

# Experiential Self-Study Class Manual

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# **Section ONE**

# Introduction

Welcome to the Communicating with your Angels class!
Notes:

# **Section TWO**

# **Stepping into Our Connection**

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I believe we are each limitless spiritual beings experiencing a human existence.	
2. I believe we each have a God Part within	
3. I believe we each have free will and that free will prevents the angels from interfering in our lives.	
4. I believe before we are born we gather with a group of angels, guides and teachers of the angelic realm who agree to help us throughout our human existence – I refer to them as our angelic entourage or crowd of angels.	
5. I believe that in every moment of our lives this crowd of angelic beings is w us to help us when we ask and comfort us as spiritual beings.	/ith
Who are the angels?	
Angels are	
Guides and teachers are	
The key to connecting with the angelic realm is	

# Why Communicate with Angels?

Our angels have ONLY our highest good at heart: to help us make decisions to produce the highest possible outcome.
How do angels see us?
What do I do if I get a message that is negative or fearful?
God helps those who help themselves. How can I help myself?
Our Mission
What is our mission here on Mother Earth?
Distracted Concentration
What is "distracted concentration?
What are you doing when your brain is in "distracted concentration" and the angels communicate with you?
Mind Chatter
Do our angels communicate with us all the time?
What is an "imagination moment of love source?"
what is an imagination moment of love source:

The Four Clairs	
Four of the "clairs" are:	
Clairvoyance –	
Clairaudience –	
Clairsentience –	
Claircognizance –	
Working with our angels give us:	
~ the "eyes to see"	
~ the "ears to hear"	
~ the wisdom	
Experiential Class Exercise	
Name of your Angel	
Left shoulder:	
Right shoulder:	

# **Section THREE**

# **Angel Writing**

# **LOVE Meditation – Class Exercise**

Dear Angels,	
Door	
<u>Dear</u>	

#### **Section FOUR**

# Angel Journaling for Guidance How does journaling with our angels help us?\_\_\_\_\_ Date: \_\_\_\_\_ Prayer: Father Mother God, Creator of All That is, I ask that only those of the light be allowed to communicate with me. I ask you to help me open my heart to heal this life situation, event or relationship. In gratitude, Amen (or prayer of your choice) Today I ask my angels to help me \_\_\_\_\_\_ \_\_\_\_\_Amen Life situation, event or relationship I wish to understand & heal:\_\_\_\_\_\_ I anchor healing this resistance by writing: I'm willing to look deeply within to heal this life situation, event or relationship from this SAFE place: I step outside the emotions of this situation and ask: Angels, please show me the root source of the pain/resistance I feel within me regarding this life situation, event or relationship: \_\_\_\_\_

Angels, please show me all life events that feed the energy of this resistance/fear:
Who was involved in my earliest experience with this energy of resistance?
I affirm my healing by writing: I am safe now – I am in a safe place to heal this resistance:
Angels, please help me to disconnect from this wound of my heart, please show me the disconnection:
I forgive those involved, knowing forgiveness doesn't condone behavior.  Forgiveness is a gift I give myself, disconnecting me from the pain of the experience:
I forgive myself for my part in the experience:

I send love to myself and to others involved to heal the wound within my heart, shifting my energetic vibration to love source. I have changed within – my without reflects this change:
am grateful for this healing experience. I embrace the gratitude:
Thank you, angels, for your help. I write about the experience:

#### **Section FIVE**

# **Fully Supported!**

# **Fully Supported Class Exercise**

The key to everything is our
Our thoughts are and they create our
Notes:
You will find journal pages from this class pages 11-16 and BONUS Prosperity Journal pages 17-20.
May you be profoundly blessed in this moment and in every moment after
In love and light, Kate
Additional Tools:

Help forgiving: Give Yourself the Gift of Forgiveness class

Help disconnecting the cords that tie you to the wounds of your heart: **Disconnect the Cords to Heal the Wounds of Your Heart class** 

Help writing to your angels: Angel Writings Journal

Additional Journal Pages:
Date:
Prayer: Father Mother God, Creator of All That is, I ask that only those of the light be allowed to communicate with me. I ask you to help me open my heart to heal this life situation, event or relationship. In gratitude, Amen
(or prayer of your choice)
Today I ask my angels to help me
Amen
Life situation, event or relationship I wish to understand and heal:
I anchor healing this resistance by writing: I'm willing to look deeply within to heal this life situation, event or relationship from this SAFE place:
I step outside the emotions of this situation and ask: Angels, please show me the root source of the pain/resistance I feel within me regarding this life situation, event or relationship:

