

30 Angel Steps to Prosperity!



by Rebecca Marina
The Prosperity Queen!

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book design, cover art & illustrations by Angela Treat Lyon

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☞ Thanks! ☜

I would like to thank Mary Louise Jameson for being the most loyal, wise friend anyone could ever have. Angela Treat Lyon for the artwork and formatting - and the patience with all the changes I wanted. My family for being so supportive, my daughter Alyssa for helping me type, and my son Simon for cooking for me.

And many many sincere thanks go to Dr. Luis Pena and Melinda for helping me test the planner!

☞ Thanks! ☜

I want to especially thank you, Dr. Pena, for your very valuable suggestions. The book is better because of you.

☞ Dedication ☜

This book is dedicated to my husband, Henry. He is everything I admire in a man, loyal, big hearted, and steadfast. Henry always puts his family first and is the kind of guy you can always count on to be on your side. I love you, Honey!

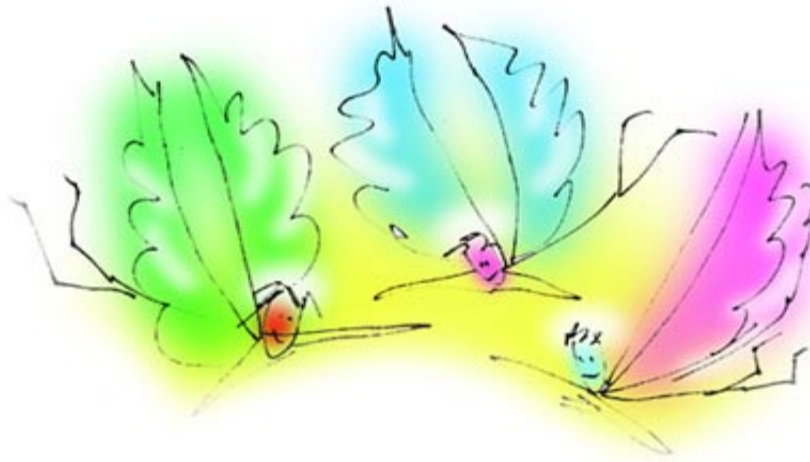


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🌻 Congratulations! 🌻

Introduction: You are on your way to exceedingly great, fun & happy growing!

Using just one of the methods listed in this planner would improve your circumstances a great deal; using all of them over the next 30 days will catapult your life into joyous transformation!

These instructions are simple and easy to follow. Just fill in the blanks every day and your mind will automatically be set for prosperity and happiness. I personally use every single method that I talk about in this planner and every single one of them will work for you, too, if you “just do it”! These are the same methods I teach in my “End Money Worries” seminar. You can read the miracle stories of others who have attended this seminar and used these methods by visiting: www.celebrationhealing.com.

A very wise woman once said, “You can do
anything
if you have really good instructions”.

I have found this to be absolutely true! *Please take time to read through all the instructions before jumping into the planner.*

There are journaling exercises for the daytime and for night-time. Do them in the order that suits you best. Some of us are “early birds” and some of us are “night owls”. You cannot “mess up”; your way of doing these exercises is the right way. Relax and enjoy!

When the angels asked me to put this planner together, they said, “It is our goal to make everyone aware of our presence in a very real, down to earth way. We are here for all, without regard of social status or religious origin. All are worthy just as they are.”

Simply using this planner can raise your vibrational level higher, give you clarity, and help you accomplish any goal.

☼ How it All Started ☼

This book just would not be complete unless I told you how all of this “angel business” got started.

❖ A Dream ❖

A few years ago, I had a dream. This was no ordinary dream! This was the kind of dream where you feel like you are really there and the kind you never forget as long as you live! This dream changed my life forever! In the dream:

Another lady and I were in a big city to attend a meeting on fund-raising. (In dream symbols, fund-raising would mean, “helping others”.)

As we exited the building where the meeting had occurred, two men came from the dark, murky, shadows with the intent to attack and kill us. †

I will never forget the intensity of the evil that emanated from these two men! They were the sum of everything evil and vile in the world. If hate had a flavor, I would have choked and gagged from the intensity of it! These men were filled with complete hatred towards us for absolutely no reason. I could feel huge waves of hate energy almost knocking me to my knees so great was the force of it. My friend and I were caught completely unprepared, felt helpless and panicked against so much unwarranted anger and rage.

The first man had a weapon in his hand, a huge two by four. He smacked my friend in the head; the loud “crack” reverberated like thunder as she went down like a felled tree! The attacker then raised his arm to strike me, his face twisted in grotesque, frightening rage. Oh Dear God, I could see he had every intention of killing me!

As he raised his arm holding the two by four in his hand ready to strike, I suddenly felt a tremendous power and strength surge through me! I raised my hand and at the same time commanded in a loud voice:

*“I call for the Archangel Gabriel; I call for the Archangel Gabriel!”
As soon as the words were out of my mouth, a great white light appeared!*

I never did see the actual form of the angel - the light was much too bright. I did see a hand: the hand of the Angel of God!

The hand of Gabriel clasped around the wrist of my attacker. As I watched, all the hatred, all the vileness, every bit of evil drained from the man. He reminded me of the witch in the movie Wizard of Oz when she said, “I’m melting, I’m melting!”

Indeed, all the darkness had completely melted out of the man. He was left as pure and clean as a newborn baby. He looked at me with big, soft puppy-dog eyes. His heart had been transformed from the very epitome of evil to a sweet, clear vessel. He seemed not to even remember what he had been intending only moments before.

In the dream, I looked him straight in the eyes and told him, “This is not just for me; you can call the angels of God, too!”

Ever since I had what I now call “the Gabriel experience,” I have been teaching people to ask for assistance from their own angels. If just the touch of the angel of God can transform the vilest evil, think what it can do for you!

Our Angels are our
Biggest Fans!

Some of you may be thinking that maybe you don’t have any guardian angels. Well, you do! Even the seemingly wicked people in the world have angels. Sure, maybe the angels are about to pull their hair out because their charge is not interested in hearing any “angel advice,” but there is no one who does not have them.

They know how hard it is to be human. They admire us very much just for choosing to be here and live with all our human trials.

One law the angels have the greatest respect for is the law of free will. Your angels may have the solution to your every problem but until you ask for their assistance, they cannot help you. They must wait to be asked. The only time angels can interfere without being asked, is if your life is in mortal danger and it is not your time to go.

My life was changed by that experience! I awoke with my heart beating so loud I could hear nothing but its pounding in my ears! I was in a state of awe for several days afterward. I just cannot describe to you the power and love that I felt from this angel.

I asked God to start letting me be able to sense the presence of angels around people. I am an artist and, for a while, I did “angel portraits” for other people. With the help of the angels, I began to be able to “tune in” to the answers to many problems that people would come to me with. As an energy therapist, this gift of angel guidance helps tremendously in getting to the root of many problems.

In putting this planner together, it is my INTENTION to bring you to the awareness that, “You can do it too! Yes, you too can call the angels to assist you in every phase of your life.” Do you want to be prosperous and happy? Please ask your angels to help you.

Following are a few of the ways I do it, that you can use, too!

Please be advised that in order to use this book effectively, you must be able to print it out.

It is a hands on daily journal and planner.

If you need more space to journal, please use the back of the pages for your thoughts, notes, and making the magical letters of the alphabet as explained in this book.

☀ Journaling ☀

Journaling is an easy, beneficial form of self-therapy, and it's cheap too!

I recommend that you take a few minutes each day to journal. You will find blank space in this book for journaling after every “angel message.” If this is not enough space, have a few sheets of paper handy to continue your thoughts.

Don't worry about grammar or spelling; just write about what is on your mind. I find it very helpful to journal about my dreams. I often get a lot of insight while I am writing about them.

If you want to increase your creativity 1000%, I recommend that you journal with your non-dominant hand.

Lucia Capacchione, Ph.D., a real pioneer in self-transformation work, has written 12 books on journaling and the non-dominant hand. Her books have helped countless people to dramatically change their lives.

According to Lucia, the non-dominant hand is hard-wired to the right side of the brain where all creativity abounds. You will automatically access wisdom and creativity by using the non-dominant hand.

Ask (write) a question with your dominant hand. Then, switch the pen to the “other hand” and answer it. Just let go and let the answer come. You will be amazed at the insights you receive when you relax with this.

(Titles of Dr. Capacchione's books are listed in the resource section of this book.)

☀️ Angel Communication ☀️

Communicate with your angels through non-dominant handwriting!

In my prosperity workshops and workshops on angel communication, non-dominant handwriting is one of the methods I teach to help people get in touch with their angels.

I have made it easy for you and built this option right into this planner.

Two Easy Steps!

Step 1. Ask a simple question of your Angels with your dominant hand (*you can use the question I have provided in the planner or use your own*).

Step 2. Take a deep breath in, switch hands, and let them answer you through the non-dominant hand (don't worry; you will not be "possessed" or anything scary. You will simply receive gentle, loving guidance).

The angels always have loving, kind, messages for you. After all, they are your biggest fans, whether you believe it or not.

For more information about journaling with your Angels, I recommend the book, Angelspeak by Barbara Mark and Trudy Griswald.

For more information about Lucia Capacchione's work with the non-dominant hand, log on to www.luciac.com.

Appreciation

When you start your day appreciating even just one thing about yourself, you send your body and spirit a powerful message.

This is a gift of love we can give ourselves. We find it easy to appreciate others, but almost never take time to appreciate ourselves! You cannot give from an empty cup. Self appreciation helps to “fill your cup.”

Once you get into it, you will find it really is FUN to think of something new to appreciate about yourself everyday. Whenever I have a hard time thinking of something new to appreciate about myself, I think of my feet. Sounds silly, but I think I have really pretty feet and that makes me very happy. Many women my age have big bunions, corns and other painful conditions on their feet - but I have pretty feet!

Try it; see how much fun it is to think of something new to appreciate about yourself everyday. Allow yourself to be silly if you feel like it or, if you prefer, find something deep and profound to appreciate about yourself. Just do it!

According to “Abraham,” a group of non-physical teachers, the energy of resistance and the energy of appreciation cannot co-exist! So start appreciating everything!

If you want to really put the sizzle back into any relationship, write down what you appreciate about that person and give it to them each day.

Yes, you *can* find something new each day - not only for them, but for yourself as well. You just won't believe what this will do for any relationship!

