

COMMON SENTIENCE

# ANGELS

*Personal Encounters  
with Divine Beings of Light*

*Featuring*

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# PART ONE

*Understanding Angels*

# THE MIRACLE OF ANGELS

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Angels. What an amazing topic—perhaps one of the most illuminating and uplifting subjects in the world! As young children, many of us felt the presence of these Divine helpers, but as we grew up, we were told to focus on the “real world” and to put such intangible or imaginary friends aside. Nevertheless, angels are real, and they have been the stuff of legends and history for centuries. They appear in the literature of almost every race, every religion, every culture, and every land.

The word “angel” comes from the Greek word *angelos*. This is a translation of the original Hebrew word *mal'akh*, which originally meant the “shadow side of God.” Later, it came to mean “a messenger of God.” As agents of Divine intervention, angels have been known to deliver prophecies and messages from heaven, aid in the healing of the sick, lead people to safety, protect soldiers in battle, find lost objects, vanquish armies, and assist the passing of souls from life into death.

Angels not only appear in ancient literature and in the stories of the Bible, they are with us today, interacting with people around the world. In fact, many people are having life-changing experiences with them. Angels emanate a

deep kind of joy, lightness, and a grace of uplifting peace. Almost as if by their very touch, presence, or appearance, they reassure us that everything will be all right, and things are unfolding according to a Divine Plan. As great beings of light and inspiration, angels open our minds to the possibility that we are living in a light-filled universe, where anything is possible.

As a lifelong mystic and spiritual teacher, I have had the privilege of interacting with angelic beings my whole life. They have appeared to me when I have least expected them and in moments of desperation. They have arrived in times of crisis, moments of peace, and in the quiet, still hours spent in nature and meditation. At times, I have seen them only in my inner vision, and at other times, I have seen them as real and alive as any human being. I have felt them arrive as creative muses, agents of healing, and harbingers of abiding peace. I have watched angels stream forth from the rays of the morning sun and appear as mediators of balance to defuse a violent situation. They have come in answer to my prayers and the prayers of others and have stood at the bedside of the infirm and dying. I also have known angels to offer counsel and support at the birth of a creative project and have witnessed them produce miracles of healing and synchronicity.

The primary mission of all angels is to remind us of the sacredness of everyday life and to help us on our journeys here on earth. Yet, these loving Messengers of Good rarely choose to draw attention to themselves because they are beings in service to the Creator. They take no credit for themselves but rather act in deepest humility and always for the greatest good. Let us open our hearts to the possibility that these powerful beings of love can interact with humankind in the most unexpected and wonderful ways.



## ANGELS WORK THROUGH INVITATION

Angels are the spiritual beings that are part of every person's support system. Before we were born, angels knew about our spiritual history and what we were intended to do in our lifetimes. They also understand the personal life challenges we must face to overcome our deficiencies and move toward greater spiritual mastery. They can be powerful resources for each one of us if only we will allow ourselves to tune in to them.

Angels do not operate through interference; they work through invitation. They need to be invited into your life through prayer, meditation, or invitation. As beings of Divine service, they always honor the use of our free will, so they will usually wait to be invited unless it is a life or death situation. What we choose to do in the life we have been given is up to us. Most people are blithely unaware of the presence of angels, and we often choose to go it alone. However, if we are willing to ask our angels for assistance and then listen with an open heart and mind, our angels will respond. Then, they can begin to operate more openly in our lives.

When we invite our angels in as our advisers and friends, we are creating an opportunity to work in partnership with them. They are here to bring us inspiration and to create opportunities for success and synchronicity in our lives, but we must be open and surrender to these daily miracles. Synchronicity can take many forms: a friend suddenly calls you on the phone with words of wisdom; you are invited to an opening, a class, or a special event where you meet someone important to your life; a book falls off the shelf with just the answers you are looking for; you find out about a job opening that is perfect for you; or a doctor's appointment suddenly appears that wasn't available before.