Angels, please show me all life events that feed the energy of this resistance/fear:
Who was involved in my earliest experience with this energy of resistance?
I affirm my healing by writing: I am safe now – I am in a safe place to heal this resistance:
Angels, please help me to disconnect from this wound of my heart, please show me the disconnection:
I forgive those involved, knowing forgiveness doesn't condone behavior.  Forgiveness is a gift I give myself, disconnecting me from the pain of the experience:
I forgive myself for my part in the experience:

I send love to myself and to others involved to heal the wound within my heart, shifting my energetic vibration to love source. I have changed within – my without reflects this change:
I am grateful for this healing experience. I embrace the gratitude:
ram grateral for the meaning experiences. I embrace the grantage.
Thank you, angels, for your help. I write about the experience:
Thank you, angolo, for your help. I write about the experience.

Date:
Prayer: Father Mother God, Creator of All That is, I ask that only those of the light be allowed to communicate with me. I ask you to help me open my heart to heal this life situation, event or relationship. In gratitude, Amen
(or prayer of your choice)
Today I ask my angels to help me
Amer
Life situation, event or relationship I wish to understand and heal:
I anchor healing this resistance by writing: I'm willing to look deeply within to heal this life situation, event or relationship from this SAFE place:
I step outside the emotions of this situation and ask: Angels, please show me the root source of the pain/resistance I feel within me regarding this life situation, event or relationship:

Angels, please show me all life events that feed the energy of this resistance/fear:
Who was involved in my earliest experience with this energy of resistance?
I affirm my healing by writing: I am safe now – I am in a safe place to heal this resistance:
Angels, please help me to disconnect from this wound of my heart, please show me the disconnection:
I forgive those involved, knowing forgiveness doesn't condone behavior.  Forgiveness is a gift I give myself, disconnecting me from the pain of the experience:
I forgive myself for my part in the experience:

I send love to myself and to others involved to heal the wound within my heart, shifting my energetic vibration to love source. I have changed within – my without reflects this change:
am grateful for this healing experience. I embrace the gratitude:
Thank you, angels, for your help. I write about the experience:

BONUS: Prosperity Journal Pages Date:
Prayer Request: Today I ask my angels to help me identify, face, disconnect and heal the fear that blocks my prosperity. Amen
Angels, please show me the fear within me that blocks my prosperity:
I anchor healing this resistance/fear by writing: "I'm willing to look deeply within to disconnect from and heal this fear within me."
Is there anything in my Past Experience Archive that matches the resistance of this life event, situation or relationship?
Is there an earlier experience that matches this life event, situation or relationship?
Who was involved in my earliest experience with this energy of resistance?
I affirm my healing by writing: I am safe now – I am in a safe place to heal this resistance:

I forgive those involved, knowing forgiveness doesn't condone behavior.  Forgiveness disconnects me from the pain of the experience:
I forgive myself for my part in the experience:
I send love to myself and to others involved to heal the wound within my heart, shifting me to love source energy. I have changed within – my without reflects this change:
I am grateful for this healing experience. I embrace the gratitude and open the way to receive prosperity that is my birthright:
I am grateful to others for their part in this <i>Golden Opportunity</i> to heal this resistance/fear within me:
Thank your angelic helpers and use this space to write about the experience:

Date:
Prayer Request: Today I ask my angels to help me identify, face, disconnect and heal the fear that blocks my prosperity. Amen
Angels, please show me the fear within me that blocks my prosperity:
I anchor healing this resistance/fear by writing: "I'm willing to look deeply within to disconnect from and heal this fear within me."
Is there anything in my Past Experience Archive that matches the resistance of this life event, situation or relationship?
Is there an earlier experience that matches this life event, situation or relationship?
Who was involved in my earliest experience with this energy of resistance?
I affirm my healing by writing: I am safe now – I am in a safe place to heal this resistance:

Forgive those involved, knowing forgiveness doesn't condone behavior.  Forgiveness disconnects me from the pain of the experience:
I forgive myself for my part in the experience:
I send love to myself and to others involved to heal the wound within my heart shifting me to love source energy. I have changed within – my without reflects this change:
I am grateful for this healing experience. I embrace the gratitude and open th way to receive prosperity that is my birthright:
I am grateful to others for their part in this <i>Golden Opportunity</i> to heal this resistance/fear within me:
Thank your angelic helpers and use this space to write about the experience: