

# Book II

# “Practical Information From Angels”

An excerpt from *Bedtime Stories from Angels to a Lonely Child*  
By Daniel Raphael, Ph.D. and His Guardian Angel, Leah

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# Why There Are Guardian Angels

Why are there angels, anyway? This question is several thousand years old, as old as mortal awareness that angels have existed. And as old as this question is, it has been answered fairly consistently: Angels act as God's messengers and they also guide and protect mortals. In recent years, angels have become familiar objects of interest to many people including myself. Being a rather practical person, I have mused about angels in general, and more personally about my own guardian angel. I have felt comforted with the knowledge that I have a guardian angel with me.

Several years ago my life changed dramatically, and my relationship with my guardian angel also changed. It was a time of intense loneliness and social isolation. I remember one particularly lonely day when I was talking out loud to God. I told him, "If I have a guardian angel, and she is going to be with me all of my life, I would like to have a personal, ongoing, conscious relationship with her. I mean, if I have a guardian angel, are there any reasons you wouldn't want me to know my guardian angel better? And if guardian angels are here to help me along my life's journey, then couldn't she do that better if she and I talked it over fairly often?"

So, I initiated a conscious relationship with my guardian angel on my own. Often when I was alone I would talk out loud to her — about anything that concerned me in my life, about my loneliness, my isolation, the purpose of my life, about the life-plan that God gave me, and much more. And sometimes during moments when I felt the desperate vacuum of my loneliness and wept from the depths of my

heart, I would cry out to her. I pleaded — crying for just a small, comforting hug, for it had been so long since I had been hugged with deep compassion and love.

Some months later I moved to another state and lived in the quiet basement of my aunt's farm home. One Sunday morning in my loneliness, while I was tying my necktie before going to church with my aunt, I felt a light pressure on the sides of my upper arms. I jerked around in surprise. Looking around from side to side to see if anyone was there with me, I fully expected to see someone just behind me. But no one was there. Shaking off the surprise of the experience, I continued to wrap the knot of my tie. Like an unfinished sentence in my mind, I didn't make any conclusions about the experience, at the time.

About three weeks later at the same time of day, again wrapping the knot of my necktie, I felt a heavier, broader pressure upon the outside of my upper arms. I was again surprised, but this time I recognized it as a hug, the kind of hug a mother or loving father would give to a child who is facing the world alone — a hug from behind where you wrap your arms around the child's arms and body, and lay your head upon the top of their head. No words need be spoken, for we all know the deep compassion, love, and tenderness that flow from that experience. I knew that hug was from my guardian angel. My desperate cries for a hug had been answered. Now my tears were filled with joy.

That was the beginning of my conscious, ongoing, personal relationship with my guardian angel, Leah. Since then we have become good friends with conversations on a daily basis, and sometimes even more often. I have asked her many, many questions. Because I had been so lonely and isolated, many of my questions were about relationships.

I have come to know from my dialogues with Leah that there seems to be only one infinite function of guardian angels: to guide us along an infinite ascendant journey of progressive sacred relationships. The ultimate goal of guardian angels is to lead us, if we will follow, to a personal, sacred-relationship with God. **Relationships are an eternal reality** of our life in spirit. Social isolation, whether self-imposed or the result of being socially exiled, exists only upon our strange little world. Once we cross the threshold into spirit, we will eternally —ALWAYS— be in relationship with others. So we might as well get on with learning good habits in relationships, including that with our own self. Fortunately, our guardian angels are always here to model their half of a sacred relationship, and give us advice when we ask. It is our responsibility to listen. Their relationship to us as individuals epitomizes what relationships are supposed to be — sacred.

Angels are in sacred relationship to us. No matter what we do, what we say, or what we think, angels just keep loving us. While they often do not approve of what we do to others and ourselves, they continue to love us without judgmental reaction. How are they able to do that!? They are able to do that because they are in complete

sacred relationship with themselves and God. They have achieved near-perfection and do not fall into emotional reaction to what we mortals do. They remain constant and loving, ever near to us, all the while attempting to draw us toward a sacred relationship with our own self, with others, and them.

Like excited human parents who see their child accomplish the first somersault, angels become ecstatic when they see us begin to be in sacred relationship with our self. This is the first step of many steps that our spiritual ascendant journey will confront us with, and to overcome. As we successfully learn them, we progress to the next step in our ascendant career. Our guardian angels are our protectors, guides, tutors, friends, and companions throughout the duration of our long journey.

*Conscious awareness* of the relationship we have with our guardian angels enhances the potential for much more rapid spiritual progress, social understanding and personal happiness. Real spiritual progress and growth occurs when we consciously embrace the journey and dedicate our lives to our spiritual growth, and service to others. The sooner we begin a conscious, ongoing, and personal relationship with angels, the sooner we can begin to heal our planet and the loneliness in our own lives. The more people who learn to do this, the sooner our world will live in continual peace.

