shop my angels told me to give a message to the woman in front of me. I said “Excuse me, this may sound strange, but I have been given a message that its time for you to finish your book about bereavement.” She said “Thank you, I started writing it two years ago, but I have let it drift. Yes its time for me to finish it now.” ”

“ The biggest miracle happened this week. My sister lives alone in my home country Bolivia with her two children. She was about to lose her house. I asked Archangel Jophiel to help her and show her the beauty of God in her life. And I did a meditation that Jophiel taught me in a dream to help my sister. I did it with all my heart and faith at a distance because she lives in Bolivia and I live in the USA. It worked wonderfully. She did not lose the house, and she was greatly touched by the beauty of God in the way that she received help. ”

“ I was trying to arrange a Valentines Day treat for my wife and I. We had been working hard and needed a break. We wanted to spend a night away in a small farm house or guest house in the country, have a nice cozy meal, and go for some walks, but I could not find anywhere to stay in the area we had selected. I spent a week searching without success. Finally, a few days before the weekend, I said to the angels “If it is OK for us to go for this break, please guide me to some suitable accommodation.” Immediately a voice in my head said “You’ve got a book of small country hotels on the bookshelf behind you – check there” I had forgotten





all about that book. I checked the index and found a hotel exactly in the area we were hoping to visit. I rang them up and asked if by any chance they had any rooms left at short notice on this holiday weekend. They said "Yes we have a special offer running – room plus a candlelit meal for two with a red rose for the lady at a special price" (which was an amazing bargain price). They checked "We only have one room left, that's the one with a four poster bed in it. Will that be OK?" It was perfect. We had a wonderful meal, stay and weekend break. Thank you angels. ”

The angels can help us in all our relationships – lovers, partners, parents, children, relatives, colleagues, strangers – with everyone. They can help us with the good things, as well as with any problems.

Thoughts to Ponder.

Which relationships in your life are most important to you? Who are you glad to have in your life?

Which relationships are in need of healing or improving? How about your relationship with yourself? Your relationship with family, friends, others?





If you could create and maintain more loving relationships with those around you, what difference would it make to you and your life?

Ask your angels for help and guidance. Note any new thoughts or coincidences, either immediately, or over the coming few days.

Working with the angels will shift your understanding and vibration to higher levels, and your relationships will evolve – those that no longer resonate with your higher vibration will be either healed or dissolved, and you will draw new and more loving relationships and people into your life. The angels will lead you to better relationships, which will assist you and your life, and greatly accelerate your happiness and growth.





Chapter 4

Finances & Money



"I bought a second hand machine from America (for my business). It never turned up, so we contacted ebay, paypal and in the end the ombudsman to help us get our money back. It had been nearly a year of battling and no machine!! We had just received a letter from the ombudsman people to say there was nothing else they could do. My partner and I sat at the computer and I asked the angels to help and we tried again to search for the business name and address that we had bought the machine off. This time we found the address almost instantly, but a different business name. I rang the telephone number and explained to the lady what had happened and she was the lady's sister who I had bought the machine off. Her sister had died not long after selling us the machine. They thought that all the sales had been sorted out. She said she could send me a similar machine or a new one if I would like. Within a week, after a year of trying to get the machine or our money back, we received our new machine."

What I love about this story is that after sustained human and legal efforts had failed entirely, a quick prayer to the angels led to a swift, simple and highly satisfactory resolution to an otherwise fraught and frustrating problem. Who says prayers don't work!





I wondered why the angels seem to respond so well to some prayers, but not to others. Do we have a weekly quota of wishes? Do they answer one in ten? I decided to ask them. Here's what they said.

“Loved one we hear all prayers. Sometimes it is appropriate for the soul to continue to take actions for themselves. Sometimes the timing is not right – it is part of a bigger picture. They may need to wait. Often it is entirely appropriate that we intervene and work our magic to help, and in these situations we are delighted to do so. So when it is right for us to do so, we happily assist.

We will normally send some sign or message in response to any prayer, such as the thought 'Wait', or some other prompt to action for example. If you are aware, and look for it, you will see our response to your prayers. Sometimes, if you see nothing else, no response means that either the prayer is not in the interests of your highest good, or the timing is not right yet. So no answer is an answer too!

Finally, remember that generally speaking, with a few exceptions (such as protecting you in life and death situations) we can only intervene and help if you ask us to help you. For this reason, it is better to ask us too frequently than not often enough! Do look for our other answers as well - not simply for the results you seek. In this way, you will receive maximum help from us angels, maximum guidance, and fewer disappointments (from not listening). We look forward to your next prayers.

That makes perfect sense to me – pray often, and watch for the response. Sometimes they will help if it's appropriate, sometimes they will send you signs and messages or inner promptings, and failing all else, no answer means it's either wrong for you or the timing is not right.

Bringing Us What We Need

Money and finances is a subject that one could write a great deal about. One of the most common findings that those who work regularly with the angels experience is that the money they need always seems to appear, AS IF BY MAGIC, even if they can't see where it is coming from. They rarely send what we want, but rather they send exactly what we need. I have seen this countless times in my own life, and from students and those who work with the angels.

