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Ways to Connect & Work with Angels

For those who love angels and would like to feel a stronger connection and be aware of angel signs and guidance, and feel confident and assured knowing they are supported by the angelic realm

'The angels are there for everyone, and requesting their help doesn't deprive anyone else, you need to ask.'

Susan Browne



Susan Browne www.angelft.com



Welcome to 33 ways to connect and work with angels,

I hear so many people say that they are interested in connecting with their angels more and working with them but are not sure how. They ask, 'why would the angels want to connect with me? I'm not psychic!' Well, the great news is, the angels can connect with us and work with us in many, many diverse ways and the way they connect with one person is often different from the next. So if you are not a 'see-er' it doesn't mean that you can't receive angel messages and blessings and help in your life.

So many people are becoming interested in angels now that this makes it easier for them to make themselves known to us, as human consciousness has raised.

I hope you enjoy these tips that I have used and taught at my workshops and in my book, blog and articles.

Love and blessings,

Susan



1. Talk to your angels, either out loud or in your head. 'I would like an angel sign today please angels,' or 'I'd really like your help to be clear about this angels.'
2. Read about angels. Reading an uplifting book or article about the angels makes you more open to them and attracts them to your side. In my book 'Angel EFT, tap into the Angelic Realms with Modern Energy EFT' (available on Amazon and Book Depository) I show you how to connect with the angels in more detail.
3. Use angel cards. If you have a physical deck or angel cards app why not start the day by picking a card and tuning in? If the message isn't clear look also at the image and the way it makes you feel.
4. Make an angel gratitude notebook and write in it each day. Thank your angels when things go right. Being grateful raises your frequency and makes you easier to connect with. Notice the little things as well as bigger things. This attracts even more blessings of all kinds.
5. Listen out for songs about angels or songs with your name in, these can be a way of letting you know they are there.
6. Chat to others about angels. Sometimes when people are new to working with angels they can be nervous about talking about the angels, but you'd be surprised how many people are opening up to them. When you are open to the angels, they create opportunities for you to meet like-minded people and guide you on your life path.



7. Look out for number sequences, which may be the angels letting you know they are there. 1111, 333 etc, when you see certain numbers repeatedly.
8. Lighten up, laugh more, play more. We are much more receptive to the angels when we are in a relaxed, light state. When we are tense and serious it's harder for them to make themselves known.
9. Learn about and work on balancing and opening the chakras, the energy centres. Your third eye chakra is connected with your clairvoyant ability, of which we all have; just that many people are not activating this gift. You can learn about balancing the chakras to enhance your clairvoyance, which helps you to see angels in your mind's eye, as well as many other benefits.
10. Look for angels in the clouds, sometimes they leave an angel shaped 'print' for you to see.
11. Keep a record of all the angel signs you get, when you remember what you have received already you will attract more lovely experiences with the angels.
12. Attend an angel workshop or talk. Angels love when people gather to talk about them, they always show up in big numbers.



13. Meditate. There are so many ways to meditate - don't get hung up on doing it wrong; when you take 'quiet time' where you are still, eyes closed and slow your breathing you are more able to sense, see and hear the angels around you.

14. Ask for the name of your guardian angel. This can come in meditation, in your dream time or just drop into your mind when you're not expecting it.

15. Use angel affirmations: an affirmation is a statement that you say about something you are wanting to create, saying it as though it has already happened. Example of an angel affirmation: "I am so happy and grateful that the angels help me to earn the income I desire (you can state what that is) doing what I love."

16. Write to your guardian angel, telling them all of what's on your mind and what you'd like help with. Then, getting yourself into a relaxed state, light a candle, imagine you are writing back to yourself from your guardian angel, write as though you are answering yourself. This is called channelling and is very useful. You know it's an angel you are connecting with if the words are very loving and supportive and you feel a sense of lightness.

17. Ask the angels to clear the energy of your home, car, workplace etc. and notice how they feel afterwards.

18. When you hear about something sad or worrisome happening to someone else or somewhere in the world ask the angels to go and help, and trust that they will.



19. Ask the angels to bless your food when you are cooking or before eating a meal.
20. Angel EFT... tapping with the angels. Go to my YouTube channel to see it in action and tap along with me.
21. Have angel figurines, pictures, pendants, crystals etc around yourself and your home. Keeping the angels in mind attracts more into your life.
22. Learn about the Archangels and call upon them for things. Archangel Michael helps to keep you safe, helps you to speak your truth and cuts cords of toxic energy keeping you tethered to other people or situations if you ask him. Archangel Gabriel helps us with children and parenting, and also to purify our lives and our energy. In my book I explain more about each Archangel.
23. Ask the shopping angels to help you to find what you want and get good value when you are out shopping. Nothing is too frivolous or silly to ask the angels, they love helping you in any way they can.
24. Ask the parking angels to help you to find a space, and make a note of all the times that you do easily find a space.
25. Ask the angels to work with you in your dream time.



26. Imagine you have wings like an angel. Light a candle, clear a space and visualise your wings unfurling, and really becoming aware of your own angelic qualities.

27. Carry an angel prayer or affirmation in your purse.

28. Look out for white feathers and rainbows, these can be signs from your angels. You will know if they are as you will feel a sense of joy, wonder and excitement. White feathers can also be from a deceased loved one carried by an angel.

29. If you are struggling with something (or someone) get used to asking yourself: 'what would my angels say about this?' It invites guidance and a higher perspective in your thinking.

30. See yourself as though you were an angel looking at you. Often we are hard on ourselves, but angels never judge and are always loving and supportive. Try to imagine seeing through their eyes.

31. Have faith that all is being looked after. Even when times are tough and its hard to see the light at the end of the tunnel, saying to yourself 'I know that all is well and that my angels are helping me to attract miraculous results I never thought possible,' opens the door to fabulous possibilities that we may otherwise block when we are in a state of fear or feeling like a victim.



32. Ask the angels to place you in a bubble of protective and loving angelic light.

33. Make an angel altar or special place in your home where you can meditate or talk to the angels. Decorate it beautifully.

I hope you enjoy these tips that have helped me and lots of other people to experience the limitless blessings of working with the angels in day to day life. Keep this book somewhere to hand and put things into practise every day to really increase your angel awareness and guidance.

I use Angel EFT a lot to connect and work with the angels, for more info and programmes and events, visit www.angeleft.com. Also, you can follow Susan Browne, Angel EFT on Facebook, Twitter and Instagram. I love hearing your angel stories and other people benefit from them too.

Love and light,

Susan Browne

