

# Contents

Publisher's note	iii
Introduction	iv
<b>DAY 1</b> Your Guardian Angels and the Nature Angels	1
<b>DAY 2</b> The Archangels	4
<b>DAY 3</b> The Ascended Masters and Spirit Guides	9
<b>DAY 4</b> Preparing Your Environment for Communicating with Your Angels	11
<b>DAY 5</b> Preparing Yourself for Communicating with Your Angels	14
<b>DAY 6</b> Asking for Angelic Assistance	18
<b>DAY 7</b> Quieting Your Mind	20
<b>DAY 8</b> How the Angels Communicate with You	22
<b>DAY 9</b> Ways You Can Communicate with Your Angels: Automatic Writing	26
<b>DAY 10</b> Ways You Can Communicate with Your Angels: Sleep and Dreamwork	30
<b>DAY 11</b> Ways You Can Communicate with Your Angels: Divination Tools	33
<b>DAY 12</b> How to Know If It's Truly Your Angels or Just Your Imagination	37
<b>DAY 13</b> How to Feel the Presence of Your Angels	43
<b>DAY 14</b> How to Increase Your Clairsentience	46
<b>DAY 15</b> How to Recognize and Receive Divine Ideas and Profound Thoughts	51
<b>DAY 16</b> How to Boost Your Claircognizance	55
<b>DAY 17</b> How to Hear Your Angels	58
<b>DAY 18</b> How to Improve Your Clairaudience	62
<b>DAY 19</b> How to See Your Angels	65
<b>DAY 20</b> How to Enhance Your Clairvoyance	68
<b>DAY 21</b> Developing the Habit of Asking Your Angels for Help	71
Afterword	74

© Doreen Virtue, 2011

The moral rights of the author have been asserted.

All rights reserved. No part of this book may be reproduced by any mechanical, photographic or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted or otherwise be copied for public or private use, other than for 'fair use' as brief quotations embodied in articles and reviews, without prior written permission of the publisher.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual wellbeing. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

A catalogue record for this book is available from the British Library.

ISBN 978-1-84850-890-3 in Mobipocket format  
ISBN 978-1-84850-891-0 in epub format

## **Publisher's note**

Research has shown that establishing a habit requires 21 days' practice. That's why Hay House has decided to adapt the work of some of its most prestigious authors into these short, 21-day courses.

*21 Days to Improve Communicating with Your Angels* draws from Doreen Virtue's bestselling *Messages from Your Angels* (Hay House, 2003) and *Angel Therapy* (Hay House, 2006).

Other titles that will help you to explore further the concepts featured in the 21-day program are listed in [Related Resources](#) at the end of this ebook.

# INTRODUCTION

Everyone can communicate with the angels, without exception. It's a fallacy to believe that one must be chosen, sensitive, or gifted to hear the voice of God and the angels. As we are all created by God, we are all equally gifted.

We also all have angels surrounding us constantly, and our higher self is united with these angels and with God. So, our higher self is in constant contact with God and the angels through the one universal Mind that is the all-in-all.

Whether you desire to channel angels, or just want to hear their divine guidance more clearly, you can take specific steps to communicate clearly with these heavenly beings. The first step is simply to *desire* to converse with angels. Our intentions, in whatever we do, are the starting points of everything we experience. So, holding the intention in your heart and mind to communicate with angels ensures that it will happen.

You don't need to *add* anything to yourself to hear divine communication. It's more a matter of *removing* any fears, doubts, or tension that may block your spiritual eyes and ears. Fortunately, the angels are very happy to help us remove these blocks—all we need to do is ask.

Once you've released anything internal standing in your path, you'll naturally receive divine communications very clearly and directly. Then, you can amplify the volume and clarity of the messages by making subtle changes in your home environment and lifestyle. Again, the angels will help you every step of the way.

The word *angel* means “messenger.” Angels bring messages from the Divine Mind of our Creator. They are gifts to us from God, sent to us to help us remember our Divine nature, to be loving and kind, to discover and polish our talents for the betterment of the world, and to keep us from harm's way before our time. They also guide us in areas of relationships, health, career, and even finances.

Your angels are with you to enact God's plan of peace. They help you to be peaceful, because one person at a time, a world of peaceful people equals a peaceful world. That's why your angels desire to help you in any way that will lead you to peace. You aren't bothering them or wasting their time if you ask for “small” favors. The angels know that minor irritants often add up to major stress, so it's their great pleasure to help you with anything standing in your way.

Now while it's true that challenges do make us grow, the angels also say that peace leads to even bigger growth spurts. Through peace, our schedules

and creativity are more open to giving service. Through peace, our bodies operate in a healthy fashion. Through peace, our relationships thrive and blossom. Through peace, we are shining examples of God's love.

Every once in a while, I'll receive a letter from someone accusing me of worshipping angels. The letter writer emphasizes that we're only supposed to worship *God*. Some people ask me whether it's "okay" to speak directly to God or to the angels, or whether this is blasphemous. I certainly prescribe that we follow our personal beliefs when talking to Heaven. However, if God and the angels are truly one, then why would it be "wrong" to talk directly to the angels? Aren't you merely accepting a gift that God has bestowed upon you? You and your angels aren't conspiring against God in some sort of mutinous plot. The angels (as well as your higher self) will never defy God's will, so there's no fear that you might make a mistake.

In the following pages, I've described some methods I've found especially helpful for spiritual communication. The angels taught me many of these methods. You'll notice that, occasionally, the angels speak to you directly in this book. Of course, there are as many ways to communicate with angels as there are ways upon the spiritual path. Your angels will guide you to the particular methods that will best suit you. In fact, you will probably enjoy discovering and blending your own unique style of angel communication.

Since joy is the emotion of the angels, you are sure to feel *immense* pleasure as over the next 21 days you learn how to consciously connect with these heavenly beings.

—Doreen Virtue

## DAY I

# Your Guardian Angels and the Nature Angels

We are going to start by getting to know our guardian angels, who are personally assigned to us for our entire lives. They constantly stay with us, from birth until our transition back to heaven. Every single person, regardless of faith, character, or lifestyle, has at least two guardian angels (whether that person listens to their angels, though, is an entirely different matter). I've met people who doubted whether they deserved to have guardian angels. Please know that they are always there with you, guaranteed! Their love for you is unconditional, and greater than anything on this Earth. Your guardian angels make certain you are always safe and guided.

One of your guardian angels is your extroverted “nudging” angel, who pushes you to make choices in keeping with your highest self. This angel knows your talents and potential, and encourages you to shine brightly in all ways.

The other guardian angel is much quieter in its voice and energy level. This angel comforts you when you're sad, lonely, or disappointed. She hugs you when you don't get that job or apartment you desperately wanted, and calms you when your Friday-night date doesn't show up.

You can have more than two guardian angels—in fact, most people I meet have many more than two. However, my sampling comes from people who attend my workshops, and generally, those who appreciate angels usually attract *more* angels. It's not that angels are biased in favor of their fans; it's just that those who are angelically inclined tend to ask for additional angels. This request is always fulfilled, no matter who asks.

Our angels *do* have gender energies that make them distinctively look and act male or female. However, each of us has angels with different ratios of male to female. So you might have, say, three male angels and one female angel, while your sister has two female angels.

All angels really do have wings and an angelic appearance, similar to the Renaissance paintings depicted on holiday cards and religious paintings. They don't use these wings for transportation in my experience, as I've never seen an angel flap its wings. I've seen them enfold a person in their

## 21 Days to Master Communicating with Your Angels

wings for comfort, and that's the only purpose that the wings have, from what I've witnessed. One time, the angels told me that the only reason they have wings is due to our Western expectations. They said,

*“The original painters of angels mistook our aura of light for wings, so they depicted us with wings in their paintings, and we appear to you this way so that you will know that it is us, your angels.”*

Interestingly, the guardian angels surrounding people of Eastern religious orientations, such as those who practice Buddhism or Hinduism, usually don't have wings. Their angels are akin to *Bodhisattvas* (enlightened sentient beings), performing the same role as the Western guardian angels: to love, protect, and guide the person to whom they're assigned. The only exceptions are those Easterners who come from eclectic or New Age backgrounds. In those cases, these individuals have large groups of spiritual helpers around them. Typically, such a person will tell me, “I called upon *everyone* in Heaven to surround and help me!”

## Nature Angels

The ancient spiritual text, *The Talmud*, says, “Every blade of grass has an angel bending over it saying, “Grow, grow.” Imagine, then, how many angels are in your own backyard or a nearby park. Every blade of grass, flower, tree, sand grain, and raindrop has one or more angels overseeing its lifecycle. We also know nature angels as *faeries* and *devas*. These diminutive angels sing beautiful hymns as they tend to the needs of nature's growing bounty.