“ I was short of money one month, and called on the angels to help me. They told me not to worry. As the end of the month approached, I couldn't see any way to get the





money I needed to pay my monthly bills. Then a wealthy woman came to me and decided to pay for a whole series of treatments with me in advance in one payment. It was just what I needed. ”

“ I knew that I was short of £600 for the month. The angels told me the money would appear by the 28th. As the day approached, I knew there was not enough time for enough clients to book, or for the money to appear in anyway that I could think of. I believed the money would appear somehow, as they told me, but could see no way how. On the 27th I received a letter from the bank. I had recently re-mortgaged, but there had been a mistake with the calculations, and they were enclosing a cheque for £600 which was owed to me! ”

“ After I signed up for the angel workshop my husband stopped paying maintenance, which effectively halved my income. I wondered if I could afford to do the workshop. Then I suddenly and unexpectedly sold two of my paintings, which paid for the course. The angels always provide the money if it's needed. ”

The angels support us in our lives and on our paths, so that we can move forward and fulfill the work here we are destined to do. Trusting that they will provide for us seems to be a bigger challenge.

So many humans worry about money – it is an epidemic. Yet you live in one of the most opulent times in human history, with houses full of gadgets (that you don't really need) and supermarkets overflowing with delicious foods from around the world – you live in the lap of luxury, compared to most times throughout history. Yet you all worry about money. It is because you are (generally) too wrapped up in the material world, which is still the heart of your mass culture. By switching your focus to spiritual matters, growth, contribution, developing yourself and your gifts, you will discover that abundance of the heart, and great riches, come from following your spiritual path. Your inner happiness will expand, and you will experience the joy of following your soul and spirit, helping





others, and knowing that you are doing the right thing with your life. Money will be taken care of along the way, for we want you to progress.

Your lives will develop more easily if you follow the flow and follow your guidance, rather than insisting on having things.

Let us help to bring you what you need, and lead you forward with your life.

Maybe that is the real challenge – following a spiritual path, seeing the unfolding flow of our lives, the blessings of the divine, including money as one part of that, rather than seeing the angels as a 'cure for all our problems' and asking for all our wishes to be granted. When we follow the path we're meant to take, everything will be taken care of.

“ I needed money not only to pay my bills, but because I wanted to go on a healing course I felt drawn too. I knew that if I was meant to go the money would be provided. Sure enough, completely out of the blue, I received a cheque from someone who owed me money from years ago. ”

“ One woman I saw on TV yesterday while preparing for this chapter was out of work, engaged, but did not have the money to get married. Her fiancée had booked a holiday for them, but the day before they were due to leave she had an overwhelming feeling that she should not go, that something good would happen if she stayed in the country. Her fiancée was not pleased! However, they cancelled the holiday, and a few days later she was invited onto the quiz show Who Wants to Be a Millionaire, and won £64,000 ! That was enough to pay for the wedding, a deposit on a home, and a whole lot more. She was pleased she followed her guidance (to put it mildly!). ”

There is no limit to the different ways that the angels can provide us with money (or guidance, support or other help) that we need. We just have to learn to trust that there is always enough and that we will receive whatever we need on our journey.





Thoughts To Ponder

If you look back over your life, can you see:

1. Numerous times when you managed to find the money you needed to buy something (e.g. a bike, a car, a course). Perhaps sometimes the money came miraculously, or you found the means to create it?
2. Have you ever been so short of money that you couldn't afford to eat? (If so, you found a way to survive). We are SO lucky compared to much of the starving developing world. Let's live with thanks for how truly blessed we are.
3. Are you worrying about money? Ask the Angels to help ease your worries, and provide for your needs. Say a short prayer.
4. Tithe – give some money to charity, even a small amount each month. By giving it away, we are unconsciously recognizing that we have more than enough – a powerful affirmation.
5. Consider what is really important to your life. Material possessions? Your family? Your spiritual growth? Helping others? Being of service?





Chapter 5

Healing With The Angels



Often, when I am doing healing on my clients, I see little sparks of colored lights around them. I know it is the angels helping the healing process. On one occasion, they gathered around the neck of my client. Lying there with her eyes close, she remarked that I had hot hands and she could certainly feel the healing taking place around her neck. I hadn't even begun yet – I was standing down by her feet at the time!

We are all here to learn and grow, and to help others while we are on the earth too, sometimes in small ways, sometimes in bigger ways. For some it may be a word of comfort, help for a friend, or a small kindness to a stranger, that touches their lives and makes a difference. For others it may involve starting a healing business, performing charitable work, or running a business in a more spiritual and enlightened way. We may touch other peoples' lives in expected and unexpected ways.

The angels love to work through us to help touch others too. Sometimes when we sense this (for example when speaking words of comfort or advice which 'just seem to come to us from above', or when giving healing to others and sensing divine energy and help) it is a great joy to be of service. In the great jig-saw of life on earth, we each have a part to play. The more we tune in and





allow the love and guidance of the angels to touch our hearts and guide us, the greater the service we can be to others.

The angels love to work with all of us, including those who provide healing, in some shape or form, to others. The angels have the power to assist during the healing – many people see lights, feel energies, sense hands guiding them, receive divine guidance on how to help the client, speak words unexpectedly, to name but a few ways – they help us to provide more powerful healing and assistance to others. The angels also love to guide the healers themselves in developing their gifts further, opening doors and showing them new ways to expand their gifts, and supporting their work, so that it may develop and spread. All this, in addition to all the other ways that they help everyone with their lives. Those who have studied Reiki (channeling divine healing energy) will usually feel especially in tune with working with spirits and angels (channeling divine guidance, support, help and messages, for themselves and others).

Message from the Angels

Healing is more than healing what ails another's body. It is also about recognizing the soul in the other – a connection at a soul level, the spreading of love and light to another, that reminds them at an unconscious level of who they really are. Attention, listening, compassion, love for a fellow soul, are all deeply healing in themselves to another soul, for it is at this level that we most affect changes. Physical symptoms come and go, healing and growth at the soul level is enduring. The love and care you give to each other, whether on a treatment couch or in another's office or home or in the street, are all acts of healing. Let the divine work its magic and miracles through you, and be not amazed at the happy response of others.

The angels would also like us to change our perception about healing per se. Some progress has been made, but there is still a long way to go

Beloved Ones

Much progress has been made in recent times in people opening up to complementary therapies and a more holistic approach to illness and health. Humans are recognizing the complexity and interconnectivity of their mind, body, spirit and emotions. This will develop much further. Healers are increasingly studying a range of healing techniques, and recognizing the similarities and complementary nature of different approaches.

To take just one example, meditation, diet, and visualization are increasingly seen as beneficial to those undergoing traditional treatment for cancer – the holistic approach is





seen to improve their response and recovery by keeping them in optimum health and thereby helping their healing. This is a step in the right direction – what you might call multi-dimensional healing.

In regard to healing, most people still take a fairly primitive view (forgive us for our bluntness!). People generally regard illness as something 'bad' to be 'fixed', ideally as quickly as possible. They also hope for the 'magic cure' – ONE thing that will solve it all. This is desperate and unenlightened thinking. It ignores the complexity of our beings and of the universe.

It is far better to see illness as a blessing – as a gift from the universe in the form of a lesson for you (or clients, if you're a healer) to learn from and make positive changes. Nothing happens by chance. The illness provides the opportunity to learn a valuable lesson that will lead to improvements in life. If you don't learn the lesson, you will be doomed to repeat the lesson, and probably further illness. (Taking a tablet to 'cure' an ulcer, why ignoring the underlying stress that caused it, misses the gift of the illness, and will only lead to further problems).

*So learn the lesson of each illness or ailment. See the message and the gift contained therein. You will probably know if you stop and think (or guess). **We angels can also identify the real lesson, for you or others.** There may be underlying physical, mental, emotional and/or spiritual causes which need to be addressed in order to produce full healing for the person (e.g. self-image, childhood problems, diet, self-love, unhelpful attitudes, need for forgiveness – a whole host of possible lessons and healing). With the help of the angels, the person can not only heal the illness, but also heal and resolve the underlying CAUSES, which will provide lasting healing and benefits and improvements to their life. We can work with the person to help them resolve unhelpful thoughts, patterns and issues in their lives which may have given rise to this healing crisis.*

Healing these deeper issues may lead to positive changes in many areas of the person's life – it may even herald a transformation of their being and their lives. Many have had their lives transformed (for the better) by illness. Many go on to help others to heal their lives too as a result of what they have learned from their own illness. As they allow wisdom and light into their being, they heal themselves, their lives, and touch the lives of those around them. Illness can not only help the individual, but is frequently a way to spread understanding and help to others who may meet this soul too.

Working with the angels can help in a number of ways. We angels can help to explain what is going on with the person, so they can see clearly the lessons and 'silver lining' to





the condition. We can also help with healing, sending healing energies to help heal them, during healing sessions, and/or at other times too. We angels can also guide the person to whatever they need to help them heal themselves and their lives. The guidance can be explanations and advice sent as messages via the healer, or via signs and serendipities ('co-incidences') which help the person in their everyday life. There is no end to the ways that we can help a person heal.

Viewing illness positively, as a valuable lesson, and a potential catalyst for change and improvement (even possible transformation) for the person and their life, will transform the nature of healing and life.

You can adopt this new perspective for yourself, and call on the angels to help guide you and your family. If you are a healer, call on us angels to help you unlock the lessons of the illness and open the doors to healing and transformation for your clients. Working with angels can greatly accelerate healing, improve attitudes towards healing, and help many to improve their lives.

Working with the angels will help you and others heal faster, learn lessons, accelerate your spiritual growth, and improve your lives (and those of others around you too). We can be a valuable force of healing for healers and non-healers alike. We are here to help you speed up healing, so you (and your clients) can progress to the next levels of your life's path.

While working with one of my clients I received a message that she was destined to work with the health service, to help people recognize the deeper lessons of their illnesses, so that

- They would be less likely to relapse, and
 - The illness, and stay in hospital, could be viewed as a positive, life-enhancing experience, which leads to improvements in their life.
- (Imagine that!)

Imagine how much pain, heartache, suffering and recurring illness could be avoided by such an approach. Can you imagine a society which views visits to hospital in this way? You should, for these are the sorts of changes that are being ushered in.

(Unbeknown to me, my client subsequently told me that she had secretly been studying with a gifted doctor who had a theory that every illness contained valuable lessons for people. My message helped to convince her that she had previously been on the wrong path, and that this was her true calling.)





Angels and Healers

The angels love to work with healers. Working with angels is particularly complementary to Reiki healing, which also involves working in tune with spiritual energies, and many other healing therapies. Many healers already sense guides and beings around them helping them. Working closely with and talking with your angels is a natural next step. Many healers see lights around them while performing healing, and/or sense guidance or the presence of beings helping them.

The angels do of course also help any other sort of healers, or people who call on them for help. The stronger your connection with the angels, the more they can help and guide you.