The opportunities for these kinds of daily "miraculous" events are many if we will pay attention. When these kinds of events happen, you know that

your angels are working on your behalf and that you are in the flow of Spirit. It is also important to express our gratitude and thanks to these tireless helpers, who are working for our success. If you are wholeheartedly open to inviting angels into your life, they will get to work on your behalf to open the right doors. Remember, even when we don't know it, angels are operating around us all the time.

I invite you to join me in this quest to not only understand but also to marvel at the miracle of angels as they reach out to us as Divine messengers of love. My heartfelt prayer is that each of you will meet and rejoice in your angels, for their essence is love, their appearance is light, and their purpose is the healing and illumination of the world.

# HOW ANGELS APPEAR IN OUR WORLD

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The most popular conception of angels derives from the three Abrahamic religions of Judaism, Christianity, and Islam, but there are stories of such heavenly winged beings in many other cultures across the world. These accounts go back to the ancient cultures of Sumer, Babylon, Assyria, India, Japan, and Persia, and accounts can also be found in Chinese, Norse, and Native American cultures. While these celestial beings may sometimes appear with great and glorious wings or shining auras of white light, angels also seem to have the ability to change their appearance at will. Angels may appear as gigantic human beings, as the Angel Gabriel did when he first met Muhammad in the cave, or they may take the form of human beings, as in the stories about Abraham and Lot that are found in the Old Testament accounts.

Angels can appear and disappear at will and may choose to appear as a regular person to help in times of crisis. At other times, they may appear as brightly lit bodies or come to us in our dreams. Angels are not always visible. Sometimes, we only experience them through a feeling, a resonance, a smell, a touch, or a deep feeling of peace that comes over us in a time of stress or

crisis. This kind of encounter can be just as important as a physical encounter even though it is often far more subtle.

These luminous beings are more active and real in the world today than most people realize. As a clairvoyant whose inner sight is opened, I have been blessed with the ability to see and work with many higher dimensional beings of light, who exist on multiple levels of reality. I have conversed with, learned from, and been uplifted by many kinds of higher dimensional beings, including spiritual sages and masters, joyful nature devas, creative muses of inspiration, shamanic animals, gods and goddesses, and several different kinds of spirit guides. While these beings have their own roles to play in our human world as they offer up their unique services to the Divine, angels hold a unique place in my heart. Of all the exquisite beings of light who inhabit the inner realms, the angels have been there for me the most often. In their tireless commitment to our spiritual evolution, they awaken my heart with awe and devotion as I watch them assist each client and person who comes before me.

## MYSTICISM AND SCIENCE

If we stop to think about it, we will realize that the spiritual world is vast and that our understanding of these realms is far more limited than we would like for it to be. As human explorers, we are just on the first frontier of discovering these inner realms. Fortunately, the latest discoveries in quantum physics give us a framework for starting to conceive the profound vastness that we call “reality.” Through the writings of quantum physicists, we now know that our third dimensional realm is nested in a much larger multidimensional universe, which contains at least ten dimensional planes, or dimensions. What this means is that we are constantly surrounded by invisible dimensions that remain mostly hidden from us. While we usually

remain largely oblivious to these realms, each of these planes has its own landscapes and inhabitants that can interface with our realm from time to time. Angels dwell within these realms, interacting with the human world when called for or needed. The spiritual traditions of shamanism, mysticism, and spiritually enlightened teachers have told us this for a very long time.

Today, as science strives to understand how our materialistic world can interface with these more subtle realms, scientists have begun systematic investigations into many forms of psychic phenomena. This includes telepathy, energy healing, radionics, and miracles created by prayer. Mystics and meditators have told us about these subtle realms for centuries. Now, even pragmatists have seen human beings experience these transcendental realms. For the first time in nearly 2,000 years, science and spirituality are coming together with an understanding that there are other worlds of higher vibration that exist above, beyond, and within our own world. These dimensions have inhabitants, and angels are among their number.

With the advent of video cameras and surveillance systems, we now have physical recordings of these great messengers of light, which defy our traditional explanations. Ultimately, the most powerful evidence we can ever have is our own experience with an angel. Then, there is no room for doubt. These kinds of personal, life-changing experiences awaken us to the realm of sages and mystics—people who long ago trained their hearts, minds, and spirits to align with the vibration of God. In doing so, they gained access to the realms where angels dwell and were able to glimpse the heavenly worlds.