A few months ago, I tried this with my husband. I bought a pack of index cards and cut them in half. Each morning I would write something I appreciated about me on one half and something I appreciated about him on the other.

I found myself looking for the good instead of the bad. We all know that

you get what you focus on. This magnifies the good and diminishes the bad. The whole process just starts snowballing into more and more great manifestations.

My husband still has every single one of those cards. He carries them around with him in his pickup wrapped around with a rubber band. Our marriage is stronger now than it has ever been!

For more information on the teachings of “Abraham”, visit www.abraham-hicks.com. I highly recommend that you purchase some of their tapes and books. You will be contacting me to tell me “Thank You” after you do.

☀ Intention & Focus ☀

Divide up your day!

When we think about all we have to do all at once, it can be quite overwhelming!

Divide your day up into segments of activity and give whatever you are doing your full and undivided attention.

For instance, if you are going grocery shopping, just focus on that one thing. Intend that you get to the store quickly and safely and that you attract only those drivers who have safety as their intention as well.

Once you are at the store, intend that you find everything you need and have a great time doing it! I also like to intend that the checkout person is waiting just for me and I never have to wait in line. The last few times, someone has even unloaded my basket for me!

Everything is energy!

I challenge you to try intention with every item on your “to do” list. It makes a huge difference.

The above “intention process” is another wonderful idea from “Abraham”; they call it “segment intending.”

☀️ Send Light & Love Ahead ☀️

We have the capability to heal just by our desire to do so!

Mother Teresa told me that we have the power to “feed” others love through the powerful use of our heart centers. You can affect another person in a positive way by “beaming” the light from your own heart to theirs.

Try it! This is so much fun! Everywhere you go, send light and love ahead of you. You can ask your angels to help you with this. You just do this with your imagination.

Go to your heart center; imagine it being filled with more and more love.

Now imagine that love is going before you like a powerful beam of light. Send this light before you on the streets and you will have a pleasant journey.

Send this light to all the other drivers on the road, especially the grouchy ones.

You will find there are no more grouchy people in your path. Store clerks rush to wait on you, red lights turn green for you, and the world is touched by your love-sharing. The energy of love is so very powerful!

I Am Statements *Express your wants and desires in the positive now.*

This is very powerful! Turn the “want” into an “I am” statement and watch magic happen for you! Do you want a new car?

Turn it into an “I am” statement:

“I am enjoying driving my (insert exact description) car.”

Want more joy in your life?

“I love being joyful and sharing that joy with others.”

Unhappy with your career?

“I am so happy to find the perfect career that satisfies my every longing.”

Get the picture? You can use this process of “I am” to send Light and Love ahead of you and love two birds with one stone, so to speak.

“I am sending Light and Love ahead of me everywhere I go today.”

Whatever you want, turn it into an “I am” statement. It does not matter whether it is true yet or not. The subconscious mind does not know the difference between real and fantasy.

If you put FEELING behind the “I am” statements, the subconscious mind will rush to assist you.

Try it!

☼ Angel's To-Do List ☼

The Angel "to do" list is one of my favorite things!

I use it every single day! I make the list for them longer than the list for me. There are way more of them and only one of me, so I sure don't mind asking. Archangel Raphael told me that he can do 144,000 things in one of our earthly seconds, so the angels can easily squeeze in a few requests from you.

Do you know that you have several angels assigned to take care of you? Nobody else but you! If you are not using "angel power", then you are missing out on a lot of blessings. Your personal angels have nothing more important to do than watch over you, you are not pulling them from a more important job: YOU are the job!

Please, don't let your angels live a life of boredom, give them something to do. They LOVE doing things for you! My life is sooooo much easier since I received this divine revelation and started asking my angels to help me with EVERYTHING!

Would you like to know the kinds of things I ask my angels to help with? I ask them to clear the road ahead whenever I go somewhere. I ask them to bring me clients who are ready for healing. I ask them to "speed me up and slow time down" when I am short on time. I ask them to help me find the perfect dress when shopping.

And I ask them to help me remember stuff.

Get it? Ask them for anything that has to do with you. The only thing you cannot ask is for them to "make" somebody else do something. That is a "no-no!"



Oh yes, it is OK to ask your angels to gently remind you when you are thinking or doing things that are not for your highest good. They are very good at helping you stay focused on you path whether it be spiritual, physical, or career.

Angels must obey the laws of God regarding free will. That is why you must ASK for their assistance. Otherwise, they can watch over you but not much else.

So, please save an angel from boredom by putting them to work today!

Try it, ask your angels to help. You will absolutely LOVE it and your angels will be thrilled to be helping you.



bored angels waiting for your call

Magical Letters!

This Magical letter can bring you riches!

Vimala Rodgers is probably the world's foremost expert on analyzing handwriting. She discovered that you can tell everything about a person just from their handwriting. Law enforcement officials often use a graphotherapist (handwriting expert) to help them catch criminals.

Vimala wanted to study the positive aspects of handwriting. She knew that most criminals have certain ways of making most letters. She also knows that it is the brainwaves that determine how our hands form the letters, not our hands.

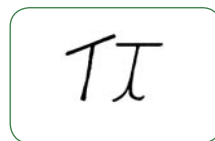
After Vimala studied the handwriting of the most positive people through the ages and how they formed certain letters, she developed an alphabet in which every single letter has a purpose. This alphabet can heal your life! The letter that can bring you riches is the letter “g,” formed this way:



When you consistently write it this way, it actually transforms your brainwaves to become more receptive to abundance.

I suggest you begin by writing several pages of just the “g” a day. Make pages with the non-dominant hand as well. Why not integrate prosperity into both sides of your brain? Do this on a consistent basis and you will notice a big difference in your flow of abundance!

Another letter that can greatly assist you in your quest for prosperity is the letter T. By crossing the letter T at the top whether it is a capitol or not, you show the universe that you will “settle” for nothing less than the highest attainment.



To order Vimala's books and get more information, visit www.ihs.com.

☼ Forgive Yourself for Everything! ☼

We are so hard on ourselves! As you prepare for bed at night, look for things during the day to forgive yourself for.

Do you find yourself going over and over some mistake you made during the day? The mistake only took a few seconds, yet we keep the energy of it alive for days, sometimes years. Let it go! Forgive yourself! God is love and forgiveness, so please forgive your self.

This is a good time to see what you can forgive others for as well.

Maybe you feel you cannot forgive them right now but you can make the “intention” to forgive them. This opens the door for your own healing to occur.

You may want to do EFT (Emotional Freedom Technique) or TAT (Tapas Acupressure Technique) to help you release anger, pain, resentment, or fear.

See the instructions in the back of this book. Doing this just before bed will have you sleeping like a baby!



☀ What I LOVED About Today ☀

What I LOVED about today was:

This is another one of my favorite things, (Ok, ok, EVERYTHING is my favorite!) It's just that each one of these tips I am giving you is so very wonderful!

As you lie in bed, (after you forgive yourself for everything) think about all the things you LOVED about the day.

I find myself thinking of simple things that brought me joy and I get a surge of joy all over again.

I might think about how a smile from one of my children made me feel, or how having such a great husband or good friends is delightful.

When you review the day and look for the good, you will start to see things you never saw before. This gives you such a warm, cozy feeling of love and gratitude.

You will love the feeling it brings!

Creative Mind Instruction

Grow Rich While you Sleep

This book by Ben Sweetland, was published back in 1962. It practically fell off the shelf into my hands one day at a bookstore. This book is so far ahead of its time, it fits right in with many teachings that are being brought forth today.

Ben talks about making use of the subconscious mind. He calls it the Creative Mind and I like that term better myself. You are the one giving instructions to your creative mind whether you are doing it consciously or not.

If you have thoughts of anxiety all day, Creative Mind takes that as an instruction and hurries out to bring you some more anxiety.

Your creative mind never sleeps; you might as well give it something to do while your conscious mind is sleeping.

Just tell it what you would like it to work on while you are sleeping, and then just release the thought.

If you lie there in bed and try to figure it out with your conscious mind, you will get in the way.

I have received so much inspiration and guidance from my creative mind since I have put this wonderful idea to work for me. These pages you are reading right now came after I asked my creative mind to help me.

Why not give your creative mind
something to work on
that will
bring you joy?

Remember, since your Creative Mind is going to be working on *something*, might as well let it be something that you purposely ask for!

Keep it so busy following your commands that it ignores any negative input.

☀ Expect Miracles! ☀

There you have it!

A whole slew of wonderful ideas which - when implemented - will absolutely catapult your life into ecstatic joy! Try them, and expect miracles. Please email me and share your success stories with me.

Remember to be grateful and express gratitude for the tiniest little bit of improvement. As you acknowledge even the smallest things, more and more will be attracted to you.

If you find a penny on the street, pick it up and say, “Thank you, God, for starting to bring me my prosperity”.

Don't wait for a big thing to get your gratitude activated. Your gratitude is a powerful magnet that will draw more and more abundance to you.

Next come the

30 Angel Steps to Prosperity!

 Day One 
From the Archangel Raphael

Ask and command us Angels to do your bidding. We are all designed and commanded of God to serve humanity. Use our power. Do not fear that you will command us to do that which is contrary to the will of God, for that would be impossible. We can only carry out those commands that are for your highest good.

So relax, and fear not that you will misuse our very great and substantial power. This is simply impossible. It is possible, however, for you to miss out on many great opportunities for spiritual growth, for material growth, for better health, for better relationships, for every area of your life to improve.

So ask, Dear Children, ask.

I am your Beloved, I am Raphael.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____

is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

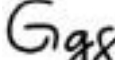
"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter  to brings you riches!

Making pages of the letter “T” this way  helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☀️ Day Two ☀️

From all the Archangels

We the Archangels, as well as your personal guardian Angels, are available to you at all times. We have the power to be many places at once. Your call is the most important one to us. There is no one else more important or more worthy than you. We are here to be of service to you. Do not worry about other people being more important or more worthy than you. When you call us, we home in on your needs. Others are responsible for calling when they need us.

You alone are responsible for you.

We are your Beloveds - Raphael, Uriel, Michael, and Gabriel

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____


"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter  to bring you riches!

Making pages of the letter “T” this way  helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Three ☉

Dear Raphael,

*What do you mean when you say “I am responsible for myself alone”?
Am I not responsible for others as well?*

Each of you has a life intention or purpose. You cannot row the boat of another. If you focus on your own spiritual growth, and stop feeling responsible for the growth of others around you, you will be better able to help.

Each person is responsible for his or her own spiritual growth. They can choose to grow and love, or they can choose to be stagnant. You are only responsible for your own soul purpose and for staying in the energy of love. Being a channel of love to others will assist you as well as them.

That is your only responsibility, Dear Children, to be a channel of God’s love.

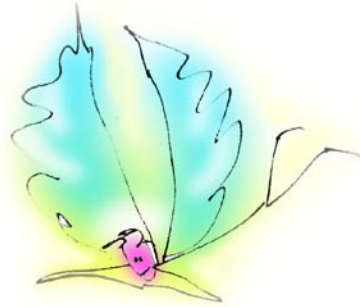
I love you. I am Raphael.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

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Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☼ Day Four ☼

Dear Raphael,

As an Archangel, what is your purpose? What do you do? What is your relationship to the other Angels?

My purpose is the same as yours, to grow and create and to be a channel of God's love. I assist people in coming into their own sense of power. I assist people also in gathering healing energy about them. I assist them in releasing as well.

All of us Angels work together. We have experts in any field you can imagine to assist you. Uriel is very efficient in calling in the right kind of expert for your particular need. Humanity has not been making use of the very great power and assistance that is available to them.

Ask, ask, and ask, Dear Children. Ask and release the worry. Ask and expect to receive. Clear your energy field and be open to our assistance.

I am your Beloved, I am Raphael.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

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for: _____

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What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Five ☉

Dear Raphael,

In a previous message, you said for us to ask and then clear our energy field to receive. How do we do this?

There are many newly introduced energy therapies available to help when you feel “stuck”. One of the simplest ways to release is through the use of heart energy. Simply place your hand over your heart and “imagine” that you are breathing in the love of God into your heart center.

Imagine that love expanding and healing your heart. Imagine that powerful light and love gently nudging away the blockages.

Say to yourself out loud, “I joyfully release the obstructions to my happiness. I am light and joyful. I am forgiving. I am able to give and to receive love. I am worthy to ask and to receive. I am loved.” This simple exercise will raise your vibration and set the tone for allowing many wonderful things to come to you.

I love you. I am Raphael.

Space for journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter  to brings you riches!

Making pages of the letter “T” this way  helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☀ Day Six ☀

For all the Dear Angels,

Do you ever get tired of watching us struggle and do you ever feel like we are just never going to understand?

We do really empathize with you and your struggles, but we never get tired of being of assistance to you. We think all of you are quite wonderful to do as well as you do.

Don't you know that the joy is in the journey and in the learning? You will never be finished with your growing no matter how much understanding and how much wisdom you acquire. We think you are perfect right where you are and just like you are. We are not here to judge you. We are here to assist you.

Once again, Dear Children, ask, ask, ask for our assistance in every area of your life.

We love you very much. Michael, Raphael, Uriel and Gabriel

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Seven ☉

Dear Angels,

*May I ask you about your relationship to our Heavenly Mother?
Why does mankind not speak of her?*

Centuries have passed and the glory of our Divine Mother, the Divine Feminine, has been hidden. Her glory and honor were stolen away by those in authority who found only the masculine served their purposes. Man always has been a creature of free will and chose long ago to turn his back on God, the Mother.

This has upset the balance of male-female relationships on every level. There is a great resurgence of the female energy in the Universe today. Not just in your world, but in many other worlds as well. The orphaned child cries for Mother and can no longer be denied.

This is truth. Raphael, Gabriel, Michael and Uriel

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

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for: _____

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Separately, make pages of the magical letter **Ggg** to brings you riches!

Making pages of the letter “T” this way **TT** helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Eight ☉

Dear Angels,

I don't understand how God the Father could have allowed this imbalance of ousting the Divine Feminine that you speak of. How could humanity just have chosen to write the Holy Mother out of scriptures?

The Divine Feminine has never completely disappeared! That would set such an imbalance that there would be no reproduction of species on any level. In every culture, certain aspects of the Divine Feminine have been honored. Almost every religion has touches of her Divine Grace.

Now is the New Age of Balance of the masculine-feminine in the Deity. It is important not to swing the pendulum too far in the opposite direction in our eagerness to correct this imbalance. The Heavenly Mother's presence has always been nurturing and loving humanity, whether she was consciously honored or not. There is no ego here in the Spirit world.

We love and channel our energies to humanity without thought or need for recognition. You are the ones who benefit when you recognize us and ask for our special assistance. We are always waiting for your call. Ask, Dear Children, ask.

We love you. Michael, Uriel, Gabriel and Raphael

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)


Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____
for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

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Making pages of the letter “T” this way  helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☼ Day Nine ☼

Dear Uriel,

I will call on you now. Raphael says that you are very good with getting us the specific help that we need. Could you explain a bit about that?

Yes, Dear. I'm in charge of keeping records of many things. If you are in need of a certain type of healing, I know just the spiritual healer or Angel to send to you. Perhaps you are in need of assistance in your business, career, or love life: there are many Angels who specialize in just what you need. Not only Angels, but human spirits with every level of expertise that you could ever imagine are right here and waiting and wanting to be of assistance to you as well.

When you are reborn on this side of paradise, you still have all your earthly wisdom, as well as wide open spiritual eyes. Spirits here are eager and very willing to be of assistance to you. As my dear friend Raphael has said numerous times, ask.

Ask, Dear Children, and you will not be denied.

I love you. I am Uriel.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____

I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____



“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

Day Ten

Dear Uriel,

You have really gotten me excited with all the possibilities and avenues of assistance that are available to us. Do I need to be all “prayed up” and “goodie-goodie” before I can ask? I’m afraid you might think my requests are petty.

No, Dearest Heart, if one waited until he or she felt worthy, then no one would ever ask. Which actually is a huge problem, and I am so glad you brought it up.

We here in the spirit world are so ready to help, however, we must respect free will. We have to wait until we are asked. So ask, ask for an expert in whatever you need. You are already worthy. You are a child of God and part of God and nothing can ever change that. Your request for assistance is always honored no matter what state you are in.

Remember, we can only help you with things that are for your highest good. In other words, you just can’t mess up. We love you and think you are wonderful just as you are. You are the ones who judge yourselves so harshly, not us. We understand it can be difficult to be human. We understand all the different directions you are being pulled in. We rejoice when we see you make choices that reflect your basic intention to come here and create in joy.

When we see you making choices that are contrary to your primary intent, we know that you will learn valuable lessons from that experience as well.

You cannot mess up and you simply will never stop growing.

I love you. I am Uriel.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

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Separately, make pages of the magical letter *Ggg* to brings you riches!

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TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☼ Day Eleven ☼

Okay, Uriel, I hear what you've been saying that we can't mess up because we've learned from every experience.

However, I feel like I personally have made some pretty bad mistakes in my life.

There are no mistakes! Do you hear me, Dear Children? No mistakes! You may feel that your past actions have brought pain both to you and to others but pain can be part of growth as well.

Each day, each hour, each minute, each second is meant to be a new beginning for you. A new chance to put the past behind you.

A new chance to forgive yourself.

A new chance to forgive others.

A new chance to make choices that coincide with your original intent to create new things in joy and love.

Forgive the past and let it go. If you could cease speaking and thinking of your past mistakes so much, they will simply have no new source of energy and the past mistakes will cease to torment you!

I love you. I am Uriel.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____


"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

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TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

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Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Twelve ☉

While we are on the subject of past mistakes, Dear Uriel, why is it so hard for us to forgive and let go?

It is hard for you to forgive yourself and forgive others for the same basic reason. You feel that if you forgive and let go, then that person, or persons, will get off scot-free and go unpunished. This applies to forgiving yourself as well. You somehow, perhaps subconsciously, have a need to punish yourself, to hold yourself accountable.

Yes, of course it is good to acknowledge your actions, and to make restitution whenever possible. But then, forgive yourself! Acknowledge the lesson and move forward. As for forgiving others, it is not your job to punish, not yourself and not others. When the action of another hurts you or someone you care for or even humanity in general, it is still never your job to punish. You wind up punishing yourself by hanging on to the pain and anger.

Rebecca has put an excellent releasing exercise in this book. Use it and set yourself free. Every person will see and feel the effects of all their actions. They will know the harm as well as the joy they have caused. Not one person will go to the other side without full and complete knowledge of what their life actions have caused. Relax. Divine Order is always in motion. Let the past go and move forward with peace knowing that you are only responsible for your actions, not the actions of others.

I love you. I am Uriel.

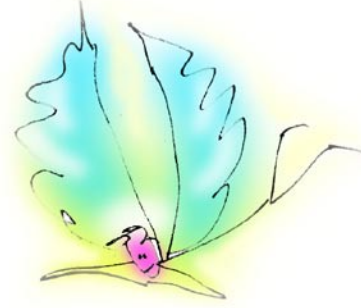
Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____

is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

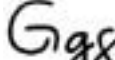
"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

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TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Thirteen ☉

Dear Uriel,

I am sure having a hard time letting this punishing thing go. What about child molesters and robbers and those who harm innocents? Shouldn't they be punished?

We are speaking of two different things here. Yes, I want to clear this up. Are you in law enforcement or some type of legal profession? In that case, then you have taken on the responsibility for being part of the justice system and that does include judgment and punishment according to your legal system.

This is a different matter and must be addressed in a different way. Your laws strive to choose a jury that is not biased so the person will have the best chance for a fair trial.

When I am speaking of you having a hard time forgiving because you feel a need to punish, I am speaking of the case where you feel you were personally hurt or damaged, or someone close to you. How many grown up people are walking around today still blaming their parents for everything that has gone wrong in their life? Sure, there were - and still are - many parents causing a lot of hurt. By hanging onto the blame, can you really heal yourself?

I think not.

By hanging onto the pain and anger, can you cause others to feel remorse? And can you cause them to tell you they are sorry?

Again, I think not.

By forgiving and releasing, you've freed yourself. Others must come into the realization of the result of their actions on their own.

You, Dearest Heart, must realize this may never happen. The ones who hurt you may never see the effects their actions had on you until they have crossed over and the veil of confusion is lifted. Allow them their fair trial. God is not biased and sees all aspects of every situation. You do not have this capacity yet.

You cannot know the depth of pain other people suffered that has caused them to inflict pain on you or others.

Once again, I say, it is not your job to punish. I love you. I am Uriel.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____

is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____


"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

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“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

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Making pages of the letter “T” this way  helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Fourteen ☉

So, Dear Uriel,

I would like to ask you to expand a little bit on what you said earlier about being able to ask for the assistance of experts in every field. Does it have to be about spiritual things?

The wonderful aspect about asking for expert assistance is that it can be in absolutely anything, even things the human mind would not consider spiritual at all. To us, everything is spiritual.

So, Uriel, are you saying that we can ask assistance with even the most ordinary things?

Yes, there is an expert in everything you could imagine, just waiting to help you. For instance, you have perhaps heard of the famous “Green Light” Angels? You can ask your Angels to prepare and clear the way when you need to get somewhere in a hurry. You can even ask if you do not have a really good reason. When it’s time to do your taxes, you can ask me to assign you a specialist in taxes to help you. Are you in advertising? Some of the most brilliant minds in the field are over here.

What about sales? Some of the most wonderful salesmen in the world are here. P.T. Barnum himself would like to help. Are you in the healing arts? Many healers are here and desire to share their love and wisdom with you.

You have not because you ask not.

I love you. I am Uriel.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Fifteen ☉

Okay, Dear Uriel,

You have really sparked my interest. I'm ready to ask. Can you explain a bit more about getting all this extra and most wonderful assistance?

Yes, Dear. We have already established that the first step is to ask. Please, it is good to be as specific as possible. It is harder to answer vague requests because it is not clear what you want exactly. It is good to actually write it down in black and white what it is that you are requesting. Refine and then define it. Once you have gotten very clear and put your request out there, just sit back and expect answers to come and allow them to come.

Now, Dear Hearts, the answers may not come in exactly the format you expected. It could be a total surprise to you. One excellent way of receiving information is your resting or sleeping time. Just before sleep or rest, ask for the answers you need to just come to you. Often when you wake up in the morning you will have a fresh new idea and the answer you seek.

Do not be discouraged if it takes a bit of time for you to receive your answers. The assistance is there the moment you ask for it. However, because you are not accustomed to tuning in and accepting it, there may be a period of resistance before letting it in. So I say to you, my friends, ask, allow and then let it in.

I love you. I am Uriel.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____

is: _____

I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels


Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

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“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:)” I Am: _____

Separately, make pages of the magical letter  to bring you riches!

Making pages of the letter “T” this way  helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Sixteen ☉

Dear Gabriel,

I know you are the one who brings news of the newest developments. So, what do you wish to share with us today?

I wish to share with you, Dear Children, the acceleration of the power of manifestation. Have you noticed that there is becoming a shorter time between desiring a thing and having it? Or have you noticed that when you think much of a certain person, they show up in your life somehow?

It is no longer necessary to wait and wait for those things that you desire. Dimensions of time and space are shifting to bring you your desires in much shorter time. In reality, Dear Children of Earth, your desires are created the instant you think of them. No waiting at all is really necessary. Spirit creates what you ask for instantly. It is as if it always was.

Okay, Gabriel, that sounds all well and good, but if I can create instantly, why don't I have everything my heart desires right now? I sure have wanted and desired many things that I don't have.

Yes, a very good question. It is your vibrational harmony or “match” to the desire that is necessary to pull your desires into physical manifestation. Even though what you want is created in spirit, it cannot get to you if your vibrations are not lined up to let it in. Once more we have given instructions to Rebecca for an exercise in the back of this book that is designed to help you release those vibrations in your energy field that prevent you from lining up harmoniously with what you desire.

I am Gabriel. I love you.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____

is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

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TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Seventeen ☉

So, Gabriel, how do I know if my desires are for my highest good? What if what I want is considered selfish and petty to you Angels?

All desires are honored; however, you have a built-in gauge that is incomparable. I will explain more on how to use it. But first let me answer the question about selfish and petty requests. We, the Angels, never think your requests are selfish or petty.

We see to the very heart of your request and all the underlying emotions, conditions and events that have led up to your request. How could we possibly think anything you desire is selfish or petty? Our concern of course is, “Is this request for your highest good? And is it in alignment with what your sole purpose is?” In other words, is it in agreement with what your basic intent was when you came forth into this physical existence?

I promised to tell you how to trust your own built-in guidance system, your own unequivocal gauge that will always steer you in the right direction. This perfect indicator for you is your emotional state. Many of you have been masking your true emotions for so long that you may want to ask for a little assistance in clearing this path.

Whenever you think of a particular request or desire, gauge it by how you feel about it in your heart of hearts. When you think of having it or doing it, do you feel a little surge of joy? Joy is the greatest indicator that something is good for you and in alignment with what you came here to do. So, how do you test your desires?

Imagine yourself having it or being it and check in with your emotions. If it feels good, then yes, it is in alignment with your basic intent. If it feels bad, sad or heavy, then it is not in harmony with your basic intent that you set forth for this lifetime.

I am Gabriel and I love you.

Space for journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand)

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:)” I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Eighteen ☉

Dear Gabriel,

Can I ask you more about our “soul purpose” or original intent that you have been speaking of?

Of course, that is why we are here, to answer any questions you have. There is nothing you cannot ask us about. So, about “soul purpose” - this is a big mystery to many of you. Some spend a lot of time in fear that they are missing the boat and will not accomplish all they set out to do.

Or, they worry that what they are doing is not in harmony with Divine Will. Others worry that their job or career is not in alignment with their “soul purpose”. One of the most common worries we see is people worrying that they are with the wrong mate, someone who is not “the one” they are supposed to be with.

My Beloveds, I say to you, that you are in exactly the right job at this moment, you are with exactly the right person, and you are going exactly where you need to go. The problem is never really the job, the relationship or the direction. The source of everything is always, always, always you. As you concentrate on following your inner guidance and bringing your vibrations into harmony, everything that is not in alignment with your original intent will change or go away. It will not be a match to your vibrations so must change or leave.

I am your Beloved Gabriel.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____

I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____
for: _____



“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Nineteen ☉

Thank you, Gabriel, for these words about “soul purpose” and “original intent”. Could you please expand that a bit more for us?

Yes, of course, I am far from finished. We are giving you this information in small daily doses so that you may have time to digest it slowly. We would have you know, that all is well with you. It is our desire that you worry less about your “soul purpose” and concentrate on searching and following joy. Joy is your soul purpose.

Each of you, along with your spiritual advisors, designed a plan of creation you intended to experience in this lifetime. You chose lessons, and even trials that you desired to learn from. You designed many, many different scenarios to cover every imaginable situation. For instance, “if I choose this at this point in my life I will experience or set in motion this particular set of events; if I choose differently, I will set in motion another set of events.” They are all right choices. You chose to have free will and be able to make any choice at any given moment, and it will still be the right choice.

Your ultimate goal was to be able to create your own reality in joy, to be able to grow spiritually in joy. Yes, many of you are learning and growing, but through the path of suffering. Although that is a valid path, it is not in perfect alignment with your original intent.

To sum it up in a short phrase, your soul purpose, (yes, everyone’s) is to learn to create and overcome in joy and love. To take your life in any direction that feels good to your heart center and be successful in joy. That’s it. We have said before, you cannot mess this up. All is for your learning and you are growing with every experience you have.

I am Gabriel and I love you.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____

is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Twenty ☉

Dear Gabriel,

Your words have given me so much help and a feeling of contentment. I thank you on behalf of all humanity.

We the Angels are always so pleased when you ask for and allow this interaction with us. Your growth is our growth as well. We are all tied together in our quest for growth.

Do you think just because we are Angels, that we seek not growth? That which stands still grows stagnant. We are ever seeking growth and more ways to assist humanity. One of the ways we can assist you is by close interaction with you. Sometimes we feel it is a one-way street. We are ready and eager to interact and to help you in every phase of your life. Sometimes many of you are so caught up in not feeling worthy enough that we are never asked.

We encourage you to let us become closer to you just like you are right now, no changes are necessary. We love you just as you are. As you invite us closer into your energy field, your vibrations will automatically be lifted. You may find your desires changing, in a gentle, yet profound way. So we say to you collectively, all the Angels and Archangels as well, we love you, yea, adore you. We cherish you just like you are, just where you are. Invite us to be an active part of your life and you will experience peace, joy, contentment and satisfaction as you accept our loving assistance.

I am Gabriel, speaking on behalf of myself and all the Archangels, in love.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:)” I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Twenty-one ☉

I feel the presence of both Michael and Raphael here.

And so I will ask you both, how can we know what is Divine Will as we make difficult decisions in life?

A very good question indeed and we are happy to see that you are concerned about Divine Will. There is, however, a bit of misconception on this topic. Many of you believe that there is some great Divine Plan that is set in stone and you worry that if you do not find the way to this plan, that you will be going against God's will for you.

We say to you, Dear Children, there is no one path set in stone for each of you. Each of you did create a basic plan with your advisors with many variations and many possibilities.

You each chose different basic archetypes to follow. Some of you chose to be teachers, first to acquire knowledge and then to share that knowledge with others. Some of you chose to be healers, first acquiring knowledge and then sharing that knowledge. Some of you chose to be leaders, once again, first acquiring knowledge and then sharing that knowledge. Some of you chose to follow the guidance of others and serve in that way.

The one thing all of you have in common, no matter what your basic intent was, is to acquire knowledge and then make choices. Some of you have chosen to acquire knowledge through pain and suffering.

Suffering is no longer necessary or desirable. It is possible to acquire your knowledge in joy. Whatever archetype or life lesson you chose, your basic intent is to create new ideas and contribute to humanity through joy. Joy is the answer you seek, Dear Children.

Joy is the key to help you make any decision. As you face a difficult decision in your life, learn to take baby steps and then judge by whether you feel joy or sorrow after taking the step. By taking baby steps in one direction, and then tuning in to your emotional guidance system, you can never go wrong. If the baby step you took feels bad to your gut instinct then you know that you are not creating something that is for your highest good. And since you only took a baby step, you do not have far to go

to get back on the path of your highest good.

On the other hand, if you take a baby step in a direction and you check in with your emotions and you feel joy, then you know you are headed in the right direction of your highest good.

We love you, Michael and Raphael.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand)

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____
for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☀ Day Twenty-two ☀

Please share more with us on this topic of baby steps and emotional guidance system.