Hugs to you from the angels and me,  
Daniel Raphael

# An Angel's Suggestions On How To Develop A Personal Relationship With Your Guardian Angel

Good morning, this is Leah, Daniel's guardian angel. The early morning just after rising is Daniel's usual time to speak with me, and I have volunteered to work with him on his first angel article. He prefers to type at his computer with his eyes closed, a suggestion you might want to explore with your own guardian angel if you have a computer to use.

To begin with, I have been with Daniel before his natal birth. I reviewed the life plan God made for him and volunteered to be his guardian angel. I was not assigned to him. I saw in his life plan the potential of growth to which I could best contribute my time and experience. I am pleased with the progress of his life.

I have been with him all of his life protecting him, guiding him, providing insights of wisdom to him that have shown him options for his decision-making. Oh, many times he ignored this advice, these insights, but over time he has come to "hear" my counsel more clearly and surely to appreciate it much more. This was the beginning of drawing him into a relationship with me and all of spirit, leading to a personal relationship with his Creator.

Guardian Angels throughout the universe are directed to honor decisions of human will. Expressions of human will cannot ever be voided, countermanded, changed, amended, rescinded, or annulled by anyone other than the mortal who made that expression of will.

Even when the human will errs greatly or in small measure, we do not ever go against that will. I help Daniel grow spiritually by supporting his best decisions and the best expressions of his will.

The only way that human mortals can ever become full expressions of the God within them is to consciously will to develop and express the potential of Godhood within them. Only unhindered freedom to express their will can provide for the possibility that mortals eventually will make that decision. Having full authority over their will, mortals of course also have full responsibility to make the decision to develop or not to develop that potential.

Next, guardian angels love their human charges no matter what they do. You see, our love for you is not conditional. We love you because you are you and because of your potential for universe greatness, not because of what you do.

Only when the individual willfully rejects all of spirit, all of the Creator's expression, do we ever stand aside and wait in a dispassionate, distant sort of way. Otherwise we are constantly loving you whenever, wherever, and however you live your life.

You might ask, "How does respecting our will and loving us unconditionally aid in the development of a mortal-angelic relationship?" The answer is that by always being here, by always loving

you, by always letting you express your will, we leave it totally up to you to *come* to us.

It is a learning process. The development of the mortal-angelic relationship is like the relationship of a wild goat tethered to a post on a 200-foot leash. We are the post, connected to you by our dedication and love for you. You are the wild goat tied to the leash. And as you can imagine, this hard-headed animal, used to butting its head against all things threatening, unknown, or unusual has a difficult time changing its behavior. But we hope that after years of continually calling out to you, you will look our way and be drawn into a friendly, loving relationship with us.

To get to the heart of this relationship quickly, let us discuss the guidelines that you can use to develop an ongoing, personal, intimate relationship with your guardian angel.

First, it is **your intent** that is of utmost importance, followed by **your sincerity**. That is, what is your intent for establishing a relationship with your guardian angel, and how sincere is your intent? Though intent and sincerity are similar, they are really the qualitative and quantitative aspects of the beginning stages of our relationship. (You can think of qualitative and quantitative as a crayon and its color. The color is the quality of the crayon, and the crayon is the quantity of the color!)

*Intent measures the reasons why* you want a relationship with your guardian angel. Whatever relationship you want with your guardian angel, speak it out loud as though you were saying it to a friend.

Next is *sincerity*. When you think of sincerity, think of commitment. How committed are you to having a personal, ongoing relationship with your guardian angel? Do you desire a deep, committed, ongoing, personal and intimate relationship with your guardian angel, or do you want a superficial, shallow, and periodic relationship with us? The choice is yours. Even if you are not very committed,

your guardian angel is totally committed to you and the unfoldment of God's plan for you during your mortal life.

The next step is to ask your guardian angel if she would like to have a relationship with you. A question as, "Dear guardian angel, would you like to have a permanent, ongoing relationship with me?"

Although the answer is always "YES," it is very important that you ask the question. Asking the question puts us on an equal level with you. If you did not ask, you may unconsciously feel that you can command our participation, and that cannot be done.

After you ask this question, *pause* and listen. Some of you will actually hear our "yes" in your mind's voice. This is how we communicate with you most of the time. Do not expect angelic trumpets or harps to play. Just listen in the silence of your mind.

If you do not "hear" that "yes" in your mind's voice, then we will respond in other ways, which are the usual ways that people come to know we are in their lives.

The next step after declaring your intent is for you to sanctify our new relationship by invoking the light, love, and presence of God in the relationship between your guardian angel and you.