## NEAR-DEATH EXPERIENCES AND HYPNOTHERAPY

Over the past few decades, modern medicine has grown, and many people have returned from near-death experiences. We now have thousands of reports of heaven. People report entering a luminous realm of sound and

light, filled with immense and radiant landscapes. Sometimes, a deceased person is greeted by angelic beings of light, or once they enter the celestial city, they see large robust angelic beings. Some angels hold swords, scrolls, or even books of wisdom as they greet the soul who is entering its new life.

Over the past few decades, modern hypnotherapists have begun to consciously explore these territories of “life between life” with clients in deep theta states. This is a somnambulistic state, where the conscious mind has little or no influence but where a person may contact their own higher self. When the client is in this deep state of connection with the spirit realm, the hypnotherapist will often encourage them to make contact with their own celestial angels. Not only has this resulted in the discovery of profound inner landscapes but also the mechanisms of learning for the soul, which take place between our physical lifetimes. Along the way, researchers have discovered the concept of soul families, who sometimes incarnate together; karmic councils, which review a soul’s progress at the end of each life; and powerful angels or spirit guides, who follow each soul’s progress during their time here on earth.

## THE JOURNEY OF THE SOUL

Through the teachings of sages, masters, and saints in many ancient paths of wisdom, we know that each one of us is an eternal soul. We are each in the process of learning, and our adventures here on earth are a kind of schoolroom that we agreed to before we were ever born. However, once we arrive on earth as children, we forget the path of destiny that we have chosen, so each of us is challenged to take the tests of life without remembering the answers.

While we are here, opportunities are presented for learning fundamental lessons about the nature of love and life. This includes the awakening of

courage, honor, kindness, humility, forgiveness, and service to others. We must learn to love ourselves in the process. As we progress in our understanding of and service to the spirit of love, we move into a higher state of oneness with the Divine. Love connects us all. Between our lives, we return to the celestial realms to heal our wounds, review our past choices, and prepare for our next incarnation. Eventually, we return to the earth with a new set of lessons to master.

However, we do not come into this world alone. In each life, we are accompanied by angelic beings who know us at the deepest of levels. These profound beings of light understand our strengths and weaknesses and are familiar with the life plan we decided on before we were ever born. These are the wise, patient guardian angels who have volunteered to assist us on our journeys, and they may become so fond of us that they will choose to stay with us for multiple lifetimes.

In some lives, only one or two angels accompany us. Sometimes, we may have masters who have chosen to help with a particular spiritual mission. In other lives, we may have angelic specialists on our team. These highly advanced beings are knowledgeable in a particular area of activity and have powerful skills to help us in our life's mission. Often, this mission is activated later in our life. Because the skills of our guides are tailored to the choices we have made for the life ahead of us, these angelic specialists often will be on standby until we have reached the point that we need them.

They await a time in our lives when we will decide of our own free will to step into a specific role of spiritual service. Then, they will come forward. Our deeper mission of service may be to write a book, work with children, express our creativity, or become a counselor or healer who will help others with their own spiritual evolution. Until we make the decision to go in that direction of our own free will, these ancillary guides will remain on the sidelines of our lives. Once we do, they can become strong allies in the spirit world to assist us in our life's work.


**END OF EXCERPT PART ONE**

# PART TWO

*Personal Encounters with  
Divine Beings of Light*



# CAUGHT BY AN ANGEL

 On a chilly day in the late fall of my sixth year the world opened up for me when we moved from our second-floor apartment in a small town to a big stone farmhouse in the lush green countryside of Pennsylvania.

Getting out of the car, I was unprepared for the sensory experience in front of me. I'd never seen such a wonderful house and beautiful open space before. The big, multi-colored stone house sat on top of a hill bordered by woodlands. Surrounding the house, a huge lawn filled with overgrown, dried-up weeds taller than me blew in the cold wind. Walking into the empty house I held my mother's hand tightly; afraid the wind might pick me up and carry me away. The first room had stone walls with a floor of big orange and black slate tiles making a checkerboard pattern. With so many rooms and stairs, every step we took inside the empty house echoed. I wanted it to feel warmer, yet somehow it already felt like home.

In the spring of the next year, I began exploring the outdoors a bit more freely. Connecting with nature, I felt at one with the trees, butterflies, birds. Even the rocks and stones on the property had a certain aliveness that spoke to me. Witnessing all of life shining and moving together like a symphony, I

saw energy fields around the plants and trees and experienced love pouring into me.

One bright summer morning, I ran up to the second floor of the house to get something. In a hurry to get back to the kitchen where my mom was preparing food, I rambunctiously ran down the hallway toward the stairs. Having built up quite a momentum, my toe caught on the rug and catapulted me forward into a violent headfirst projection down the stairs. Flying with my feet behind me while everything moved in slow motion, I spotted an iron radiator straight ahead.

A great sadness came over me as I realized I was about to plow headfirst into that immovable piece of iron. I knew in an instant I was going to die.

Suddenly a pair of hands wrapped around my ribs and yanked me straight down out of the fall, placing me tidily on a step in the middle of the stairs. There was no whiplash, nor did I even have to correct my balance. My feet were planted evenly in front of me on the step below as I still felt the long-fingered hands holding my rib cage.

The relief and gratitude I felt that someone had caught me was followed with a flood of love energy pouring into me from the top of my head then through my whole body. It was like an expansive liquid of incredible love and security filled me up like a vessel with water. I had felt something like this before in the woods, but this was different. It was bigger. *Someone had saved me, but who?* I turned and looked all around, but no one was there.

The second I realized I was alone on the stairs, I felt the hands melt away. *If no one here caught me, then who did?* I wondered. Immediately, fear crept up my body like a hot iron, pushing the loving feeling out the top of my head. I ran down the stairs to the kitchen to tell my mother what had happened. Surely, she could explain it all to me, I thought. Instead, my dear mother stared at me dumbfounded, and abruptly turned back to her cooking.

“Oh, Linda. You have such a vivid imagination,” she said.

Even though I was only six years old, I instinctively knew that it wasn't my imagination, and that something significant had just happened. From that day on, I began receiving communication from my guides and angels, little by little, until they became consistent and commonplace for me.

Eventually, my family accepted my truth, that this was an intervention from a benevolent angelic being who, I believe, saved my life.

This wonderful house is still in my family. When I visit and ascend the stairs those miraculous moments pour through me again. I remain forever grateful for the angel's saving grace that day, and for the blessings and guidance that continues to illuminate the wavelength of my life.

*Linda Varos*

**END OF EXCERPT PART TWO**



# PART THREE

*Deepening Your Connection with Angels*

# PRACTICES TO DEEPEN YOUR RELATIONSHIP WITH ANGELS

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When we become aware of angels, we realize that we have wise, loving companions with us on our journey. Their presence in our lives is proof that we are not alone and never have been alone. We each are seen, heard, known, and loved. As faithful companions, our angels always walk by our sides.

There are many ways that we can begin to cultivate a partnership with these beautiful beings of light. The first step is to approach the invitation to the angels with an open heart. Angels are beings of extreme love, patience, and Divine service, and they respond best to similar energies. Being open, willing, and heartfelt in asking angels to come in is foundational to building a relationship with them.

Like any meaningful relationship, relationships with angels take time. The time, energy, attention, and effort you put in allows your relationship to thrive and blossom. The fruits of this endeavor cannot be overstated. Moving into an active, living partnership with your angelic guides can transform your life for the better, opening you up to miracles of possibility. Like wise, devoted friends, your angels can nudge you in a particular direction by warning you of danger, giving you advice, and being there in emergencies.

Perhaps best of all, angels can help heal your belief that you are alone and separate from God. This belief in “aloneness” often drives the lives of many people, causing them to feel lonely, depressed, or even desperate. It can spur us to commit to relationships that we regret, stay in relationships that have become toxic, or remain in jobs where we feel miserable and unfulfilled, ultimately blocking us from our highest good.