The angels can help healers to:

- Provide better quality healing, and love and light, to their clients
- Find the message and underlying cause of the condition, and the lesson for the person
- Develop their own healing gifts, and path, to further heights
- Support and develop their healing business so they can provide deeper healing to more souls
- Bring the right people to them for healing at the right time
- Support them with other aspects of their lives, to maintain balance and progress in all areas of their path
- Help them develop their inner love light and happiness within

If you are performing healing already on others, or feel the desire to do so at some point, having the assistance of the angels will assist you greatly. You can continue to provide healing without the angels, but why would you want to, when you can do so *with* their assistance? Those who have learned how to work with the angels know the difference it makes!

Examples from course students

“ Sometimes during a healing session, after invoking the help of the angels, I feel as if a pair of hands are laying on mine, allowing me to channel a stronger flow of energy. ”





“ I asked the angels to help a client of mine who had IBS. They put a blue and yellow light into her abdomen. The following week not only was her tummy better, but her grandmother’s operation, which had been blocked, went ahead, and her boyfriend, who had been made redundant, suddenly got a job. All this reduced my client’s anxiety which helped her irritable bowel. (NB: the angels often help clients both during the session and afterwards). ”

“ I saw an angel standing behind one of my clients. The angel then enfolded his wings around my client, so that she was completely held within them. The client spontaneously remembered a past life, which helped her understand and heal issues in her current life. It was quite remarkable. ”

“ I was working with a client who seemed stuck in life. My angels told me to ask her what happened when she was aged 25. She said nothing. “Are you sure?” I asked “My angels are saying something significant happened then which is still affecting you.” “Well” she answered “That was when my first husband left me and broke my heart, and I have never had a day of happiness since then” There was the heart of the problem. I was able to help her begin to mend her broken heart and begin life afresh – she left a visibly different woman. The angels’ insistent prompting helped us get straight to the heart of the problem. ”

“ Archangel Michael helps me a lot with protection and clearing. I use the energizing exercise from the course after every client I see to cleanse myself, and it keeps me going through a busy schedule. ”





“ When I am giving a treatment I often see specks of coloured lights around my client, and I find myself being guided to say things which seem to help – it is as if they the angels are inspiring me with the right words to say. ”

“ We have been amazed at how easy it is to give angel readings to others. We use Doreen Virtue’s angel cards, and whilst we do use the guide book that accompanies the cards we are amazed at how easy it has become to receive guidance from the Angels and give our own interpretation and additional messages. ”

“ When I was in hospital having extremely painful physio after an operation on my leg, I always asked that Raphael stood on one side of me and that Michael stood on the other as my leg was bent painfully backwards and forwards. I was wearing an emerald green heart around my neck which represented Raphael. There was a man in there of about 6’ 8” who was going through immense pain with his elbow each day and he was trying not to cry. One day, he noticed that I constantly fingered my emerald heart when I was having treatment and in our usual Spanglish, I explained that Raphael was the Archangel of healers. He asked me if he could share this with me each day and so I held the heart between us knowing that Raphael stood there in the middle of the treatment benches. He began to have the ability to bear the pain more readily and we were both discharged at the same time. In that room of physiotherapists, I made a lot of contacts for people and their angels and their belief was overwhelming. I recovered 4 weeks earlier than had been expected. I know that my swift recovery was down to the angels. ”





“ One healer told me “During a meditation in the angel workshop I received a symbolic gift from the angels – a gold ring. They told me that it was to symbolize that I was ‘wedded’ to spirit and the angels, devoting my life to them and helping to heal others and the world. I have a husband already, but this made perfect sense to me, as I had recently recommitted to serving spirit.” ”

“ I have had some lovely meditations, and met angels, my deceased uncle and father, Archangel Michael, and other guides who gave me advice, even Jesus Christ. I make sure to speak with my angels every day, and because I do that, my connection is stronger and I trust their advice more. I am trying to start a healing business. I feel I am blocking my way. I keep having the advice “Trust in your abilities. Have faith in yourself” I have received several healings, but most of all I have the overwhelming feeling of BEING LOVED. I want to spread this feeling to many others. I know that they will help me. ”

Thoughts To Ponder

How often have you sensed the angels helping you to help another? Maybe you found yourself saying the right words. Perhaps you sensed spirits or guidance helping you. Recognize their loving help and support. The more we appreciate it and open up to it, the more we will receive.

What would it be like to have perfect wisdom, to help heal others? The angels have access to all knowledge, so by linking with them, you gain access to perfect wisdom too. Imagine how this could help you to help others.

Who do you sense may need some comfort, love, guidance or healing at this time? Allow the angels to work through you and bring healing and help to another – be an angel to them. (Trust and follow your instincts on this – who do you sense needs help this week?).





Chapter 6

Communicating With Your Angels For The First Time



What is it like to meet and communicate with your angels for the first time?

This is not (yet) something that many people know. You cannot stop people in the street and say “Excuse, me, can you tell me what it is like to commune with your angels?”. Most people do not know. This is a new phenomenon we are being blessed with now, in these special times, to help our own growth and that of the planet.

Fortunately, I do know what it is like to commune with angels, as I do so myself, and as I have helped so many other people to connect with their angels. Some people have angels visit them at special times in their lives, and their experiences were often quite dramatic and memorable (I have shared some of these stories in this book). Some may have connected in other ways. However, when people connect using the angel process that the angels gave me to share with the world, the results are always the same and unique.

How can it be both the same and unique?

