

Meet Your Angel Exercise.

1, Make sure you are as comfortable as possible. Now gently close your eyes. Take a few deep breaths. With each breath take as much air in as possible, through your nose, hold it for a second and then gently and slowly breath out again. As you do this, invite your body to relax, and feel yourself letting go of any tension as you breath out.

2, Now begin to breathe normally. Invite your Guardian Angel to come close to you.

3, Feel its gentle energy surround you with warmth and love. As it dose you feel safe and relaxed.

4, Try to imagine what your Guardian Angel looks like, is it male or female? Can you see its face or does it just appear to you as a figure?

5, Now ask your Guardian Angel its name. Maybe only part of its name or its initial will come to you, or maybe nothing will come at all. Don't worry if this is the case.

6, Feel the love and security of your Guardian Angel, now become aware of other Angels around you and feel their love surround you as well.

7, Take in a deep breath, and as you do so take in all of the love that the Angels are giving to you.

8, Take in two or 3 more deep breaths, feel the love from the Angels fill your body and as you do so remind yourself that you deserve to be loved.

9, When you feel ready, gently open your eyes.