

Angelic Suggestions: Accessing Love and Compassion

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Angels love us greatly and wish only to help us towards a greater connection to the Divine. I asked the angels if they had any suggestions to help us open our hearts in compassion and love. They were very specific in offering three components for doing so: Increasing the flow of Divine energy within ourselves by releasing hindrances and using breath; acknowledging expressions of Divinity around us; and gratitude.

According to the angels, the first step in finding compassion lies in increasing the flow of Divine energy through us and around us. When energy flows easily and smoothly like a river, we have more access to the Divine inspiration, guidance, and love that is offered to us all the time. Various things can create blockages in our flow of energy: negative or mistaken beliefs; old wounds or regrets in need of healing; festering feelings of anger or resentment; unloving behaviors or attitudes. The angels suggest we ask for their help in releasing anything which may hinder the greatest flow of Divine energy in our lives; they also wish to remind us that unloving thoughts and regrets towards ourselves deserve healing also.

There was a period of time when the angels were trying to teach me to have only loving thoughts towards myself, others, and even situations. At their suggestion, I began to monitor closely my thoughts, looking for any judgments without love. At my request, the angels helped me recognize my judgmental thoughts, sometimes pointing them out as I had them. They began to whisper in my ear a message that I began to say to myself: “No judgments. Only love.” If I had an unloving thought, I would ask the angels to heal that thought and guide me towards greater love. Doing so greatly increased my connection to the flow of the Divine, and the direct and intuitive messages of the angels became even clearer.

The angels also suggest using our breath to increase our flow of Divine energy and love. Angels often communicate to us on molecules of oxygen. Air is filled with life force energy; as humans, breathing is one of the easiest ways to take in life force energy. Taking the time to breathe slowly and deeply increases the flow of energy within us, increasing our connection with the Divine. I initially dismissed the suggestion of slow and full breaths as too mundane. However, I have come to know the power and changes that can come with taking the time to notice my breathing and consciously breathe in the energy of the Divine. It is a powerful way to begin meditation or cope in the midst of a situation in which we seek Divine guidance and intervention.

The angels suggest the next step in finding compassion is “an acknowledgment of Divinity.” When I asked the angels for further clarification, they offered various examples: “First, no matter what the situation, remember that the Divine spark is in each and every person and thing. Take the time to look in a person’s eyes and remember their vulnerabilities, their needs for love and safety and peace. Their behaviors may have

made this Divinity seem lost to you, but you have the capacity to look in their eyes and remember the flame of creation and love within them. Bless this Divine flame and acknowledge its beauty.

“Also take the time to notice the beauty and Divine flame within each created thing. Take the time to notice the sky, flowers, stars, trees, wooden creations of humanity, the many things around you that have beauty. There is always something, including yourself.

“Finally, remember your belief in Divine intervention. This is a way to acknowledge the Divine and acknowledge the power and energy of the Divine within your life. This will open your heart. If you find it hard to believe in and trust in the intervention of the Divine, then acknowledge this and ask for our help, the help of the angels, to bring you to a knowing of this truth.”

After increasing the flow of energy and acknowledging the Divine, the angels suggest we focus on gratitude. Consider as often as possible the things, people and situations for which you are or can be grateful. This can be as simple as the fact that you can walk, you can see the flowers or smell the grass, you have a job or people who care about you, you have a home or good health, or the fact that you have options and choices in how you cope. Look about with eyes of wonder and genuinely focus on feeling and stating your gratitude to yourself, God, and others. If you are unable to feel genuine gratitude, the angels suggest you ask for their help in creating within you a desire for and reality of gratitude.

I once asked the angels, “Why be grateful?” Their answer was powerful: “Because anytime you are grateful, the good in a situation increases exponentially.” That means gratefulness takes the positive in anyone or anything and multiplies it by leaps and bounds. What a powerful way to open our hearts and access love and compassion!

The angels’ suggestions (increasing our flow of energy through healing and breath, acknowledging Divinity, and experiencing gratitude) allow us to remember our Divinity. In this way, we can slow down and take the time to act with compassion and love, accessing the Divine flame within us. We become vessels through which the energy, love, patience, and wisdom of the Divine can be offered to others and ourselves. In my mind, this is the ultimate goal of a spiritual path. As said by the Dalai Lama: “My religion is simple. My religion is kindness.”

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