It is always the same because there are so many similarities between the stories. The similarities are:





- People see the angel healing temple during the guided exercise (which is the step of the angel process of opening up and meeting and communicating with your angels).
- People 'see' their angels (in their minds eye) – they see what they look like, and sense their personalities.
- People feel healing taking place in their bodies and/or sense warmth, love, peace, or other pleasant sensations
- People receive short messages from the angels, which are invariably encouraging, loving and uplifting
- People feel moved, different afterwards, unmistakably touched by a loving divine force

Those are many of the common aspects. The experience of each person is however always unique and special – they see different angels, experience different sensations, and receive different messages, appropriate to them, making the experience touching and unique and precious. That is why the experience is different and unique for each person – I have never heard the same story twice.

To help you understand (intellectually) what it is like to meet and commune with angels, I have included a number of stories below of people's first meeting with their angels, using the angel process I have been asked to share. However, to really know what it is like, you will need to experience it for yourself. (People can describe what it is like to ski, or swim in the ocean with dolphins, or sit on a warm tropical beach, or countless other experiences, but you will never really know what it is like until you do it for yourself!). The same is true of meeting the angels.

I hope these accounts of people's first meetings with their angels deepen your heartfelt desire to connect with your angels, and heighten your sense of curiosity and anticipation, for the angels are waiting to link with you. If you have not yet experienced connecting with the angels, you are in for a treat!

Message from the angels

People have been taught throughout history to fear ghosts and spirits in the night. The church told you it was dangerous. People have an inbuilt nervousness about meeting beings from other dimensions. You need have no fears loved ones. At least not with connecting with your angels in safe ways. Do you imagine we would be anything other than loving and kind towards you?

Now is the time for people to connect safely with the light. We want you to experience the love and warmth that God and we angels feel for you, so that you might be touched, be uplifted, and with this love inside you, move forward and help touch others on the planet





too, sharing the love for all. To connect with angels is to allow the love of God to enter your life in new ways. At first it will be a few drops. If you choose to continue, this love will build inside you, and you will feel your connection with spirit and your love for all life on the planet grow. This is your salvation, both individually and as a race, letting divine love wash through you, cleansing you, raising you up, inspiring you to help others and make the world a better place for all.

You can be amongst the new pioneers, showing others the way, reassuring them of the beauty and love of the angels that are there waiting for everyone who wishes to connect. Let these stories encourage you, then let your own experiences encourage others in turn. Help spread the light and love of the angels around the planet.

With love always

The Angels

Here are the experiences of numerous people when connecting with their angels for the first time.

“ *On my first occasion, my Guardian Angel greeted me and led me to the Angel Meeting Temple. It had a pathway up to it made of mother of pearl. The temple looked Indian, and was made of pearl and crystal. It had an arched entrance studded with precious stones. Inside was a chair like a crystal throne where I sat. It felt soft. I then saw a female angel with a calm serene face, long dark pleated hair, with a simple white robe tied with a golden cord-type belt. She was kind, gentle and loving. She told me “Do not fret. All is well. Be peaceful. Keep a quiet mind. We love you always.” I felt a wave of love embrace me. It was so simple to connect and quite emotional that this being loved me unconditionally. ”*

“ *The temple was a beautiful pink (sandstone), long, with many rooms. There were angels there standing around an ivory chair for me with a purple cushion. I sat down. A healing light of pale lilac, turning yellow and beautiful blue washed over me. I felt a calmness spread over me. The*





angels said they loved me very much and I had much work to do. They then presented me with two gifts – a unicorn and a golden orb. They said the unicorn was for strength and the golden orb would grow to encompass more people into its light. I felt I wanted to cry with the emotion of it all. It was beautiful. ”

“ I met various angels during the exercise. My guardian angel was called Angelina. She had long blond hair, wore a white robe with gold finishing, and had big golden wings. She was loving, supportive, and straight to the point. Another angel, called Gulliver, had a very strong energy and bright light. They told me “The road ahead is bumpy and uneven, but we’ll always be with you. Call upon Archangel Gabriel for guidance every day. Contact us whenever you need to make an important decision. We are here for you.” It’s great! ”

“ I saw my Guardian Angel. He was huge, white with wings, golden hair and blue eyes. A powerful being draped in white robes. He told me his name was Helios, to trust my heart, and to visit with him as often as I like. ”

“ I was feeling heavy, bogged down, so I used the exercise to call on archangel Michael. I felt his wings wrap around me, and when I asked for blocks to be removed, I could feel a pulling sensation as though something was being drawn out of me. I saw huge amounts of grey matter floating away, and felt lighter. The more that was taken away, the more peaceful I felt. When I opened my eyes, the room seemed somehow different, though I can’t explain how or why. I felt much better and more positive. The feeling of calmness was with me for several days. I go use the archangel exercise often now for clearing and inspiration. ”





“I saw a beautiful, crystal temple. There was a bed with lights and angels around it. When I lay on the bed I felt swirls of pink, blue and golden light around me. I felt tingling and warmth spread throughout my whole body. Afterwards, the angels told me that I have come a long way, and gave me an eagle feather, to show that I can fly as high as an eagle. Afterwards I felt wonderful, calm and peaceful.”

“In the healing temple exercise I saw a choir of angels. I felt darkness leave my body until my body and aura were full of golden light. The angels told me not to be afraid, to trust their love, and know that all was well. Wow!”