The good news is that the only barriers to having a relationship with our angels lie inside of us. The barriers of negative thoughts, beliefs, emotions, and programs keep us blind to the presence of angels. The inherited programs of blame, shame, anger, and guilt distract us from tuning into the higher realms. But, if we are willing to pull ourselves away from these dramas and release our negative thoughts, the smoke will clear, and we can enter a relationship of the heart that never fails.

Angels are with us all the time, operating behind the scenes in service to God, yet they must honor our free will. If we do not ask for their help, we usually will not get it. They honor our right to make our own choices even when those choices take us off the path of our highest good.

We are most humbled by life in times of crisis when we have come to the end of our own resources. We also can use the word “surrendered” to Spirit. We cannot figure out how to handle the overwhelming events around us, and we simply don’t know what to do. Our “little self,” or ego, no longer has the solutions to our problems, whether it is the tragedy of having a sick child, tending to a loved one in the hospital, dealing with a marriage that is in crisis, or being on a lonely highway without gas or directions. In these critical moments, our human self has run out of solutions, and we are finally willing to ask, or pray, for help. It is this genuine heartfelt invitation from the heart that opens the door for the angels to act. Then, miracles begin to happen. Maintaining an attitude of gratitude and humility is what keeps the door open for us to continue to receive blessings from our angels.

To begin, please carefully examine the nature of your intention. Why are you calling on your angels? Is it merely curiosity, or is it really a greater desire to grow and get your life on track? Angels are powerful beings of high vibration, and the purer your heart is the more readily they will respond.

Let's now begin to connect with these Divine emissaries of light.

## THE POWER OF PRAYER

Prayer is a powerful way to communicate with the Divine because you are speaking from your heart. I find it very useful to set aside a certain time and place each day to do my spiritual work—to go within and put out my prayers to Spirit. This can be any time of the day that works for you, but I find it best to do this in the morning when I first get up or after I have taken a shower and dressed, but before the chaos of the day begins. Creating a spiritual practice at the start of the day is a great way to set your intention, practice surrendering your human agenda, and ask your angels to guide you in all things.

If mornings do not work for you, you can choose another time. For instance, you can do your prayer work in the evening before you go to bed. Creating a nightly spiritual practice can be as simple as reading something spiritually uplifting before you go to bed even if it is only for fifteen or twenty minutes. This will help to realign your subconscious mind to be more attuned to the Spirit realms. In this way, you can actively use your dream state to open channels into the higher realms and to receive guidance from your angels even in your sleep.

## USING THE POSITIVE LAWS OF PRAYER

It is important to know the positive laws that make prayer most effective. These little-known principles can help make our requests for help far more

powerful. Two of these laws are staying positive in our statements and making sure our statements stay in the present tense.

Imagine the universe is constantly listening to you, and it reflects whatever you are saying to it. If you speak in the negative, you will get back more of the negative. If you always say, “I’m so broke!” or “My back is killing me!” or “I can never get a break!” then this is what will continue to manifest in your life. But when you speak your prayers in the positive, your conscious and subconscious minds will hear this, and the life that you will start to manifest will respond to this positive affirmation.

Instead of saying “Dear God, I’m so broke. I just can’t catch a break. I need money. You gotta send me some money!” you should say, “Thank you God for the great abundance in my life. I see prosperity and abundance coming to me from all directions, and I receive it gladly! I am abundant and joyful here and now. I am grateful for all the abundance that is flowing to me and through me, and my life is now easy, joyful, and effortless.”

Make sure to make your statements in the present tense as if they are already happening and not sometime in the future. Avoid using negatives and remember that the universe doesn’t hear the word “not.” It only hears “I’m poor and struggling.” You would never want to say, “Now, I’m not struggling. Now, I’m not poor.” Choose the things you want and affirm them in the present moment. For example, “I am wealthy and abundant in all I do, and I am receiving good things now.”

When we speak in the present tense, we are using the *as if* principle of prayer. Give thanks for all the good that is coming your way *as if* it is already present in your life, and before long, it will be. And be sure to express gratitude because gratitude opens doors to the inner realms.