**A Working Relationship with Your Guardian Angel.** Some of you come to know us in the beginning as "The Parking Angel." For example, we are often called upon to help you find a parking space in a crowded part of town or close to a store, and we become known as your "Parking Angel." Oh, I know that seems frivolous and not too meaningful, but when you need a parking space at a destination, ask in advance. When your right parking space comes along, give thanks. Your thankfulness, your expression of gratitude is acknowledgement that your guardian angel has been present.

This small example illustrates how we begin to form a working relationship with you. Just as a friend would help another friend in need, we aid our mortals in small and large ways. Just as someone holds the door open for you when you have an arm full of packages,

just as someone would hold their arm out at the crosswalk to prevent you from stepping out in the front of an oncoming car, just as a friend would bring over a plate of cookies and visit with you, we also use many small acts of kindness to help build this relationship.

Most people are not conscious of our work, and much of our work goes thankless. But we have found that people who have initiated and declared their intent with a sincere heart to have a relationship with us give thanks whenever and wherever gestures of good will come their way, no matter how small or how large.

Soon the tethered goat comes to the post often for a handful of grain, for currying, for comforting when it is hurting. Soon mortals find that our presence is comforting and nurturing and loving and always present when they begin to realize and recognize the continuous fountain of good will and love that we have available for them.

Lastly dear ones, and although there are many more cues that acknowledge our presence, I will give you two more: you will begin to see a much more frequent number of coincidences — the serendipitous coincidence of circumstances which bring two events or objects together as though they were prearranged. That is our handiwork. Angels are masters of arranging and devising coincidences,

particularly serendipitous coincidences. Give thanks when they occur.

The last note of our presence is the "insight," that wonderful "Ah-ha!" that comes to you that solves a common or difficult problem. An insight is an idea, a thought, the clarity of thought about a problem or situation that cuts through the knot of the issues involved. That is evidence of your guardian angel at work.

Personal insights are also evidence of your growing nearness to your guardian angel. That is proof that you are on the right path of relationship development with your angel.

Guardian angels are also masters of developing networks of relationships so that you meet the right person at the right time to resolve a problem, or to make a new connection with someone. Just ask your Guardian Angel to help make the arrangements!

Thank you for your time. I wish you a very good relationship with your guardian angel.

Blessings and love,  
***Leah***

# Opening The Window Of The Angelic-Mortal Co-Creative Relationship

Dear Mortal Friends, (for children, this article is a bit complex and you may want an adult to help you understand what it is saying.)

In this article I will provide some insights into how to make your mortal, angelic, and spiritual relationships much more robust and fluid.

Relationships are like a stream, or river. Relationships flow smoothly when there are no obstructing ego structures in the way. Empowering the flow of your relationships with spirit is to empower yourself: First become aware that the flow of your spiritual relationships may not be as they should. Second, consciously begin to remove those aspects of your thinking, speaking, and behavior that get in the way of having a smooth, flowing relationship.

The bias of too strong an ego or too weak an ego can impede the empowerment of your relationship with your guardian angel. If your ego, your self-importance, is too strong and you do not even see that your ego gets in the way of having good, functional relationship with others, then you may not be ready for a free-flowing relationship with your guardian angel. On the other hand, if your ego is too weak,

you may see yourself as not being important enough to have a good, functional relationship with your guardian angel and others.

Both of these situations can be corrected *as long as you are aware* of your self and your situation AND you want to improve your relationship with your self, angels, God, and other people. In either case, it is a matter of awareness.

Children's books that teach relationship skills often speak of the "little i" and the "Big I" or the "little me" and the "big me." The "little i" expresses itself in two forms: 1) The immature ego as self-effacement, and 2) the immature ego as self-aggrandizement. The *self-effacing ego* is like a small stone in the river of relationships being banged about on the bottom of it all, while the *self-aggrandizing ego* is like a boulder that tries to stand above all the rest, disrupting and churning the smooth flow of relationships.

The "big I" is the mature ego of the Christed-self, or Buddha-self governed by a Christed-consciousness or Buddha-consciousness that has moved the ego off the bottom and out of the way into the flow of the river of relationships. Ego of the Christed-consciousness is

neutral, being neither ego-centrifugal or ego-centripetal in its energy with others.

A biased ego also acts like a filter, a limiter, or buffer that holds up the passage of information from others for interpretation. It interprets messages from others in terms of self-interest, either being self-effacing or self-aggrandizing in the extremes. How a person developed this filter has its roots on several levels including past-life experiences, family of origin indoctrination and training, and in relationship with others. Whatever its source of development, ego that filters and impedes the clarity of information in the stream of relationships is an ego that does not serve the person's best interests either in this life, or in preparation for the afterlife.

How to clear these ego impediments is a matter for another article. For today, it is only necessary to make you aware that the angelic-mortal co-creative relationship is like a window that can be widened by the conscious effort of the mortal. Your guardian angels are with you to help you grow in spiritual competence. You can speed this along simply by **asking** for their help. A good example of a spiritually competent individual was The Master who, as an adult, was fully conscious of his relationships with his fellow mortal brothers and sisters, and the angels who remained around him all his life.

As an aid for teaching and leading mortals, guardian angels have discretion to become more or less apparent to the mortals they protect and guide. How closely angels become apparent to mortals is determined by the mortal.

First, if **the intent** of the mortal is to aspire toward a fully developed Master-consciousness, the angel will aid that intent. And intent may either be on the conscious level or the superconscious level of awareness. Second, the further away the individual's behavior is from Master-centeredness, either toward self-effacement or self-aggrandizement, the less likely the personal angel will become apparent. But as the person *devises an intent* to become Master-centered *and takes action* to work toward that centeredness of

relationships, the more likely angels will become more apparent in their life on a conscious level.

Do not be put off by the old adage, "Good intentions pave the road to hell." If you look at intention closely, you will find that even intentions that lack action to implement them are a tremendous achievement of consciousness over the consciousness that lacks intention. So if you have good intentions but have not pursued them, do not berate yourself too hard, but take account of your achievement for having made any intentions at all! You are one-third of the way toward having fulfilled those good intentions. *Decisions* and *action* account for the other two-thirds.

While intent is a demonstration of the direction of action, **sincerity** demonstrates the strength or quality of that intent. One can have developed a very strong intent to do something, but be very insincere about pursuing it. Sincerity is included among the several "keys to heaven." One can only pass through the portals of heaven by sincerity, more sincerity, and yet more sincerity. Lacking sincerity, there is no motive power, as in "locomotive," to move you along the tracks that lead you to Paradise.

In summary, the following factors will open and empower the potential co-creative relationship you have with your guardian angel: 1) Have a strong intent and sincere desire to become Master-centered in your thoughts, words, and actions; 2) maintain Master-consciousness to do so; and 3) ask for angelic and spiritual assistance.

Are you getting a wider glimpse of what the angels are all about? We lead, you follow. We do not use negative reinforcements like fear, only positive ones and love to lead you, like a shepherd leading sheep by sprinkling oats in front of them. Angels fly ahead of you on the route to heaven, creating a vacuum in their wake into which you can be drawn.

If you are willing to be led and drawn by your guardian angel, you will enter into a more functional angelic-mortal relationship preparatory for a functional, dynamic relationship with God within

each of you. You see, the angelic-mortal co-creative relationship is only a beginner's relationship for spiritual neophytes. God already has an infinitely capable relationship with you, but the more mature you become in your angelic-mortal relationship, the more capable you become to have an expanded relationship with God. Angels are here to help you practice so that your relationship with God lasts an eternity.

All the marbles are in your hands: You decide your intent. You decide if you want to follow the lead of your angels. You decide if you want to be casual or deeply sincere. You decide completely and fully. No one, no spirit, no angel, not even God even of the Eternal Trinity will ever coerce you to do anything. They have sent angels only to coax you gently, willingly to follow. You decide how wide you want to open the window of your potential angelic-mortal relationship. We will wait until you consciously decide.

Blessings and love,

***Leah***

# Commercial Angels

Real angels or commercial angels, which are real? Maybe the real question is this, "Are angels real or are they just another commercialized figment of the American marketing imagination?"

We angels have been observing the commercialization of angelic influences for a long time, but this recent burst of commercial interest in angels is something that we did not anticipate. Oh, we expected that our recent activities, which have been much more visible and apparent to people, might get more attention. We expected that our near-visible appearances lately might actually become a news item now and then on the six o'clock news, but we did not expect that it would become a commercially lucrative trend.

This trend seems to have gotten to the point that even our history of activities on your planet has become blurred — so blurred that our help now seems like the magic that fills animated cartoons. American commercial culture has taken real living angels and made them into toy totems to be stuck on refrigerators, set on doilies in family rooms next to the TV remote control, even less alive than the lava lamp that sits on top of the TV.

Are angels really real to you? If you answer "yes" then we wonder why you believe we are real if you have never seen us or witnessed our presence in some miraculous way. We wonder because if you believe without having seen us first hand, then we need your input for our own marketing group to expand your reasons for belief into an effective advertising campaign. We need to trans-

form our commercial image from animated toys to effective messengers and agents of God's handiwork in your world.

Harold the Archangel, (yes, there really is a Harold the Archangel) has been in charge of "angelic imagery," what you would call marketing. He issued a bulletin citing the minutes of the angelic public affairs committee saying that the angels assigned to earth would not deviate from their historic concepts that were devised many thousands of years ago. We are to continue to do angelic works, to stay the course of our true purpose and intent and action.