Dear Children, you put so much pressure on yourselves to take giant leaps and make life-changing decisions all at once. This is simply not necessary except in very rare cases. Learn to use the baby step method and judge by your joy. Even if you do make decisions that do not bring you joy, and find yourself in a place of pain, you can use the baby step method to get yourself back to a place of joy. Take a tiny step in one direction and see how you feel.

It is very simple, Dear Ones, and yet we see you struggling in anguish over your decisions. An even easier way to help you choose wisely in difficult decisions is to use your imagination to take a baby step. Yes, Dear Ones, “just pretend” you take a baby step in a certain direction. How does that feel to you in your imagination? Use your mind to play out the whole scenario. Does it feel good or does it feel bad? Your emotions are the truest indicator of your highest good. Learn to trust them more and more.

Think back over your lifetime to all the times you went by your emotions and your gut instinct. Dear Children, remember that you cannot ever wander away from the love of God no matter which steps you take. You have your team of Angels with you always. In the grand scheme of things, you just can't mess up. You are growing and learning from every experience whether it brings you pain or joy. It is our desire that you always choose joy.

We are your Beloveds, we are Michael and Raphael.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Twenty-three ☉

Dear Archangel Michael,

I wish to ask you about protection. How can we protect ourselves from negative influences to our energy?

I am so pleased that you have asked this question. We are concerned that many of you leave your energy fields wide open to invasion from all kinds of influence.

First, let me explain that you are all electrical beings. Your energy field has both positive and negative charges. You are both giving off energy as well as receiving energy constantly. There is never a time when your energy field is not active, for this is part of your life force. This is your life force energy.

Even when physical death occurs your energy field stays with the physical body for a short time. Your energy field is the filter and every energy coming or going must pass through this field. Rebecca, I am so pleased that you have asked this question, because it is so very important to your physical, mental, emotional and spiritual well-being.

By strengthening your magnetic energy field you will strengthen every part of your life. Think of your energy field as a border crossing as in a foreign county. If there is no screening system, then anything or anybody can just come on in. By your awareness of this, and installing a good screening system, your whole life is improving.

More on this tomorrow, I am Michael.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☀ Day Twenty-four ☀

So, Michael, please tell us how to strengthen our protected energy fields.

The answer is very simple; imagine your energy field is an extension of you, which it absolutely is.

You have the power to both expand and contract your field of energy. Simply command it to be so and it is. Rebecca gives a very good demonstration of this in her workshops. When you are going out into a crowded space, command your energy field to contract and stay close to your body.

To strengthen your energy field, command that light infuse your energy field. Yes, I did say command. You have so much more power than you are making use of. You have the same seed of power within you that Jesus did. It is up to you to develop this power and wisdom.

Command that your energy field be infused with light and imagine that any negativity that enters your field will be dissipated harmlessly by the light. There is nothing greater than light, for light is part of God.

Some of you need to do a cleansing of your energy field to rid yourself of negative particles. This is also simple. Ask that the light of God increases and cleanses your field of energy. It is as simple as asking, Dear Children. Becoming aware is half the battle, asking for the light of God is the other half.

Everyone can benefit by cleansing their energy field often and asking for more and more for the light of God to come to you. Ask.

I am Michael, and I love you.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____

is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Twenty-five ☉

Dear Angels,

I would like to ask you about the greatest block to spiritual growth and how, if at all, we can dissolve that block.

Dear Children,

It pleases us that you ask this question. Because you are concerned, it lets us know that you are willing to release those things that hinder your growth. Are you ready?

The number one reason for slow spiritual growth is not being willing to take time to be quiet and still and allow your spirit to commune with God. Sometimes, Dear Children, in your quest for righteousness you pray so much that you never pause to receive.

We say to you to balance your prayers with equal, if not more time of being quiet and still and open to receive. Rebecca could not receive these messages from us at all if she did not know how to be very still and listen. Ask for our assistance if you find it difficult to be quiet and still for a few moments each day. The more your mind ceases to chatter the more your spirit is open to receive.

More on this tomorrow, we are all the Angels.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Twenty-six ☉

Dear Angels,

Yesterday you gave us one reason our spiritual growth is hindered. Can you give us another today?

Yes, the number two reason that you are not where you want to be spiritually is because of self-righteousness and being holier-than-thou. Now, no one ever thinks that they are self-righteous. Would you like to know, Dear Children, how to tell if you have fallen into this trap? Yes - we thought you would.

Do you judge how spiritual you or others are by how many times you go to church? Do you feel your church is the only true one and everyone else is wrong? Do you feel only Christian people are going to heaven?

Do you judge harshly when you see a bum on the street, or do you have compassion? Do you feel others are cruel to you sometimes because they recognize how righteous you are? Do you secretly feel that you are way more advanced spiritually than others? Do you spend time worrying about the spiritual path of others?

Do you feel you can only learn about God within the walls of the church? Do you feel that religions like Islam and Buddhism are evil? Do you feel anger because people won't "straighten-up-and-fly-right" in your book?

In short, Dear Children, any sense of feeling superior puts you into the self-righteous.

This particular message really caused me to say "ouch." Remember these messages are for me as well as for others. I am certainly not perfect and I learn from every single message - Rebecca.

Space for Journaling

Today's Date ___ / ___ / ___



One thing I appreciate about myself is:

One thing I appreciate about _____

is: _____

I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:.)” I Am: _____

Separately, make pages of the magical letters *Ggg* to brings you riches!
Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☀ Day Twenty-seven ☀

So, Dear Angels, please tell us how to release these feelings of judgment and superiority.

Simple, honor each person's free will right to choose their own path. When you see others whom you believe are totally into carnal things and care not at all about spiritual matters, judge them not! Honor their right to make their own choices about their lives. The right to choose is the basic God-given gift to everyone.

Angels cannot force a person to seek a higher path. God cannot force someone to seek a higher path. Each person is responsible for making the choice for him or herself. We say to you, Dear Children, look not so much upon the actions of others, but look at the only one you can change - you! We have spoken.

We are the Beloveds, Michael, Raphael, Uriel and Gabriel.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Twenty-eight ☉

Dear Michael,

I ask you to give us guidance on finding inner peace.

I am so glad you brought this topic to be discussed. It is of utmost importance. Many of you seek peace in the world and wonder why it seems so difficult. Peace always starts from within. It is impossible to attain peace in situations outside yourself when your inner life is in turmoil.

So, Dear Michael, how can we calm our inner turmoil and find this elusive peace?

The question is simple, and yet you struggle so hard with this, Dear Children. The reason you feel turmoil is because you allow your thoughts to dwell on things that do not bring you joy. You especially worry about things that go on in the world that you can do nothing about.

The sense of helplessness and frustration you feel adds greatly to your sense of turmoil. As for our help in assisting you in releasing obsessive thoughts about things you cannot change, this also applies to people that you love whom you would like to change, you can only change yourself. You alone have power over your thoughts. You can be aware of when your thoughts are full of unrest and choose a different topic to focus upon. In a nutshell, to find inner peace, focus on what you want and where you want to go and how you want to be.

Focus on that which is joyful in your life, in that your joy will increase. Focus on that which is already peaceful in your life and that peace will increase. Focus on giving out more love in your life and more love will come to you. It is the law and it has to be.

I love you, I am Michael.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☼ Day Twenty-nine ☼

Dear Michael,

Could you tell us what you do and how you can help us?

Yes, Dear Ones. I am known as the protector and the leader of the defense. It is my station to work with all the other Angels in bringing you protection when you ask. Many Warrior Angels are ready to come when you call - huge, powerful Warrior-like Angels to surround you and protect you when you need it.

As you call on me for assistance, I may assign as many Warrior Angels as needed for your defense.

I am Michael and I am ready to protect you.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____
is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

☉ Day Thirty ☉

Hurray for you! You made it!

Thirty days of asking for angel assistance. Perhaps in today's journaling, you would like to reflect on changes that have occurred.

Dear Michael,

Can you tell us when we should call on your protection and ask for Warrior Angels to be with us?

Dear Children, ask for my assistance and protection anytime you feel the need for extra protection and comfort. It need not be a major need or event; we will answer your call in the smallest of circumstances.

There are legions and legions of Angels and we can only come if you ask.

It is our hope that through these messages you will realize the very great power of command that you have and ask us more and more often ask us to be in your life for we are willing, waiting, we love you.

Space for Journaling

Today's Date ___ / ___ / ___

One thing I appreciate about myself is:

One thing I appreciate about _____

is: _____



I intend "To Do" one thing at a time.

Morning: _____

Afternoon: _____

Evening: _____

(Optional, receive Angel message)

Dear Child, our message of love for you today is (breathe, switch pen to other hand) _____

"To Do"List for my Angels

Dear Angels, While I am busy working or playing today, could you please do these things for me? Thanks for all your help! I love you.

Today I intend to thank _____

for: _____

“I Am” statements - ex: “I am enjoying increasing my income by 25%” & I feel free and happy! (Always “tune in” to the FEELING you will get from having, being, or doing whatever it is that you want:”) I Am: _____

Separately, make pages of the magical letter *Ggg* to brings you riches!

Making pages of the letter “T” this way *TT* helps you reach for the stars!

TO DO AT NIGHT:

I forgive myself for: _____

I also intend to forgive: _____

for: _____

What I loved about today was: _____

Dear Creative Mind, I know that you never sleep, so while I am resting, could you please work on: _____

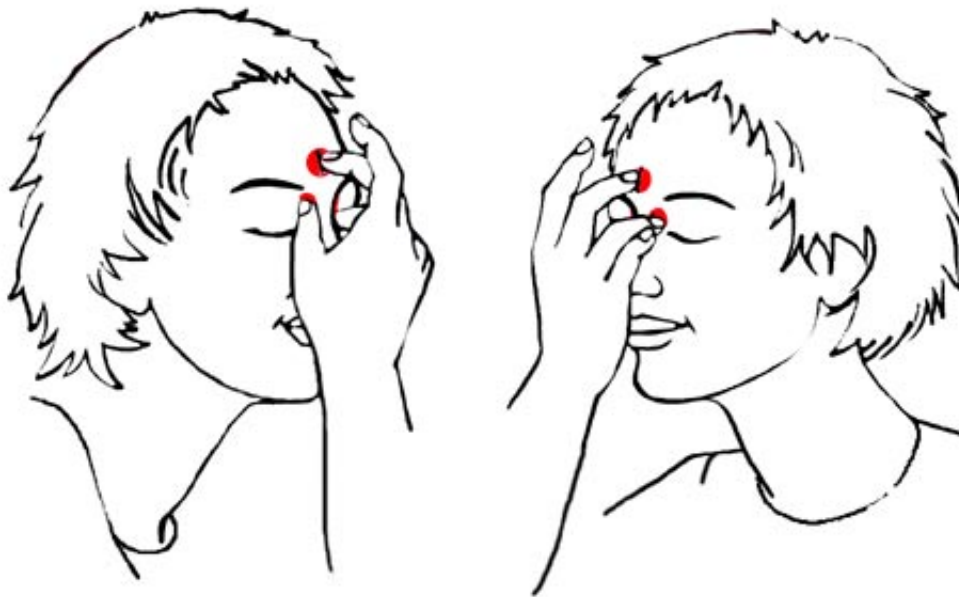


Tapas Acupressure Technique

This is the releasing exercise using TAT

Tapas is an acupuncturist and discovered her patients received much deeper healing by holding certain acupressure points as they focused on their conditions. Tapas has developed this technique into a science that is helping people all over the world with emotional problems, pain, allergies, and every form of self-sabotage.

She calls the technique TAT and the hand position for holding certain points, “The Pose.” Each point you touch has a specific purpose in helping you release emotions or thoughts that are weighing you down.

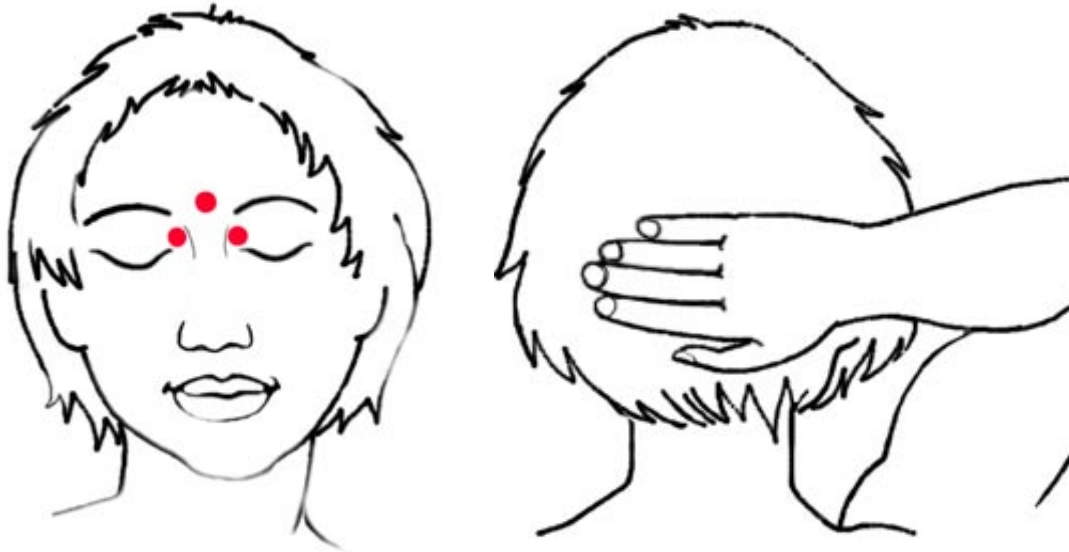


The points on the inside corner of the eyes, are where every single acupuncture point in the body enters the brain.

The point on the center of your forehead stimulates your “inner vision” and is the seat of your intuition.

The points along the back of the head are where your physical vision centers are stimulated.

You may find that you have some very vivid pictures, thoughts, feelings



or words flash across your mind when doing this exercise.

This technique will help you release all kinds of feelings of fear, anxieties and also help you release any feeling of not deserving it or not being worthy.

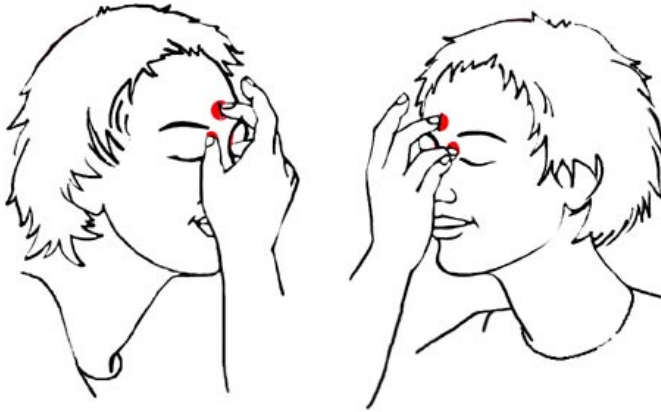
So, we're going to give a treatment first for the thought that "I don't deserve it" - because each of us have a little part inside ourselves that does believe we don't deserve it.

If we believed that we did deserve whatever it is that we want, we would already have it.

Here is how to do this exercise.

With one hand, lightly touch the tip of the thumb to the area 1/8th inch above the inner corner of your eye.

With the fourth finger, the ring finger of the same hand, lightly touch the tip of the finger 1/8th inch above the inner corner of the other eye.



Both fingertips are now on either side of the bridge of your nose.

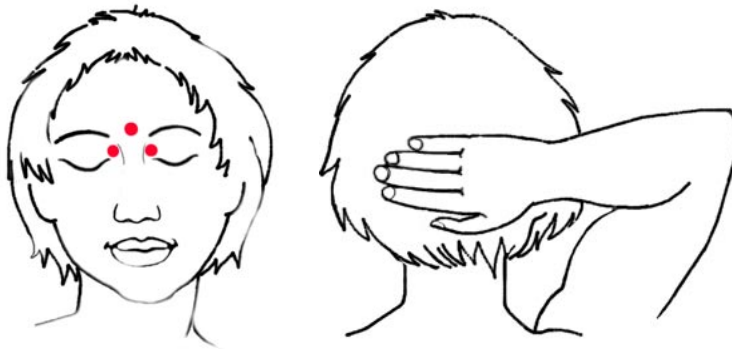
Now place the middle finger at the point midway between and about 1/2 inch above the eyebrow level.

You now have all three fingertips lightly touching the three points.

With your other hand, place it on the back of your head with the palm touching your head so that the thumb is resting at the base of the skull just above the hairline, just like you would cradle a newborn baby's head.

Holding your hands in this pose put your attention on this statement: "I don't deserve it. I don't deserve to live and be happy and have abundance." Just breathe in and be with the thought: "I don't deserve it.

I don't deserve to have abundance and happiness."



Be with that thought for a few moments until you feel a little shift or your arms get tired.

Take your hand out of the pose and breathe for a moment. We're going to put our attention on the opposite statement.

Place your hands back in the same positions as before and be with these thoughts: "I do deserve to live."

"I do deserve to be happy."

"I am worthy."

"I ask you God to heal the origins of my feeling that I don't deserve it or feelings of unhappiness."

I ask you God to heal the very origins in my mind, in my life, in my body. God find the origins of this thought and come forward in time healing every level and every layer of this problem.

I ask you God to help me forgive anyone that I've blamed for this problem, including you, God.

I ask you God to remove any resistance in my cellular memory and allow the perfect blueprint of my perfect cellular memory to come shining through.

I allow this healing to continue from this day forward. I am deeply grateful. Amen.”

Now take your hands out of the pose and just breathe and relax.

Thoughts and Flashes

If any other thoughts came up for you while you were doing this exercise or if you thought of a specific incident where you didn't feel worthy or you felt less than someone else or you didn't deserve it, then put your hands back in the pose and give yourself a treatment for that incident.

For instance, putting your hands in the pose for something you remembered from your childhood, you could say, “That time when I was a little girl and I didn't have lunch money and I felt so ashamed and that I didn't deserve to be the same as other children.” (or whatever it was that you remembered)

Then be and breathe with that thought, letting your hands drop. And when you put your hands back in the pose, you could ask God to heal all the origins of your feelings around that incident.

Emotions

TAT also works for any type of emotion such as fear. The way it works with an emotion such as fear is that you would focus on the fear that you were having and put your hands in the pose and you would say simply, “I'm so afraid. I am so afraid.”

And just hold your hands in the pose and just be with that thought until you feel a little shift or your hands get tired. And then take your hands out of the pose for a moment.

Now place your hands back in the pose and say the opposite, “I am afraid but I am okay. I am afraid but I survived.”

Just breathe and be with that thought for a few moments. Then, it’s good to bring in the prayer, “I ask you, God, to heal all the origins of this fear in my mind, life and body. Heal every level and every layer from the original event to the present time.

I ask you, God, to help me forgive anyone connected with this fear.
I ask you, God, to remove the resistance to my perfect blueprint for my cellular memories.

I ask you, God, to heal me now and continue this healing from this day forward. Amen.

Thank you, thank you, thank you for this healing.

You can use this healing releasing technique for any healing or emotion that you desire.

This technique was created by Tapas Fleming and you can visit her website to get more information by logging onto www.unstressforsuccess.com.

✻ Vibrational Harmony ✻

An Exercise

One of the messages from the Angels stated that whatever it is we desire is instantly created at the moment we desire it! However, the problem is our vibrations do not line up harmoniously with the vibration of the thing that we desire.

This exercise will assist you in realigning you vibrations with the object, person, place or thing that you desire.

Find a place that you can be quiet and undisturbed for a few minutes. Also, it's very helpful to do this on a daily basis until you have the thing that you desire.

A Little Prayer First

It is good to preface this exercise with a prayer:

“Dear God, I ask that all be done according to Divine Order and according to your Divine Will. And I am only asking for those things that are for my highest good. Amen.”

Breathe and Focus

Now put your attention on what it is you desire as you breathe in slowly and deeply. If you want to, you can create a symbol in your imagination that represents that whatever it is that you desire to you.

See the object or feeling that you desire as it is a great distance from you, and as you're watching this object, you see that it's growing slightly larger with each breath that you bring in.

See the object vibrating in beautiful colors that please you very much.

Imagine that within your heart center - whatever shape this object, feeling, person is - that within your heart center a little chamber is created that exactly matches the shape, color and vibration of that object that you desire.

As you breathe in, you notice the little chamber in your heart is getting more and more exactly like the vibrations of the object that is in the distance.

Imagine the little chamber in your heart center takes on a life of its own. It throws out a line of light, like a giant tow bar, to that object that you desire and you can feel, see and hear the connection.

Now, your giant line of light, that giant cable, starts reeling in that which you desire. And as it gets closer you feel your whole body begin to vibrate with the intensity of your desire and you can actually feel yourself having it before it's even arrived.

You feel the heart connection that you have with this object of your desire. As it grows closer, it seems like the tow bar is becoming a huge magnetic field, drawing in the object of your desire, closer and closer, and you are vibrating at the same frequency of that object.

As it becomes closer and closer and closer, the object just suddenly “clinks” into place in that chamber that is the exact right size and shape of the object. The special chamber in your heart that you have created is now filled and you feel joyful and complete. You feel happy that you have manifested your heart's desire.

I recommend that you do this exercise every single day. It only takes a few moments.

Now that you've learned how to manifest, you can use this technique to manifest better health, better relationships, more money, anything your heart desires.

The excitement of a new idea is the power that drives you. Never be ashamed of wanting something new and having a new idea to create.

For in creating, you're breathing new life into the Universe.



The Emotional Freedom Techniques

This is the releasing exercise using EFT

EFT was created by Gary Craig, a Stanford engineer. He studied with Dr. Roger Callahan, the creator of Thought Field Therapy (TFT). Gary's EFT is simply a much easier method to learn and use. EFT works with the acupuncture points of the body and the body's natural electrical system.

Here is a description directly from Gary Craig's EFT site:
Based on impressive new discoveries involving the body's subtle energies, EFT has been clinically effective in thousands of cases for

Trauma & Abuse (www.emofree.com/trauma.htm)

Panic & Anxiety (www.emofree.com/panic-anxiety.htm)

Fears & Phobias (www.emofree.com/fear.htm)

Depression (www.emofree.com/depr.htm)

Addictive Cravings (www.emofree.com/addiction.htm)

Children's Issues (www.emofree.com/children.htm)

hundreds of physical symptoms (www.emofree.com/case.htm)

including pain relief, headaches, body pains and breathing difficulties
(www.pain-relief.emofree.com/index.html).

Properly applied, over 80% achieve either noticeable improvement or complete cessation of the problem. It is the missing piece to the healing puzzle.

EFT:

...Often works where nothing else will.

...Usually rapid, long lasting and gentle.

...No drugs or equipment involved.

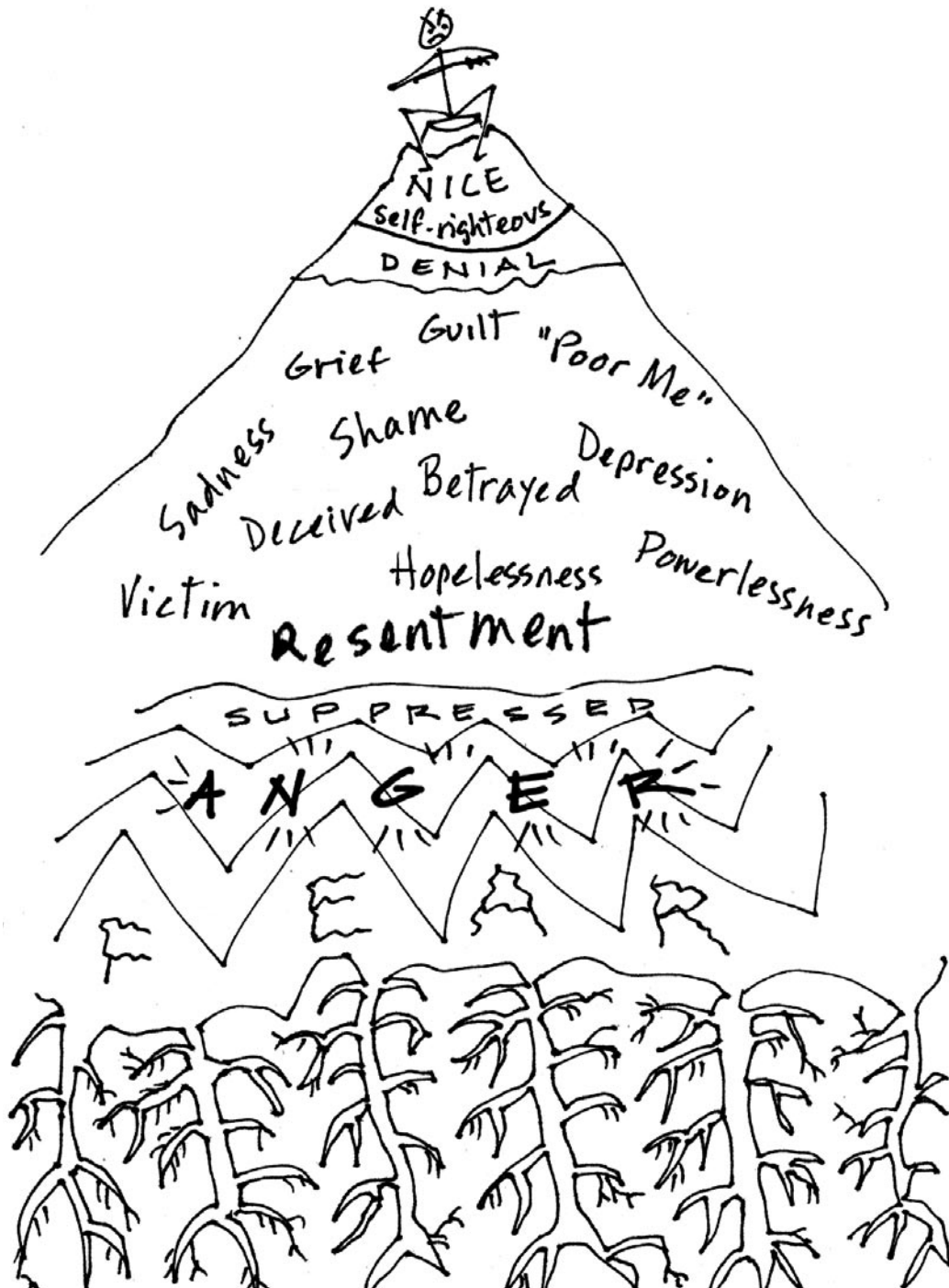
...Easily learned by anyone.

...Can be self applied.

A Sample Session

For our purposes here, I will guide you through a session of EFT to help you release anger and hurt feelings. One of the angel's messages talked about forgiveness. Well, it can be really hard to forgive when you feel so angry at someone. One of the worst things you can do is to suppress

that anger. It will manifest itself somehow, believe me. Many diseases are directly related to suppressed anger. Using EFT, you will discover a very health way to vent your anger and release it from your energy system entirely.



Here's how this works.

Imagine that your emotions are like a big, giant volcano like the one on the previous page. Not only anger, either! You have all kinds all kinds of emotions churning around inside this volcano.

Notice at the bottom is suppressed anger and beneath that, deep roots of fear.

Only
anger
has the power to
explode the stopper
out of your volcano.

When this anger is activated, it has the power to pull up those roots of fear and empty out all the other emotions as well. Do you know why?

Heal from Empowerment!

Because when you use the power of anger, while touching these acupuncture points, you are healing from a place of EMPOWERMENT instead of being a victim and trying to heal from a dis-empowered place.

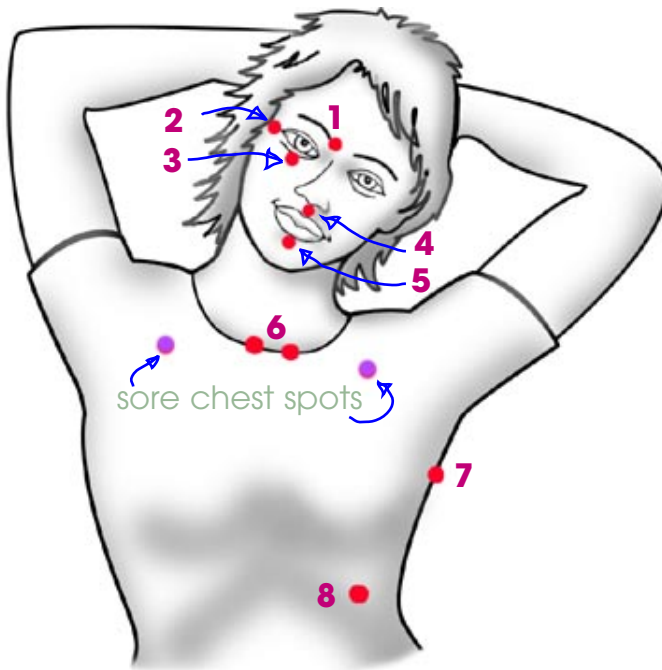
Just think to yourself, when you are feeling sad and betrayed, do you feel like a victim or a victor? Do you feel empowered or disempowered? Now, think about how it is when you allow yourself to get really angry. Angry enough to kick some butt! How does that feel? It feels lot more powerful doesn't it?

Now, keep in mind, I am NOT saying to just let your anger go crazy anytime you feel like it, so you can feel powerful. NO! I am saying to let your anger out in a safe setting while doing EFT.

To help you a little bit more with this concept, I want to explain about one of our sub-personalities, The "Inner Brat". We have all seen at one time or another, a little kid throwing a tantrum. He might kick his feet and exclaim, "I hate you, I hate you"! Five minutes later this same kid

will be up in your lap hugging you. You see, he just lets it out and lets it go. Nobody holds it against him.

That is what I want you to give yourself permission to do with EFT. Imagine that your little “Inner brat” is really mad and can say what ever they want to. Nobody is going to get mad at your inner brat and you are not going to hurt anyone, you are only doing this for releasing purposes. Ready to play?



The Tapping Spots

On the left are the spots you tap when you go through the EFT process.

Imagine...

Think of someone who has betrayed or hurt you.

If you let yourself get as mad as you really felt, how mad would that be?

Measure

On a scale of 1-10, a 10 being very angry, what

number of intensity would you give that anger? Ok, write the number down.

Now, what kinds of things would you like to say to this person? Give yourself permission to be petty and vindictive, remember, you are doing this for the purpose of release!

Sore Spot

As you focus in on how mad your feel, start firmly rubbing your sore chest spot in a circular motion.

As you rub, repeat this phrase 3 times:

“Even though I am so mad at _____. I could just scream at them, I love and accept myself.

Tapping

Now, stop rubbing and get out 2 fingers and start tapping with medium pressure. You will tap each spot 5 or 6 times as you repeat the phrase, “I am so mad!”