During my angel therapy sessions, the angels frequently advise my clients to spend more time in nature. One reason why angels prescribe “nature therapy” is its rapid healing effect. Imagine yourself sitting beneath the shade of tree with flowers and grass growing all around you. See yourself taking a deep breath and meditating upon God's glory, which is in and around you right now. Visualize the nature angels surrounding you with hugs and caresses, which heal every cell in your body and thought in your mind. Feel the gentle touch of the nature angels' loving embrace, as you imagine yourself in their midst.

If I feel stuck, drained, or fatigued, a brief sojourn to a natural setting restores my vitality and loving outlook. Try any natural setting that gives you some solitude, such as a lake or ocean shore, a mountain, a trail, or a forest area. Even an apartment balcony garden will do in a pinch. The nature angels live among the plants and mineral kingdom, no matter where.

## *Your Guardian Angels and the Nature Angels*

Mentally alert the nature angels before you walk upon grass or ground, so they can move out of the way of your feet. Warn them, also, before you mow or spray your lawn. Nothing can harm a nature angel, in truth, since they have no physical bodies. They also have no fear or animosity, as they are pure love. However, you show the nature angels kindness and consideration by giving them ample time to scurry out of the path of your feet or lawnmower.

Animals, too, have angels around them. Your dog, cat, bird, or other pet has two or more guardian angels. You can commune with your pet's angels whenever you hug, pet, or play with your animal. Feel the special loving energy of these magnificent angels.

You'll probably agree that your own pet functions as an angel in your family. Many animals are on angelic assignment from God to provide solace, comfort, and companionship to us humans. Pets also perform the heavenly function of absorbing stress from our household, much like an air filter suctioning smoke out of a room. Angels, such as your pet, thrive on feeling loved and appreciated. They ask for so little, and yet give us so much in return.

## DAY 2

# The Archangels

Today we are going to learn about the archangels, who oversee the guardian angels and other angels. They are usually larger, stronger, and more powerful than the angels. Depending upon your belief system, there are four, seven, or an infinite number of archangels.

The archangels are nondenominational, and they help anyone, regardless of their religious or nonreligious background. They are able to be with each one of us, individually and simultaneously, because they are beyond space-and-time restrictions. Imagine what your life would be like if you could be in many different places at the same time!

The reason why I emphasize this point is that some people worry that if they call upon Archangel Michael, for example, they might be pulling him away from a more “important” assignment. This is how we project our human limitations upon the archangels! The fact is that the archangels can be with anyone who calls upon them, and have a completely unique experience with each being.

Each archangel specializes in a different human condition. It’s helpful to learn which archangel handles which function so you’ll know whom to call in a time of need. Here is a summary of the roles and names of the four major archangels:

### **1. The Archangel Michael, whose name means “Who is like God” or “He who looks like God.”**

He is the archangel who releases the effects of fear from the planet and its inhabitants. We often call Michael, “St. Michael,” especially since Pope Pius named him the Patron Archangel of Police Officers and Soldiers, and he gives all of us the courage and backbone to follow our truth and fulfill our Divine mission. Call upon Michael if you feel afraid or confused about your personal safety, your Divine mission, or making a necessary life change. You can also call upon Michael to help you fix any mechanical or electrical problems.

Paintings of Michael often show him holding scales of justice in his hand, as he is the overseer of truth and fairness. If you feel someone is treating you unfairly, ask Michael to intervene. You’ll receive a miraculous solution, such as the other person suddenly calling with an apology or a change of heart.

It's a good idea to invite Michael's presence into any room of your house or office that has a negative "feel" about it. Whenever you are upset, call upon the Archangel Michael to restore harmony and peace. If you ever travel into neighborhoods that feel unsafe in any way, be sure to ask Michael to guide and protect you. You can ask him to intervene into contentious partnerships or marriages suffering from discord. Think of the Archangel Michael as the protector of joy, and you'll always know when it's time to call for his help.