If you are praying over a health issue, speak with gratitude for whatever you are going through. For example, “Thank you for the blessings of my body and my health. Thank you for the opportunity to learn to walk again, to speak



again, or to hear again. Thank you for my doctor, herbalist, or chiropractor who is helping me to become whole and healed once more.”

You can also speak *as if* your problem is gone, praising the Creator for your blessings. You may say, “I feel better every day in every way. I thank you for this wonderful healthy body and for how strong and wise it is. I thank my back for supporting me, my legs and feet for how strong they are, my spine for how tall it stands, and for the wonderful ways that these parts of my body continue to serve me well in my life.”

Gratitude and thanks are two of the most important principles of prayer, and the more you use them with honesty, the quicker you will learn your lessons, move through your obstacles, and return to a place of balance. And remember to give thanks even if you are struggling to understand why a particular situation is unfolding. This releases your resistance to change and opens the door for miracles.

## LETTING GO AND LETTING GOD

In prayer, it is important to know that Spirit may have a bigger plan than you do. With an illness or an injury, there may be a deeper purpose in place than you can see from your limited, human point of view. Perhaps, you are praying for a person who is sick. Clearly, you would like for them to get better, but the journey that they take to wellness may lead them to a whole new career, a new perspective on life, or even an important person on their path. We cannot presume to know exactly how that person’s life should unfold.

How should you pray for them? Perhaps, you can say, “Thank you for the blessing of this person in my life. Thank you for how whole and strong and courageous they are. Thank you for the health you are giving them now and will continue to give them as they get better and better. If it is the highest will, I see my friend (say their name) whole, healthy, and healed. I send positive, healing energies to them and ask that my angels and theirs magnify this

healing a hundredfold. We send this healing energy to them now and release this person (say their name) to the most powerful outcome for their life.”

It is generally a true statement that when most of us pray, we have an agenda in mind. It’s the outcome of how we see things from our limited, human perspective. We want to get that job, be in that relationship, or see a loved one get well. There’s nothing wrong with wishing for these things, but we also must be willing to release our personal agenda to a Higher Power. In truth, only God, a person’s higher self and their angels know what their life plan is meant to be.

When we pray for others or even for ourselves, we must remember to release our desires to this Higher Power. In truth, we do not really know if what we want is perfect for us. Perhaps, that job we want will implode in six months. We really don’t know if the guy or girl that we hoped to drive off into the sunset with is really our perfect romantic mate. This “perfect person” may have an addiction problem, a gambling habit, or other issues that will bring upset to our lives.

While we are certainly allowed to pray for what we believe is the best outcome for ourselves or others, we also must be willing to release our expectations to the wisdom of that person’s angelic guides for the highest outcome possible.

## CREATING A MEDITATION ALTAR

Prayer work can be done anywhere but having a prayer or meditation altar can create a powerful vortex for spiritual energies. An altar is simply a physical place to do spiritual work. Human beings have used altars in spiritual communion for centuries. We find altars in churches, mosques,

temples, and many personal homes, and the process of creating an altar is a powerful reminder of the importance of creating a daily spiritual practice.

How does one set up an altar? It's simple. You can use a table, a chest, or even a slab of wood or stone, covered with an altar cloth. The altar cloth does not have to be expensive. It can be a lovely shawl, a colorful scarf, or a swath of fabric that you find inspiring. The cloth can cover the table all the way to the floor, or simply cover the top. It's up to you. If the place you create feels beautiful, inspired, and devotional, it will open your heart, and that is its purpose.

On the altar, you can place objects that have meaning to you. These are objects that will awaken your connection to the Divine within. You can choose flowers, statues, paintings, mandalas, candles, crystals, an incense burner, or any other object that represents your love for God. You even can put something on the altar to remind you of your angels. The important thing is that these objects help you build an active relationship with your angelic guides.