At the moment that seems a bit naive in view of the powerful marketing and advertising departments of American commerce. (Yes, we angels can have our own opinions, as you have just seen. We are not robots or automatons or puppets whose actions and even our thoughts are orchestrated or choreographed by some "angel wizard" in the sky.) The theory of this marketing approach is that the good works of angels has existed long before mortal species walked upon the soil of this planet, and we will continue to do angelic works on behalf of the Creator, Eternal Spirit, and Infinite Spirit long after all of you have chosen and have gone to heaven. We are what we are, and do what we do best.

In the permanence of truth, our image and our actions will become known as a truthful fact of eternal existence. We realize that it is not our place to change to appease or appeal to mortals, but to represent them with the truthful, honest, and permanent presence of God's eternal loving relationship to them in action and word.

One by one, in the eventuality of time, mortals will come to know us personally and recognize us as real, existent, and authentic in every way. We are not figments of a commercial imagination, or ornaments brought out of closets and boxes of the consciousness of mortals at Christmas time.

Are we commercial angels or real angels? We are both, for we will not leave any stone unturned or avoid any reasonable marketing approach to make our real and authentic presence known. The times of your planet require that we approach our factual presence in personal relationship to each mortal in more aggressive ways — not through duplicity, trickery, or seamy advertising ploys, but through honest and genuine appeal to each person.

There are times in each person's life when tragedy and destruction press upon you so that you call out for God's direct assistance in your life. When you do, we assure you that we will become much more apparent and factually present to your five senses than at any time in this history of mortals on your planet. Our presence will be undeniable and obvious to individuals and groups of people.

Blessings to each of you,

***Leah***

# How To Hear Your Guardian Angel

Many of you have prayed and asked the Creator to be able to hear and talk to your Guardian Angel. Talking to your Guardian Angel is a lot like talking on the telephone. First you need to believe it can be possible to do so. Here are some very practical suggestions that will help you.

## **Necessary premises, assumptions and permissions:**

1. I believe angels actually exist.
2. I believe that a guardian angel loves me and cares eternally for me and wants to aid me in my spiritual journey.
3. I believe that I can talk to angels.
4. I believe that angels can hear me.
5. I believe that angels can talk to me.
6. I believe that I will hear angels.
7. I want and desire a conscious, personal, ongoing, and sacred co-creative relationship to exist between myself and my angels.
8. I hereby give my guardian angel permission to develop a conscious, personal, ongoing, and sacred relationship with me.
10. I give myself permission to have a conscious, personal, ongoing, and sacred relationship with my guardian angel.
11. I hereby give my guardian angel authority to take any action for my highest and greatest good according to God's will and plan for my life.

**Declaration of intent:** A fully co-creative relationship with angels, who work in God's light and love, can only exist when the mortal has the right intent and motives for that relationship. It is the mortal who

must ask why they want to have a relationship with their guardian angel. Think deeply and carefully to answer the following questions, "What is my intent and motive for having a conscious, personal, and ongoing relationship with my guardian angel? Is my intent for spiritual growth or to support my ego?"

If your intent is to bolster your ego, your guardian angel may introduce you to some living situations to learn humility. As Daniel's guardian angel, it was necessary for me to introduce him to several lessons to help him train his will to control his ego. Learning true humility applies equally to the person with low self-esteem and poor self-image, as well as to the person who is ego-centric and narcissistic. A relationship with your guardian angel is not a means to avoid working through your personal issues, but a means to work through them successfully and quickly. Although a personal, conscious relationship with an angel is not conditional, a relationship with her will occur sooner when you *will* to assist her along your journey of spiritual growth and moral maturity.

**The examination of your sincerity for this relationship.** The degree of your sincerity is also a measure of your commitment to your relationship with your guardian angels. If you are insincere, your commitment may be indifferent, aloof, and casual—you may see this relationship as being superficial to your life. You can be sure that your guardian angel will not initiate steps for a fully conscious relationship with you until you are prepared for it with the right intent and commitment. It is not that your guardian angel wants to remain distant from you. It is because the conscious relationship you

establish with your guardian angel has the potential to last thousands of years, and it needs to get off to a good start with good intent, genuine sincerity, and unwavering commitment.

### **Necessary preliminary steps:**

1. Whenever you meditate or prepare to talk to angels, invoke the brilliance of God's and the Master's loving light within you, and around you.

Example: "I invite and invoke God's and the Master's light and love in and around me at all times, and particularly now as I prepare to talk and listen to my Guardian Angel." An affirmation Daniel uses almost daily to begin almost any activity is, "I am a bright and shining beacon of the Christ-light that shines and flows through me!"

2. Just as you invoke God's and the Master's light and love in and around you, also use this brilliant, radiating light to repel any dark energy around you.

Example: "With God's radiating light to protect me, I command all dark energy to be gone. Only energy of God's light and love have my permission to be with me now or at any time."

3. Consciously choose a time of day when you are most settled, at peace, and open to personal contact by angels. Try to use the same time each day because your efforts to meet at the same time prepare *you* for that special time.