## **2. The Archangel Gabriel, whose name means "Hero of God" or "God is my strength."**

In early Renaissance paintings and ancient writings, Archangel Gabriel is portrayed as a female angel, although later writings refer to Gabriel in masculine pronouns (perhaps because of the Constantine Council's massive editing of scriptures). She is the messenger angel who helps all Earth messengers, such as writers, teachers, journalists and couriers. Call upon Gabriel to overcome fear or procrastination in any endeavor involving communication.

Gabriel is the famous angel who told the Virgin Mary of her impending birth, and who later delivered the, "Behold, I bring you good tidings of great joy" news about newborn Jesus. This archangel is God's messenger, who brings us news of forthcoming events, changes on the horizon, and new experiences in store for us.

Expectant or want-to-be parents can invite Gabriel into their lives to supervise the conception and birth of a new child. And anyone involved in a new project of any sort—such as a start-up business, a new job, or a change of residence—is wise to ask for Gabriel's assistance and advice.

The archangel Gabriel also breathes new life into stale relationships and lackluster businesses. Ask Gabriel to resurrect any part of your life that feels "stuck." You'll receive creative ideas and new opportunities to help you get moving again.

Many people also believe that Gabriel is in charge of visions, dreams, and revelations. Ask for Gabriel's help in interpreting any of your dreams that seem mystifying.

## **3. The Archangel Uriel, whose name means "Light of God."**

Archangel Uriel pours light upon a troubling situation, which illuminates our problem-solving abilities. Call upon Uriel whenever you get into a sticky situation and you need to think clearly and find answers. He is also wonderful at healing our painful memories and transforming our regrets

## *21 Days to Master Communicating with Your Angels*

and mistakes so that we feel stronger and more loving. Ask Uriel to take your burdens related to the past. He will instantly ease your heart and mind of old unforgiveness held toward yourself or others.

Folklore says that Uriel warned Noah of the impending flood. This archangel helps us during times of disaster, such as earthquakes, tornadoes, and torrential rains. He may guide you to move to a different locale or prepare your home for maximum safety.

Similarly, if your life feels like one giant shifting earthquake, ask for Uriel to re-orient your mind and thoughts to regain your peace of mind. Uriel is wonderful at rescuing us from our self-imposed crises, and he also helps us to establish a calm and centered life.

Uriel also helps us to fulfill our goals and dreams. He offers help completely, including giving us good ideas, keeping us encouraged and motivated, and helping us to manifest the material supplies we need for our project. Invite Uriel to become your partner in anything you are currently working on.

### **4. The Archangel Raphael, whose name means “God heals.”**

Archangel Raphael is in charge of all forms of healing. He supervises the healing needs of the Earth and also its population. If you work in a healing profession, invite Raphael to whisper guidance if you feel unsure about which direction to take with a patient. Raphael intervenes during medical crises to ensure that miraculous “coincidences” line up all the right personnel and medical supplies with precious timing. This archangel is also wonderful in helping scientists to create new breakthroughs in medical cures.

If you or a loved one (including an animal) needs healing, Raphael is the archangel to call upon. Except for cases where a person’s death or illness is part of their overall divine plan, Archangel Raphael will deliver whatever they need to evoke a healing. So after you’ve called upon Raphael, you may receive sudden ideas, thoughts, or inspirations that give you just the right information to help in a healing.

Raphael exudes a beautiful bright and clear emerald green light. This is the color of healing, and also of the heart chakra’s love energy. Raphael also has a second specialty: He guides and protects travelers of all sorts. Whether you are on a spiritual journey or about to embark on a trip overseas, call upon Raphael to smooth the way.

There are many archangels, although I usually only highlight Michael, Gabriel, Uriel, and Raphael in my books and workshops. However, the other archangels have lately been urging me to involve them in my life and work. Here are descriptions of some of the other archangels, and how you may wish to work with them:

**Archangel Ariel's** name means "lion or lioness of God." Ariel is known as the Archangel of the Earth because she works tirelessly on behalf of the planets. Call upon Ariel to become better acquainted with the fairies, to help with environmental concerns, or to heal an injured wild bird or animal.

**Archangel Azrael's** name means "whom God helps." Azrael is sometimes called the "Angel of Death" because he meets people at the time of their physical death and escorts them to the other side. Call upon Azrael for your dying or deceased loved ones.

**Archangel Chamuel's** name means "he who sees God." Archangel Chamuel helps us find and locate important parts of our lives. Call upon Chamuel to find a new love relationship, new friends, a new job, or any lost item, or if you need help in repairing any misunderstandings in any personal or work relationship.