“ I met 3 angels, with yellow, green and blue robes, and received their names. One was my Guardian angel, called Orachiel, the other two were guiding angels, Nathaniel and Michael. They were very affectionate, warm and good humoured. They gave me various messages, and Nathaniel told me he would help me in my work and healing with animals. It was amazing.”

“ One student at one of my workshops was in tears of joy when she told the group about her first meeting with the angels and masters. “I saw Jesus standing before me. He touched my face and I felt waves of deep joy and peace pour through my being. It was indescribably beautiful. He said he would open doors for me and lead me forward from here. He told me that my life path is to work with children, and gave me comforting advice about my family. It was so peaceful and uplifting I didn’t want it to end – I didn’t want to come back at the end of the exercise.”

All this awaits you dear friends.





Reflections - thanks and further steps

Now that you have had the opportunity to read the inspiration of the angels, and hopefully receive some encouragement, new ideas, and possibly angelic assistance, I hope that you will want to continue to develop your connection with your angels further.

Be thankful for all the help and guidance your angels have given you so far. Gratitude is a state of grace which assists us in remaining open to further miracles. Call on the angels to continue to help you and guide you, and be grateful for all their signs, support and help. This book contains further ideas to help you on your path, which we'll come to in a moment.

First, take a moment now to reflect upon what you have gained most from reading this angel book. Encouragement? Hope? Ideas about how to improve certain areas of your life? Determination to continue to work with the angels? Remember the power of gratitude - take a minute to note the biggest benefits you have gained from reading this book below, and give thanks.

Biggest Benefits I have gained from this angel book:

1.

2.

3.

Other benefits





Spreading Your Wings



What will you do next? Will you simply walk away and forget about us, or will you continue to call upon the angels further? What do you wish for next? Call upon the angels to help you with the next steps in improving your life.

What would you like?

e.g. New or improved career, relationships, home, better health, inner peace and greater happiness, love, to be of greater service, to connect with your angels – discover who they are, talk with them, see, hear, and feel their presence, channel them – find your gifts, true spirit and life path?

Write what you would like next in your life below

Changes / Growth / Improvements I would like in my life

1

2

3

Now call on the angels to help you, and watch for signs, messages, help and miracles. You can say the following prayer for angelic assistance below to call upon them, or your own heartfelt prayer (or both!).





Prayer for continuing angelic assistance

Dear Angels, Archangels and Masters of the Light,

Please hear my prayers. Show me the way forward. Shower me with your loving guidance and assistance. Let me see the answers clearly. Bring me appropriate signs and assistance at the perfect times and in the perfect ways, with divine grace. Lead me forward into greater light. I thank you in advance for all the loving help and guidance that you will provide. Amen.

Pause a few moments. Notice any impressions or intuitive ideas you may have. What do you sense? (e.g. Feeling of calm or peace or hope? Ideas, messages?). Notice any signs or other forms of angelic help that come your way over the next few hours, days or weeks – they will respond in perfect timing. Remember to thank them!

Now that you are open to further guidance and miracles from the angels, I would like to invite you to consider some other forms of wonderful angelic assistance which you might enjoy and welcome. See which ones appeal to you. Are your angels calling to you? (See the following pages)

All are called. Few respond. What will you do next to allow the angels into your life, for the greater good of you, others and the planet?

You are all invited to consider the following ...





Invitation From God

Your angels want to connect with you more fully.

You are all children of God. This is an invitation to 'return to your family' and find a deeper connection again. It is your divine birthright. It is an opportunity for you to receive all the love, guidance, healing, help and miracles such that all the people in this book have described.

If this book has found its way into your hands, it is an Invitation from God and the angels to re-connect with them, and allow them to hold your hand, cover you with their wings of love, and lead you forward with your life. You hold in your hands one of the most simple and powerful ways ever created to enable people such as yourself to connect with the Divine and allow God and the angels to fully bless your life.

You don't receive many better invitations than that during your life. Will you accept or refuse?

The angel course is like a stairway to the angels – which the angels channeled through me in order to help people everywhere connect with the love and guidance of their angels – is a simple and powerful way to connect with your angels, for the highest good of yourself and the planet. The other methods offered here will also help you to develop your angel connection further and spread the work of the angels to others. The angels want to spread connections around the globe, for the good of each of you, and for the greater good of the whole of humanity.

For every person who connects with the angels there is a celebration among the angelic realm – another victory of light over dark – another beacon of light illuminated in the world, adding their light to the tens of thousands of other angel workers around the globe. Come and join in. Become part of the growing network of angel-workers around the planet.

Consider it an opportunity to join the ascension and salvation of the planet – to join the legions of angels and higher beings responding to the earth's call for help; to be a part of the growing energies and light flooding the planet to help humanity and the earth progress. Think of it as way to accelerate your growth and enhance your ability to help a great many other souls. Or think of it simply as a way to receive the help and guidance you need in your life right now.

I hope that many of you will accept the invitation to join with your angels, to spread your wings, and to enjoy all the many untold benefits of living and working with your angels. Trust your heart. Follow your guidance.





Guided By Angels



The Unique Angel Home Study Course

Would you like to develop your angel connection to higher levels, and learn how to talk with and channel messages from your angels?

The angels gave me an angel process to share with people all over the world, to help people everywhere connect fully and easily with the angels. This wonderful course, popular and proven around the world, leads you through this angel process step by step to connecting with your angels (and your guides, the archangels and masters). It then shows you how to transform your life, and heal others, with the help of the angels. All from the comfort of your own home. And you can start whenever you wish – right away. Today if you wish. It helps you bring the angels into your home and into your life. It will delight and astound you.