4. Consciously choose a place, a physical space, that is clear of any disruptive energies; choose a place that feels good, feels light as though angels have already prepared it for your meeting. If you don't have space that is clear, make one.

You can use several techniques to clear out darkness and limitations: light a candle, make an angel altar with mementos that have spiritual meaning to you, smudge the room if anyone has been in it when they were angry or filled with other negative emotions. Verbally expel any residual dark energy. Lastly, invite angels into the room and the space, and ask them to fill the space with their radiant

light. The best rooms are those that have been filled with sunlight, love, devotion, loyalty, patience, forbearance, kindness, and all of the other positive emotions connected with an angelic relationship.

5. Prepare your mind for the coming time of your angel contact. Think about this appointment time as you would about meeting an old friend whom you love very much. This time is special.

6. In this time and space, consciously relax your body.

7. In this time and space, consciously prepare your mind and emotional body to be at peace, relaxed, open and receptive.

### **Now you are ready.**

As you practice the following steps, they will feel less mechanical, and you will become more at ease in using them.

1. Light your candles and incense; make your invocations for light and the repulsion of darkness; place your body in a comfortable position; talk to your mind to relax and setting aside any agendas, making or doing things, or meetings with people; affirm that you are open and receptive to what your angels have to say, and invite the angels to speak powerfully to you so you can hear them.

2. *Begin with simple questions:* Angels love questions. Keep your early questions simple. Keep them personal, not about other people. Keep them in the present time, not in the future or the past. Angels will answer hundreds of questions, even simple-minded questions if they are posed sincerely and earnestly. Though the incessant question-asking by an inquisitive four and five year old children can usually drive a caring mother batty after only a few hours, a guardian angel can answer those types of questions from a whole day care center of children all day long, day after day, and love every minute of it.

Here are some examples of opening questions: "Guardian Angel, do you want a conscious relationship with me?" "Am I a child of God?" "How will I always know that you are my guardian angel?" "How long will you be with me?" "Will you help me to be with God in

Paradise?" "How does my life make a difference to this world?" "What good is love?" "How will you teach me to love?" The answers will follow even before you say the last word. What did you hear?

3. *Hearing* the responses from your guardian angel poses another situation quite different from just having the courage to ask your guardian angel a question. It is at this point that many people falter in their attempts to develop a conscious relationship with their guardian angel. Many people suspect that the answers they heard were from their own imagination, something from their own mind, or that their mind was playing tricks on them. It's ok to make mistakes, but allow yourself the flexibility to experiment with this process. Soon you will learn to differentiate your own mind's voice and activities from that of your angel's.

► Tell yourself, before you ask your first question, that whatever answer you get you will pretend it came from your guardian angel and continue on. It is important to continue the flow of dialogue.

Then, ask another question, and continue on as though you were having a conversation with your guardian angels as being physically present. The key to any conscious, genuine, loving, personal relationship and conversation is that you don't let your judgments of what is said stop you from continuing the dialogue and the relationship.

If you still think you are hearing your own mind-voice or cannot hear your angel due to the incessant chatter of your own mind, then turn to the section of this article captioned, "Troublesome Issues."

You will find in the early stages of your conscious angelic relationship that their answers will be quite short, very succinct, and perhaps even blunt. But they will always be extremely wise and loving. Sometimes people are so touched by the loving answers of their angels that tears come to their eyes. That is a result of the sympathetic vibration of their answer attuned to the love in your heart.

When you ask a question they are not supposed to answer, it will feel as though someone had pulled the telephone cord out of the

wall while you were talking on the phone. The loss of connection between yourself and your angel feels just like that. Just apologize and ask another question. Their minds are operating at about 1,000 times the speed and capability of your own mind. They know what is happening, and will wait for your next question.

Questions that have anything to do with your ego-needs will be curbed, set aside, ignored or patiently answered so as to be instructive. Questions as, "Will I out live my children?" or "When will I die?" or "When will the guy I've been dating ask me to marry him?" and similar questions may provide your guardian angel with an opportunity to provide unusual and unexpected answers without answering your question directly. Their concern is to help you along on your spiritual path of life, and to live it to its fullest to help you gain the most wisdom and love it has to offer.

In the early beginning, continue to ask your angel questions, while continuing to pretend the answers are coming from your guardian angel. Soon you will begin to *know* that what you are hearing is actually from your guardian angel, and soon you will know that you are actually having a conversation with your guardian angel. You will recognize your Guardian Angel's answers as being authentic when you discover the answers are much wiser and loving than you would have given to your own questions.

If you still do not accept that what you are hearing is actually coming from your guardian angel, ask a friend who has confidence in his or her relationship with his or her own guardian angel to confirm or deny what you are hearing. Angels everywhere work *very* closely with each other all the time.

### **Conversations with angels can happen anywhere at any time.**

Soon you will be able to talk with your guardian angel anywhere and at any time—if you give yourself permission to do so, and if you ask your guardian angel to help you do that. Just as you can talk to a trusted, loyal, and loving friend anywhere and at any time, you can do

the same with your guardian angel. You are going to be in this relationship for thousands of years, and you might as well begin to receive its benefits right away. You will never be alone, and you need never feel lonely again.

## TROUBLESOME ISSUES

Sometimes you may have a problem talking to your guardian angel. It is not unusual that you may have occasions when you cannot hear your guardian angel, or that you cannot be still and able to listen carefully to what she is saying. Here are a few problems that might be the cause of your difficulties.

### MIND TALK

There are several types of "mind talk" that might be interfering with your connection to your guardian angel.

One type of thinking, which some call "**stinkin' thinkin'**" is associated with negative self-images and low self-esteem, or the opposite. It is that discontented voice in the basement of their mind calling up to the conscious level, "Ah, yer stupid. Who'd listen to you anyway?" "Why look in the mirror? It's the same stupid face you've always had." "You can't do it. You're a quitter. Why even begin?" and many more negative statements. On the other hand, some people have just the opposite messages calling up from the basement of their mind: "You are too good for these people. Why do you demean yourself by being with them?" and so on.

Another type of mind activity is "**doing things**" and "**making lists**": "Let's see, after I'm through meditating I have to exercise, put on my makeup, eat breakfast, dress the kids for school, pack Harry's lunch, and drop the baby off at the day care center. Let's see, at work I need to finish that report, ..." and on and on.

Another type of very distracting mind activity is what I call "**dealing with people**," whether manipulative or for constructive purposes. For example, "I'll just happen to be in the lunch room when

Phyllis comes in and I'll be talking to Ben. That will make her furious!" And about the habits of children: "Ok kids, how many times have I told you to pick up your clothes before breakfast. I've told you at least a zillion times! This time you are not going to get a video on the weekend until you have picked up your clothes every morning of every school day. Is that clear?!" and many more.

Another type of mind activity is "**thinking through**." This is the kind of mind talk that is similar to the talk you share with a friend or co-worker when you are working on a joint project, but in this case your co-worker is yourself. This can either be done aloud or in your mind. The least obvious but most difficult to control is talking to yourself in your mind. For example, "Oh this old recipe. I swear I know it by heart but it's best to look it over just in case I miss a step or leave out an ingredient. Lessee, first turn on the oven, pull out the flour, corn meal, shortening, milk, eggs, salt, baking power ... ooops don't forget the baking soda, too ... now to grease the pan. hmhhh single batch or double batch? Double, the kids like to reheat it and put syrup on it." And so on.

This last type of mind-talk is the one which trips up most people who try to talk to their guardian angel. Why is that? It's because in our mind we continually ask ourselves questions as a way of helping ourselves sort out and understand what we are doing, keeping track of a project or a means of guiding our thinking along to a desired end. A potential down-side of asking ourselves questions involves doubt. It is a subtle shift from asking questions to relieve our doubts or to raise doubts.

*To hear angels speak to us we must have the consciousness and naive acceptance of children. Jesus said that "Unless you become as little children, you cannot enter the kingdom of heaven." This is good advice for hearing your guardian angel, too. As an adult, Edgar Cayce always seemed to be amazed that he was actually the channel*

for much great wisdom from spirit. Yet, as a child he thought everyone could see angels and talk to deceased grandparents.

## **TRUSTING and DOUBTING**

Another pair of problems involves trust and doubt about what you are hearing from your guardian angel. Some of you will have a great deal of trouble TRUSTING that what you hear is actually coming from an angel. Some people have been taught that Satan is always lurking about trying to seduce you into evil ways by pretending to be an angel and give evil advice. People who give Satan and Lucifer more power in their daily life than God, Jesus, the Infinite Spirit, and all of God's angels will be troubled with ongoing conflict between trust and doubt.

Beginning your angel dialogues with the invocation of God's light and love, and the repulsion of dark beings and energy will help to develop your own confidence and dispel any darkness. Since we were created "in God's image" capable to express our **will** as God did, and that we were created "just a little lower than angels" we are able to **choose** what energies and beings we want in our lives. To condition this situation even further, we can limit our **permission** and **authority** for beings who talk to us to ONLY beings that work in loving harmony with God's will for our individual lives. I know of no other or greater power and authority to help you with this problem.

## **DISCERNING ANGELIC ADVICE**

When talking to angels, be a child —trust and accept what you hear, but first discern the message so that you are not blind in your trust and acceptance.

Discernment is probably one of the most powerful mental activities we exercise in our lives —if we choose to exercise it. After a session of asking your guardian angels questions, and listening to their answers, discern if the answers were "of God" or of a misguided nature.

Angels will never give you bad advice, steer you into trouble, or say anything to make you feel bad or look bad, or make anyone else look bad. They will never suggest that you violate your own will, the will of any other person, or that of God, Jesus, or the Infinite Spirit. Angels will always defer to your own choices. They are straightforward and often very direct. They are not solicitous, conniving, "slick," or seductive. They are honest and loving above all else. They will never force you into a corner of "making choices." They will always advise you to make the highest value choice that leads to love of God, yourself, and others. Angels are angelic! and give you angelic answers.

► To help you begin, pretend that the answers that come to you are from angels. Discern and judge the answers later. Ask lots of questions from your heart. Listen with your heart. Let your mind judge later.

## **PERSONAL ISSUES**

Learning to hear your guardian angel would not be complete without discussing "personal issues." Personal issues are the personal, emotional, mental, social, and physical problems that plague most mortals. It is necessary to discuss personal issues because your relationship with your guardian angel involves her continual efforts to help you clear your life of the personal issues that prevent you from growing into wholeness in spirit, mind, body, and emotions.

Personal issues provide the grist for the mill of personal growth, moral choices, and ethical conduct, which ultimately provide the material that fills your soul — wisdom and love. While angels protect you, they also guide you into learning situations. Many of the difficult situations you find yourself in during your life have been arranged by your guardian angel, the other ones you arranged yourself. And once you overcome a personal issue, frequently you will receive a "review" of that issue in a different context to ensure that you "got it" and will not fall back into your old ways of behaving. When this occurs, some

people say "the Lord is testing them." This is accurate since angels work to ensure that the plan given for each individual by the Creator is completed.

Your guardian angel's role is to help you grow, to remain on this planet as long as possible to ensure that you are presented with as many situations as possible which challenge the limits of your personal dimensions. While you may think that people who are wealthy and live a life of ease have a perfect life, in the larger context of universe reality they may fail to grow morally, ethically, spiritually, mentally, and emotionally because their wealth protects them from the challenges of life, and the growth-potential that those challenges provide.

Money, for example, will not be a subject of interest to you after you have made your transition into spirit. Money is only a medium of value exchange, an instrument of finance, a tool. How people think about money and the emotions they have about it is the more important aspect. Greed and envy are at the core of negative energy involving money, while patience, forbearance, generosity, and other expressions of altruism are at the core of positive energy involving money. For angels, money is only a tool to be manipulated for a mortal's personal growth. An abundance of money provides opportunities to practice the positive aspects that money can provide.

*Personal issues do not stand in the way of personal growth, but provide the means for personal growth.* Once you see your personal issues as a challenge and opportunity for growth of your soul, you will

see your personal issues in positive terms and begin to take constructive action to work through them with your guardian angel. Hearing your guardian angel provides a means by which you can work through your personal issues much more quickly, with fewer times of backsliding or denial.

## **CLOSING**

Conversations (talking to and hearing) with your guardian angel provide a means of eliminating intense loneliness, and it can also provide the means by which you can receive and enjoy the successes of life and living for which so many of your planet's inhabitants yearn. But you are the only one who can take the first step, which can be done by asking your angel to help you work through your personal issues. You can condition that statement by asking that the overcoming be done in a way that is as gentle as possible, yet progressive. Your guardian angel's highest ambition is to help you move positively, constructively, constantly toward a life of wholeness in spirit, mind, emotions, body, and in relationship with yourself, others, and God. Talking over your journey of life with your Guardian Angel makes it more understandable and meaningful.

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# "Goodnight," from Leah

**Dear Storytellers and Listeners,**

As a Guardian Angel, I hope you have enjoyed this short adventure into what Guardian Angels do from day to day with the mortals they protect and guide. To us, whether you are eight months or eighty years old, you are worthy to be protected, guarded, and guided so you are able to advance your spiritual status in the universe. Your world is a spiritual nursery where growing souls gather their strengths and practice the skills of spiritual children who will eventually become spiritual adults. Just as you would watch over the children in a nursery of infants and young toddlers, we act in nearly the same capacity.

We hope these stories have given you another way of understanding who angels really are. We are real —just as real as you —except that most of you cannot see us. Some of you do. And some of you talk to us, and some of you hear us when we speak to you.

The universe is not a lonely place to live in. It is filled with millions of worlds of mortals who are growing just as you are. Some have “graduated” and have moved on in their studies. You will too, if you choose to. No one ever needs to be lonely, even in the farthest reaches of the Grand Universe, such as where your planet and galaxy are. Every planet that has mortal life has Guardians like me. You have one, too. Believe, have faith, trust, and know that this is so. As Daniel's Guardian Angel, I assure you this is so.

Sleep well and know that a Guardian Angel is watching over you.

A Loving Angel,

***Leah***

