



Receive and Understand Messages from Your Angels

Welcome to the Receive and Understand Messages from Your Angels program. I want to celebrate your intention to meet and work more closely with your angels!

Your Angels love you unconditionally - no matter what you have or have not done in your life - you are loved - deeply! Everyone has the ability to speak with and receive messages from their angels. We do it every day of our lives, but we usually aren't aware its them helping us.

As best you can, release previous disappointments and allow this experience to flow with ease and grace and you'll be chatting with your angels before you know it!

In love and light,
Kate

5 Simple Steps

- 1.
- 2.
- 3.
- 4.
- 5.



Angel Message for you

****Please write the gray text on the line filling in your name****

Dear Angels, what do you want me to know today?

Dearest {fill in your name} we love you and we want you to know



Angel Message for Someone Else

Please write the following to begin your message - then write down whatever pops into your head. You may see an image in your mind's eye, or hear information from inside or outside your head or you may simply have a knowing within.

Write down whatever comes to you - even if it seems strange. What seems strange to you may be exactly what the other person needs to hear to validate the message!

Dear Angels, what do you want {fill in the name} to know today?



Quiet Your Mind Meditation

By Deepak Chopra - shared with permission of the Chopra Center

Note: There are questions asked during this meditation. When they are asked, don't get hung up on trying to answer them – simply LIVE the questions and life will move you into the answers.

Place your feet flat on the floor. With your hands gently in your lap, palms up and close your eyes.

Focus your attention on your heart and take a deep breath in. Slowly exhale. Take another slow, deep breath in...

Now shift your focus to gratitude of the blessings in your life. Embrace things that you are grateful for. Feel the emotional fulfillment of gratitude. Take deep, full breaths of gratitude.

Ask yourself these questions – don't try to answer, just ask:

Who am I?

What do I want?

What's my purpose?

What makes me happy?

Now simply allow yourself to be aware of your physical body. Your hands in your lap – your feet flat on the floor.

Now focus again on your heart – allow yourself to hear the beating of your heart as a sound or feel it as a sensation.

Take a few deep breaths in – Stretch!

Each step of the meditation initiates specific changes in the brain to create life changing shifts when practiced regularly. Focusing on Gratitude from a relaxed state hardwires the brain for emotional fulfillment. Shifting your awareness to questions while in this relaxed state activates cognition and thought. The experience of “feeling” your body ignites the state of being coherent in the moment. Focusing on the beating of your heart as a sound or a sensation completes the circle of the experience quieting your mind and lowering your blood pressure.