Tapping at the eyebrow point (1) say, “I am so mad”!

Tapping side of eye point (2) say, “I am so mad”!

Tapping under eye (3) say, “I am so mad”!

Tapping under nose (4) say, “I am so mad”!

Tapping under lip (5) say, “I am so mad”!

Tapping collarbone (6) say, “I am so mad”!

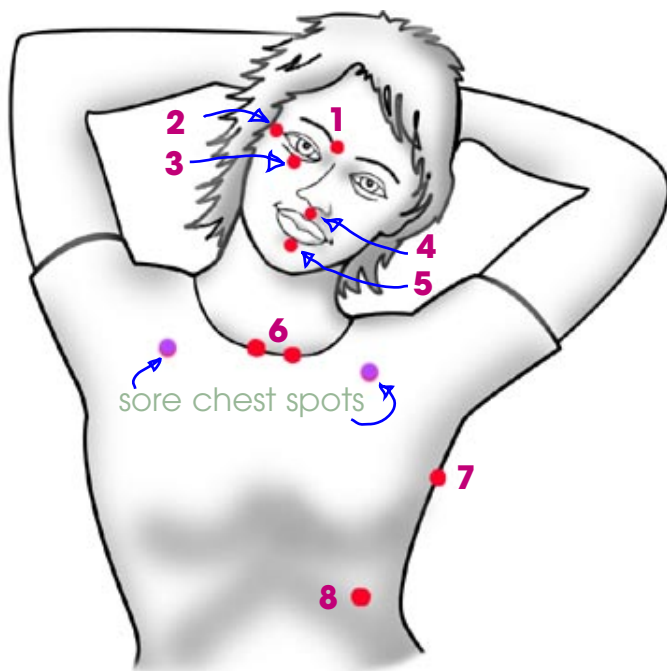
Tapping under arm (7) say, “I am so mad”!

Tapping under breast (8) say, “I am so mad”!

Now stop and take a deep breath in.

Checking

Check the level of intensity of your anger now. It has most likely gone way down. If it is still pretty high, do the whole process again. Make



sure you allow yourself to really get into it. Often, I encourage my clients to really scream out their anger. It feels sooooo good! By the end of an anger releasing session, my client and I are usually dissolving into laughter at the antics of a liberated “Inner Brat!”

Positive Choice

After the intensity level of your anger is down much lower, you are now ready to tap a positive choice into your energy system.

How would you rather feel? Would you rather let this experience be in the past, learn from the experience and move forward?

Again

Start rubbing the sore chest spot again and repeat this phrase 3 times.

“Even though I may still be a little angry, I choose to release anger, learn from this, and move forward”

Now tapping eyebrow point (1) with 2 fingers, repeat this phrase, “I chose to release and move forward”.

Tapping side of eye (2) say, “I chose to release and move forward”.

Tapping under eye (3) say, “I choose to release and move forward”

Tapping under nose (4) say, “I choose to release and move forward”

Tapping under lip (5) say, “I choose to release and move forward”

Tapping collarbone point (6) say, “I choose to release and move forward”

Tapping under arm (7) say, “I choose to release and move forward”

Tapping under breast (8) say, “I choose to release and move forward”

Recheck

Stop, take a deep breath in and check your intensity level of anger, it will most likely be gone completely or greatly reduced. If you feel ready, you can do the whole sequence again using the phrase, “I choose to forgive”.

You can use EFT to release anything!

For case studies and more instructions visit the main EFT site at www.emofree.com.

🌸 Resources 🌸

Resource List for all kinds of goodies

Get a free EFT energy therapy manual by visiting the creator of EFT, Gary Craig at www.emofree.com.

For terrific art, books on EFT and Prosperity, visit the site of my very talented friend Angela Treat Lyon at www.lyon-Art.com and www.TheRealMoneySecrets.com

Betty Moore-Hafter has a great website on EFT energy therapy and a wonderful FREE newsletter, you can visit her online at www.risingsunhealing.com.

Order the Tapas Accupressure Technique (TAT) book by visiting www.TAT-INTL.com.

Learn more about the Choices method of EFT by visiting Dr. Patricia Carrington's site, www.eftupdate.com.

Order Dr. Anney Zee's hot new book, Money from the Inside Out, by visiting www.insidemymoney.com.

For information on how your handwriting can change your life, visit Vimala Rodgers at www.iihs.com. You can order her book, Your Handwriting can Change Your Life at any bookstore.

For more on non-dominant handwriting and a list of Lucia Capacchione's books, visit www.luciac.com. I recommend Recovery of your Inner Child and The power of the Other Hand. The best place to order Lucia's books at a discount price is www.nowgetcreative.com.

For a great book on journaling with angels, read Angelspeak by Barbara Mark and Trudy Griswold.

For the best source in understanding Universal Laws, visit www.Abraham-hicks.com. Order the tape on law of attraction. Anything from Abraham is fabulous.

Excuse Me, Your Life is Waiting, by Lynn Grabhorn is based on the teachings of Abraham. It is a wonderful book about money, energy, feelings and vibrations.

For great info on marketing, Joe Vitale has lots of free stuff at www.mrfire.com.

A great book! Creating Money, by Sanaya Roman and Duane Packer teaches you how to magnetize money to yourself.

I'm Rich Beyond My Wildest Dreams by Thomas and Penelope Pauley, has step by step instructions for gaining more prosperity.

Awakening Spirits by Tom Brown Jr. is the best book I have found to help you understand meditation, nature, and the balance of all things.

If you have any fear of death and dying, read Embraced by the Light by Betty Eadie. This book changed my life forever and opened up a whole new world of possibilities for me when I was just beginning a deeper spiritual path.

For great downloadable software using EFT specifically on prosperity issues, visit my friend, Paul Bauer, at www.dreamsalive.com.

www.relax-online.com is a great site by Susan Castle. Enjoy her Free tips on relaxation and meditation.

To learn more about giving instructions to your creative mind, read Grow Rich While You Sleep by Ben Sweetland. This book is has a few old-fashioned ideas about male-female relationships, (it was written in the sixties) but it has the best explanation on using your subconscious mind that I have come across to date.

Feelings Buried Alive Never Die, by Karol Kuhn Truman, is an excellent source of information on the power of feelings in your life.

Coming soon, more books by yours truly, Rebecca E. Marina: Light of Mary, Book One, and End Money Worries for Good.

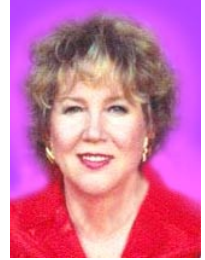
For a greater understanding of how all the energy systems of the body work, read Energy Medicine by Donna Eden.

♥♥ About the Author ♥♥

Meet Rebecca Marina, the Prosperity Queen!

Rebecca Marina is a spiritual healer, energy therapist, author, personal performance coach, and professional workshop leader.

She is the mother of five, lively, wonderful, children. Rebecca lives with her husband, Henry, her children and four dogs in the heart of South Texas.



Rebecca's purpose in bringing you this information is to help you realize that "You can do it too!" and "Yes! You can talk to angels and have more prosperity *than you ever dreamed of!*"

*Having an abundant life is your birthright
and extreme well-being is Divine Will for you.*

♥ *Rebecca helps you Make Your Dreams Come True!* ♥

She teaches workshops on
Prosperity and Angel Communication

She holds sessions individually, in groups and seminars
both in person and by tele-conference.

It's easy to work with Rebecca! You'll love it!



☞ See Rebecca's website for more resources! ☜
www.celebrationhealing.com

You can email Rebecca at rebeccamarina@yahoo.com





with love,
Rebecca Marina
the Prosperity Queen!

♥♥ About the Illustrator ♥♥

◆ Angela Treat Lyon ◆

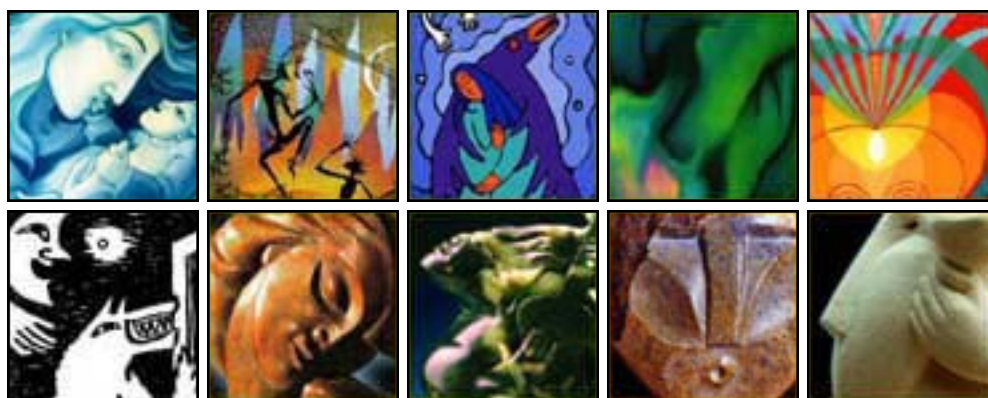
is an award-winning, internationally recognized artist and author who lives and works in Hawaii. Her oil paintings, drawings, bronze and stone sculptures are in private collections and galleries from China, Japan and the South Pacific to the US, Argentina and many places in Europe.

A prolific graphic designer, Ms Lyon also designs & builds websites. She writes, illustrates, creates and publishes books and ebooks. She has an amazing ability to translate the essence of an idea or feeling into powerful and effective images, forms and/or writing. She teaches Old Master painting techniques to a select group of students in NZ, Hawaii and Europe. She is also an Avatar Master; and revels in teaching EFT in the US and internationally.

Ms Lyon wrote and illustrated the delightful The REAL Money Secrets Book - a light-hearted poke at the Chase for the Mighty Dollar, asking what *is* important about prosperity? She also wrote Change Your Mind! with EFT, a comprehensive instructional manual with illustrations and case histories for learning and continued use of EFT; as well as a small illustrated EFT booklet for practitioners and clients.



These are some small shots of a selection of Angela Treat Lyon's works:



Here are some of her sites: www.AngelaTreatLyon.com, www.TheLandofAmmaze.com, www.Lyon-Art.com, www.EFTBooks.com, and www.TheRealMoneySecrets.com

Angela says: "I had the most-best time illustrating, designing and putting together this book! Rebecca and I hope you have enjoyed it, and that you find it immensely helpful to your life."