

Process To Connect With Your Angels For Self Or Others:

1. Do a meditation or self-connection process to cleanse and charge your energy.
2. Do some grounding if you didn't do this during the meditation. Feel your feet on the ground and connect with the Earth.
3. Call on your angel to come around you while breathing deeply.
4. Ask them to put a bubble of protective light around you and set the intention that they make you invisible to any other energies that won't be for your highest good. Set any other intentions for the session now. For example, the intention that the guidance that comes through will be clear and exactly what you need to know.
5. Ask your angel what you or the person you are reading for needs to know right now OR ask a specific question OR ask for guidance on a particular life area.
6. Pay attention to any thoughts, feelings, visions or words that come through your awareness.
7. If you are reading for yourself - record anything that comes through. If it is for another person, share with them what you have received.
8. If you have asked for another person, ask archangel Michael to cut any etheric cords between yourself and the other person using Michael's sword of light.
9. Give thanks to your guardian angel whether you feel you have received anything or not
10. Pull in the edges of your aura a bit if it feels right to do so
11. Optional extra: Ask archangel Michael to clear any energies you may have taken on from the other person.