Over time, your altar will change because this is a living expression of the relationship you are building with your angels. You may select objects with a symbolic meaning. For example, if you are working on purifying your emotions, you may decide to put white candles on your altar along with a set of matches and toothpicks. This way, you can create a ceremony for burning away the things in your life that no longer serve your highest good. You release that issue while burning a toothpick in the flames. If you are focused on healing or prosperity, you may select a green candle for your altar. If you want to discover your passion or deeper purpose in life, you may choose a red, pink, or purple candle, which represents the longing of your heart. There are many creative ways that you may use this altar in your spiritual practice because it is a place of spiritual focus and positive intentions.

## JOURNALING WITH SPIRIT

Once the routine of daily communication with Spirit is in place, there are several other important practices you can use to accelerate your relationship with your angels. Journaling each morning is one of them. When we journal our thoughts and emotions, we open the channel to our conscious, subconscious, and high consciousness minds. Journaling allows us to write out our inner thoughts, doubts, hopes, and dreams. It allows us to get clear on the feelings we have going on in our lives and the questions that we need answered.

I often think of journaling as a data dump. Once we can see our thoughts and feelings on a page, then it is far easier to get clarity about what is bothering us. This release of emotions and concerns opens a space within us to make room for our angels to respond. This is like the Buddhist metaphor about having an empty glass. The glass represents our minds. When our glass is full of thoughts and emotions, there is no more room for Spirit to enter. But, once we empty our glass, meaning our conscious and subconscious minds, then we naturally create space to receive messages from our angels.

## USING SOUND TO OPEN UP A CHANNEL TO THE ANGELS

Sound, or vibration, can create a shift in consciousness. Virtually every religion in the world uses sound to open up an expanded awareness. In Christianity, we have beautiful Gregorian chants and celestial hymns. In the Jewish faith, there are designated cantors. In rival churches, there are choirs of singers. In Native American, Australian Aboriginal, and Celtic cultures, we see the use of sacred drums, rattles, and didgeridoos. Buddhists, Hindus, and Tibetans use Tibetan bowls, chants, and sacred mantras, most very potent with Sanskrit syllables. And the New Age movement has adopted all of these,

as well as the use of chimes, crystal bowls, celestial music, and voice toning. When we tap into these beautiful healing sounds, we recalibrate our brains to higher levels of perception.

Everything in the universe has its own vibration, or frequency, whether it exists in the physical or spiritual realm. We can think of these as different wavelengths, like those sent out by a radio station. For us to “hear” our angels speak or to feel their presence, we must tune into the right wavelength. This means raising our own vibrational levels so that we can receive the transmissions they are broadcasting to us.

One of the easiest ways to do this is by using chants. There are some very simple, powerful chants that have been used for centuries by people from all walks of life. OM is one of the most potent, as well as the simple syllable HU. These two sounds represent the original seed syllables emanated by the Creator in the higher realms. These sounds are constantly being sung in the visible and invisible worlds. Angels are often accompanied by music because they are always resonating with these higher frequencies of God.

To begin a chanting practice, start by chanting for only five or ten minutes. Take a few deep breaths and begin. Continue the same long, drawn-out OM or HU sound for about five or ten minutes or until you feel complete. Keep your eyes closed and put your attention on your heart, expanding your chest each time you breathe. You can also place your attention on your forehead, where your inner sight resides. This will help to open your inner senses.

When you stop chanting, try to notice that these same vibrational sounds are humming behind everything. They are in the purr of the air conditioner, the swish of traffic, and the chirping of insects. In the Bible, this is called the Word. It is also called the Sound Current, or “the sound found in the silence.” Once you begin to chant for longer periods of time, you may even find that there is a point where the sound is chanting you rather than you making the effort to chant it.

This simple practice can shift your vibration completely and attune you to the angelic realms. Sound can open your spiritual senses to the worlds of light that lie behind our own third dimensional realm, and, once this happens, you will find it far easier to receive guidance from your angels.

## RECEIVING YOUR ANSWERS

Just as every human being has five physical senses, we also have five inner senses. These are inner sight, inner hearing, inner knowing, inner smell, and inner feeling. They are referred to as clairvoyance, clairsentience, clairaudience, claircognizance, clairalliance, and clairsentience. As you grow stronger in spiritual practice, these inner gifts will begin to awaken naturally because they are extensions of your natural intuition.