It is our most comprehensive and empowering way to help you develop your connection with your guides and angels (and the Archangels and Masters) to higher levels, and enhance your life. *Learn how to interact with the angels – talk with them, see them, hear them, feel them, channel messages and healing for yourself and others. Let them light up your life in a myriad of ways. Receive guidance and messages about all areas of your life – work, family, health, home, love, relationships, children, healing, your life path. The angels want to help you in all areas of your life.*

The course is a gift from the angels, to help you connect with them fully. Take your connection with your angels to higher levels.





I learned so much about myself and how to allow the angels into my life. Talking with my angels is so exciting. I have found a new path of hope and light. Evelyn Mouat (Scotland)

"I never knew life could be this easy, comfortable and beautiful. My angels are now my constant companions. I am loved and guided. What more could you ask?" Jay Phillips

What a wonderful, positive, life-changing experience! This course has never ceased to amaze me -each part just got better! I wouldn't hesitate to recommend it. I'm so grateful that I was guided to it. Thank you for a wonderful course. Sue Walsh

How it works:

You conduct a series of mini angel workshops in your own home, using the course and powerful guided angel meditations provided. People say "It's the next best thing to being at a live workshop" and you can enjoy it whenever you wish. Enjoy the angel meditations again and again, anytime you please.

Each module contains information, true life examples, and exercises for you to complete as you go along. You get to experience angel magic in action. You bring angelic energies into your own home. You invite the angels to help you in various areas of your life, and see the results and improvements happening, month by month. You learn to speak and receive clear messages and guidance from your angels. Channel love, guidance, healing and messages from the angels to help you, your family and others. Spread your wings – watch your angel connection blossom.

The course follows the angel process, building step by step, developing your connection to ever higher levels. By developing your abilities month by month, you build a lasting and permanent connection with the angelic realms – a connection that lasts not just for a weekend, but for a whole lifetime. Perfect for either beginners or those wanting to build their connection further.

The course comprises beautiful sessions packed with guidance, examples, stories, exercises, and information to help you connect with your angels, plus bonus sessions and powerful guided angel meditations. All delivered straight to your door. The course is fully certificated – you receive an angel certificate upon successful completion of your feedback.

"Wonderful, simple programme for light-workers everywhere – worth its weight in gold." Ondray Botkovei

"After starting your course, I have been healed, and my whole life has taken a turn for the better. Caas Hamwijk (the Netherlands)





*“The course is brilliant – clear, informative, thorough, with wisdom and understanding shining through. The definitive work on angels. It is beautiful.
Pam Hampton*

The course even comes with a Money Back Guarantee of Satisfaction, for complete peace of mind. If you are not pleased, simply return it within 30 days for a full refund, but we think you’ll love it!! The course can be obtained via (surprisingly) low cost affordable monthly installments over 10 months, or you can pay for it in full and enjoy a discount plus the entire course delivered to you in full right away. The course will delight and amaze you. It is a gift from the angels to people everywhere, to help you connect with the angels. You can join the large numbers of people in over 30 countries around the world who have discovered the magic of this course and their full connection with the angelic realms.

For further details about the course and to enroll online, visit the web-site www.guidedbyangels.com





Angel Prayers

For Yourself, A Friend, And Angel Workers All Around The World

Prepare yourself, light a candle, to help invoke the angels, take a few moments to centre yourself, then say these prayers. You may repeat these prayers as often as you like.

Insert the name of the person who sent you these prayers, or a person you feel you would like to help, into the first set of prayers. Then repeat the prayers as shown for them, for yourself, and thirdly for all angel workers around the world. There is a power in saying the prayer 3 times, and for others as well as yourself. As you pray unto others, so you are praying for yourself (we are all one), and with the group prayer, others around the world will be praying for you also, with greater and greater strength, as more people join in.

When you have said the prayers, sit for a few moments and allow yourself to feel any sensations, or receive any thoughts or inspirations from the angels. Pay attention to any thoughts that come to you in these moments, and know that they come from Spirit.

I call upon the beloved angels and archangels to hear my prayers this day.

1. For Another Person (The person who sent you this, and/or another)

I call upon Archangel Michael and his legions of angels to clear all negative influences, from any source, within and around (name of person) and their family and home. Cleanse them and give them the courage and strength for the next phase of their life. Guide them along their highest path of greatest good. Show them the way.

I call upon Archangel Raphael and the legions of healing angels to heal this person on all levels – physically, mentally, emotionally and spiritually – throughout all time frames and dimensions. Return their Body, Soul and Spirit to wholeness and balance.

I call upon Archangel Gabriel and the legions of messenger angels to bring this person messages, guidance, hope and inspiration that is perfect for them right now, in the most perfect ways, so that they will have all the loving guidance that they need right now.





I call upon Archangel Jophiel, and angels of joy, to lift the spirits of this person, and bring them joy, happiness, love, laughter, lightness of heart, and love of life

I call upon Archangel Metatron, to purify the Spirit and Life of this person, and allow them to be a purer channel of God's love and service to others. Bless their life in the highest and most appropriate ways.

I call upon Archangel Chamuel to heal, harmonize and bless all the relationships in the life of this person, so that they might spread greater harmony, love and light upon the earth wherever they go.

