

Conversing

A prefacing note from the angels: Remember there are two ways to converse with the angels—formal and informal. Practice both. We want you to know that anyone can converse with us, not just those who see, hear and allow us to write. It is a process also. Like any relationship, things build over time. Allow us to help you. Allow us to work with you, re-wire you, fix your energy field, release your hindrances. And with each interaction our relationship will grow in depth and in nature. Just do it!

First settle in and allow yourself to remember your grounding.

Feel your connection to Mother Earth. Draw your energy into one focus so you may be fully present.

Center your attention on your body and your intention of being open to your angels. Feel the peace of your still spirit within you. Release any worries or stresses you may be holding. Just allow them to float away and be transformed.

Now imagine a beautiful healing white and golden light filling your being. It might be flowing downward from your crown or spreading outward from your heart. However it offers itself to you, feel this healing energy fill each cell of your body. Flowing and filling.

Now imagine Archangel Michael with you. He is the angel of protection and he wants you to feel safe and protected and loved. There is no need to feel afraid. Notice how he looks to you. Is he tall? Thin? What is he wearing? Can you see his whole being or just his face? Notice if he is above you or beside you, or behind you. Is he holding your hand or not? If you wish, reach out your hand to touch Archangel Michael. Thank him for being with you as you meet your companion angel for the first time.

Now imagine yourself in the place where you will meet your personal angel. Maybe you are in nature in a fresh pine forest, or in the mountains by a wonderful rushing waterfall. Maybe you are in the clouds or on the shore of a lake or ocean. Notice the sounds around you. Notice the fragrances. Notice if you are sitting or standing and what your body is feeling. Notice Archangel Michael with you.

Now ask your companion angel to make itself known to you. Let it know you desire a relationship with it. Communicate your love and openness so it feels your intentions.

Now ask it its name. What would it like you to call it? What is the name of its vibration? Thank it for whatever you hear. Allow yourself to be open to its name.

Notice how it feels in your heart to have this beautiful, loving angel near you, and notice how it feels in your heart to say its name. Allow yourself to feel your angel.

When you feel ready, ask your companion angel for any other messages it might like to communicate with you. It may have messages of love, words of encouragement, guidance, or suggestions of how you two can best communicate and enjoy each other. Allow yourself to be open, just listening and waiting, without expectation. Thank it for any messages it may have for you.

The messages may come as words, pictures, feelings, or just knowings. Allow yourself to be open so the messages of your angel can blow through you like a gentle breeze and a cleansing wind, or vibrate through you like a beautiful piece of music. Your only task is to listen and be open.

When you feel ready, write what you know.

Another aside from the angels: There is no right or wrong for the name one hears. The angel will love whatever it is called, though its name often reflects its vibration. Just know your angel is thrilled you have talked to it! Just thrilled!

Now we wish you to be more open. Feel your self open up further, relaxing in the presence of your angel and feeling the extra support of Archangel Michael.

Now, when you are ready, ask your angel for one word that will help you on your path. It may be clarity, discernment, power ...there is no right or wrong.

If you wish further clarity, go ahead and ask and listen to what your angel has to share. Be open and shining. Let your light shine! That is the reason for all of this!

When you feel ready, write what you know. It is important to record your experiences. We, the angels love it, and your connection to us will grow from doing so. Write what you know.

Further words from the angels: It is important that you practice and invest in your angel connection. We are there and listening and acting and healing. Keep up the connection! Do not become discouraged. If you do, it is because you have pre-conceived notions of right and wrong, good and bad, accomplished and not-accomplished. Let go of these things! Release these human-held judgments and be open and joyful for what *is!* Stop investing energy in what is not reality. It will only trick you into limiting yourself.

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