As you develop your connection, you may feel the presence of peace around you, experience a sweet aromatic smell, hear a song running through your head that answers your dilemma, or feel a touch on your shoulder.

Sometimes, the answers will come while you are journaling, meditating, or in surrendered listening. The answers you seek may come through sudden insights, a synchronistic phone call, a passage in a book, a friend with a message, an inspired dream, or some other event. Pay attention and be willing to recognize that the angels work in mysterious ways, and your answer may come to you in many forms.

These powerful tools are direct pathways to learning how to tune into the angelic realms. While establishing a daily spiritual practice can certainly be a commitment, you will find that aligning to the spiritual realms will open the flow of synchronicity in your life so that you not only have more time in your day but also more inner peace.

## END OF EXCERPT PART THREE

# MEET OUR FEATURED AUTHOR



TRICIA MCCANNON is a renowned American clairvoyant, historian, author, and teacher who has traveled the world in search of answers to the greatest Mysteries of the Ages. As a healer, hypnotherapist, and clairvoyant, she has given readings to more than 6,000 people worldwide in her continuing commitment to inner awakening and world unity.

She is the author of four acclaimed books: *The Angelic Origins of the Soul: Discovering Your Divine Purpose*, *Dialogues with the Angels*, *The Return of the Divine Sophia: Healing the Earth Through the Lost Wisdom Teachings of Jesus, Isis and Mary Magdalene*, and *Jesus: The Explosive Story of the 30 Lost Years and the Ancient Mystery Religions*.

Initiated in many ancient streams of wisdom, Tricia's workshops are a powerful synthesis of history and mystical wisdom. She is an instructor at Sacred U, the online learning division of Sacred Stories; the Founder of the Phoenix Fire Lodge Mystery School in Atlanta; a Bishop in the Madonna Ministries; and the author of more than 30 DVDs and 13 online classes.

Tricia has headlined conferences in both Europe and America and heads up a nonprofit spiritual path called The Way of Truth.

Learn more at [triciamccannon.com](http://triciamccannon.com).



*This extraordinary book finally answers who the angels are and how they have appeared to us throughout the ages. The true mystical stories combined with Tricia McCannon's vast knowledge of the angelic realm will blow your mind.*

—**Burge Smith-Lyons**, founder of Essence of Being®,  
The Conscious Leadership Academy, and The Healing Forest Foundation

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## *Experience the Miracle of Angels*

Angels emanate joy, lightness, and a grace of uplifting peace. Almost as if by their very touch, presence, or appearance, they reassure us that everything will be all right and unfolding according to a Divine plan. Welcome the angels into your life as Tricia McCannon and our sacred storytellers share their personal encounters with angels reminding us we are living in a light-filled universe where anything is possible, including:

- a young child saved with the help of angels.
- guidance received by a woman while in a comatose state.
- angels appear above the fire at the cathedral Notre Dame de Paris.
- direction from Archangel Chamuel for a young woman on her life.
- a pregnant woman assured her child would be born healthy.
- Archangel Michael saved a woman from a car accident.

Tricia McCannon, a lifelong mystic, and spiritual teacher invites you to join her in understanding and marveling at the miracle of angels as they reach out to us as Divine messengers of love. Like the wonder, we feel when we look at the stars at night, angels speak to each of us at the level of our soul.

Learn the ways angels appear to us and how you can deepen your relationship with them. Delve into the history and mystery of angelic lore and be inspired by accounts of famous angelic encounters that changed our world. The angels are at the heart of a celestial awakening, and when we call upon them, we begin to awaken the angelic nature within ourselves.

*ANGELS will uplift your soul. Their essence is love, their appearance is light, and their purpose is the healing and illumination of the world.*



**Tricia McCannon** is a renowned American clairvoyant, historian, author, and teacher who has traveled the world in search of answers to the greatest Mysteries of the Ages. She is the author of four acclaimed books including *The Angelic Origins of the Soul: Discovering Your Divine Purpose* and *Dialogues with the Angels*.



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