I call upon the legions of Angels of Abundance to bring this person all that they need for this journey through life, and shower them with abundance and riches appropriate for them in all areas of their life, so that they might know that they are truly blessed by God

So mote it be. It is done. I thank you

2. For Yourself

I call upon Archangel Michael and his legions of angels to clear all negative influences, from any source, within and around me and my family and home. Cleanse me and give me the courage and strength for the next phase of my life. Guide me along my highest path of greatest good. Show me the way.

I call upon Archangel Raphael and the legions of healing angels to heal me on all levels – physically, mentally, emotionally and spiritually – throughout all time frames and dimensions. Return my Body, Soul and Spirit to wholeness and balance.

I call upon Archangel Gabriel and the legions of messenger angels to bring me messages, guidance, hope and inspiration that are perfect for me right now, in perfect ways, so that I will have all the loving guidance that I need right now.

I call upon Archangel Jophiel, and angels of joy, to lift my spirits, and bring me joy, happiness, love, laughter, lightness of heart, and love of life

I call upon Archangel Metatron, to purify my Spirit and my Life, and allow me to be a purer channel of God's love and service to others. Bless my life in the highest and most appropriate ways.

I call upon Archangel Chamuel to heal, harmonize and bless all the relationships in my life, so that I may spread greater harmony, love and light upon the earth wherever I go.





I call upon the legions of Angels of Abundance to bring me all that I need for this journey through life, and shower me with appropriate abundance and riches in all areas of my life, so that I may serve fully, and so that others may see that those who serve the Light are truly blessed by God.

So mote it be. It is done. I thank you

3. For All Angel Workers around the World

I call upon Archangel Michael and his legions of angels to clear all negative influences, from any source, within and around all angel workers around the world, and their families and homes. Cleanse them and give them the courage and strength for the next phase of their lives. Guide them along their highest paths of greatest good. Show them the way.

I call upon Archangel Raphael and the legions of healing angels to heal all angel workers around the world on all levels – physically, mentally, emotionally and spiritually – throughout all time frames and dimensions. Return their Bodies, Souls and Spirits to wholeness and balance.

I call upon Archangel Gabriel and the legions of messenger angels to bring all angel workers around the world messages, guidance, hope and inspiration that is perfect for them right now, in perfect ways, so that they will have all the loving guidance that they need right now.

I call upon Archangel Jophiel, and angels of joy, to lift the spirits of all angel workers around the world, and bring them joy, happiness, love, laughter, lightness of heart, and love of life

I call upon Archangel Metatron, to purify the Spirit and Life of all angel workers around the world, and allow them to be purer channels of God's love and service to others. Bless their lives in the highest and most appropriate ways.

I call upon Archangel Chamuel to heal, harmonize and bless all the relationships in the lives of all angel workers around the world, so that they might spread greater harmony, love and light upon the earth wherever they go.

I call upon the legions of Angels of Abundance to bring all angel workers around the world all that they need for this journey through life, and shower them with abundance and riches appropriate for them in all areas of their life, so that they might know that they are truly blessed by God, and so that others may see that those who serve the Light are truly blessed.





Spreading Your Wings



So mote it be. It is done. I thank you

Sit for a few moments and allow yourself to feel any sensations, or receive any thoughts or inspirations from the angels. Pay attention to any thoughts that come to you in these moments, and know that they come from Spirit.

Short Prayer

I call upon the angels and archangels to bless all angel workers and light workers upon the earth. Shower them with light, healing, guidance, support and miracles to assist them on their journey through this lifetime. Bring them all that they need, and accompany them in all that they do, for the highest good of all. May the influence of the angels and the divine continue to spread and grow, and illuminate and heal the planet. So mote it be. It is done. I thank you.

FORWARD THESE PRAYERS, IN THEIR ORIGINAL FORM, TO 5, 10 OR 100 PEOPLE. THE MORE PEOPLE YOU EXTEND THIS GIFT TO, THE MORE PEOPLE THAT WILL BE PRAYING FOR YOU, AND THE STRONGER WILL BE THE GROUP PRAYERS AROUND THE WORLD FOR EVERYONE.

EVERYONE BENEFITS FROM CIRCULATING THESE PRAYERS AND INVITING OTHERS TO JOIN IN, AND IN SAYING THEM OFTEN.





Send Us Your Stories

Have you and your life been touched and helped by the angels? Please send us your best angel stories to share and inspire others. Let your stories inspire others. Everyone who sends us one or more stories will receive a small gift as a 'thank you'. I am starting to compile my next book of angel stories. If one or more of your stories is selected, you will also receive a FREE COPY of the next book. Let your angels inspire you with the right words to touch the hearts of others.

A simple format for your angel stories is:

- Problem or situation
- How the angels helped
- Results (How did everything turn out?)
- Your reactions – how you felt

...but feel free to tell your stories in any way that feels right. Short or long stories welcome (one page maximum though). Big or small examples.

I look forward to hearing your stories, and perhaps including them in the next angel book.

It's easy to think "Maybe I'll do it another day" but that's not the spirit to change the world! Play your part, do it today (or within the next few days). You never know who your story will touch – you can make a difference to another.

Send us your stories now at support@guidedbyangels.com

Pass it on – share angel inspiration with others

If you have found this angel book helpful, or know others who would be interested, pass it on. You have our permission to forward this angel book to all who may be interested.

Who do you know who might like a copy? Pass it on with our love and light to all who may be interested.

With Love, Light and Best Wishes to you all

Darren, the Angels, and the team at Guided By Angels