**Archangel Haniel's** name means "grace of God." Call upon Haniel whenever you wish to add grace and its effects (peace, beauty, harmony, and so on) to your life. You can also call upon Haniel before any event in which you desire to be the embodiment of grace, such as giving an important presentation, being interviewed for a job, or going on a first date.

**Archangel Jeremiel's** name means "mercy of God." Jeremiel is an inspirer who motivates us to devote ourselves to spiritual acts of service. Call upon Jeremiel if you feel "stuck" spiritually, and to regain enthusiasm about your spiritual path and Divine mission.

**Archangel Jophiel's** name means "beauty of God." She is the Patron Archangel of Artists, who helps us see and maintain beauty in life. Call upon Jophiel before beginning any artistic project. Since Jophiel is involved in beautifying the planet by cleansing it of pollution, ask her for assignments to help in this vital mission.

**Archangel Metatron's** name means "Angel of the Presence." He is thought to be the youngest and the tallest of the archangels, and the only archangel who once walked upon the Earth as a man (as the prophet Enoch). Metatron works with Mother Mary to help children, both living and crossed over. Call upon Metatron for any kind of assistance you may need with your children.

**Archangel Raguel's** name means "friend of God." He is often called the Archangel of Justice and Fairness, and he is the champion of underdogs.

## *21 Days to Master Communicating with Your Angels*

Call upon Raguel whenever you feel that you're being overpowered or manipulated. Also call upon Raguel on behalf of another person who is being unfairly treated.

**Archangel Raziel's** name means "secret of God." Raziel is said to stand very near to God, so he hears all Divine conversations about universal secrets and mysteries. Call upon Raziel whenever you wish to understand esoteric material, or to engage in alchemy or manifestation.

**Archangel Sandalphon's** name means "brother," because he is the twin brother of Archangel Metatron. Sandolphon is the Archangel of Music and Prayer. He assists Archangel Michael to clear away fear and the effects of fear (probably with music).

**Archangel Zadkiel's** name means "righteousness of God." Zadkiel helps us attain freedom through forgiveness, and he is known as the Patron Archangel of Those Who Forgive. For this reason, call upon Zadkiel to help you release toxins from anger and unforgiveness (toward yourself or another). Zadkiel helps us to view others with compassion, instead of judgment.

Remember, to angels and archangels, no job is "big" or "small." All miracles are equally important to these beings, who love us with all the might of God. All they ask, in return, is that we thank them for their help, share in their devotion to God, and that we fill our lives with joy and service.

## Day 3

# The Ascended Masters and Spirit Guides

Today we are going to meet some other angelic spiritual beings whose aid we can call upon. First, there are the ascended masters, who are beings who walked upon the Earth as great leaders, teachers, and healers, and who continue to help us from their vantage point in the spirit world. They include the famous, such as Jesus, Moses, Buddha, Quan Yin, Mary, Yogananda, Ashtar, and the saints; and the not-so-famous—such as yogis who transcended physical restrictions during their lifetime, pioneering inventors, and unsung heroes. With bigger-than-life love in their hearts and a steadfast devotion to us, the ascended masters help anyone who seeks their aid.

Secondly, there are the “spirit guides”—loving beings who lived upon the Earth in human form. Spirit guides act in the capacity of guardian angels, in that they bring many gifts to our lives. The main difference is that true guardian angels, who have never walked as mortals upon the Earth, have a higher vibrating energy frequency. People who are empathic can “feel” the sensation of a spiritual presence and can tell the palpable difference between an angelic appearance and that of a spirit guide. Clairvoyants see that angels’ auras are bright white, whereas a spirit guide’s aura is not quite as bright and may appear as bluish-white.

Some people volunteer to become spirit guides to their living loved ones. Usually, we have one or two spirit guides. The guides are there to give you general advice, comfort, and at times warning and protection. Most spirit guides are deceased loved ones, such as grandparents, siblings, beloved friends, and parents. Your spirit guide may have passed away in the physical life before you were born. However, this loving being was there at your birth and has been with you every day of your life since. Spirit guides usually elect to stay until the end of their living person’s physical life. Time measurement is different in Heaven, so if you live to be 90, it feels like a much shorter time period to your spirit guides.

Spirit guides are with you because they love and care about you. In addition, you may have a similar life purpose to the deceased loved one who is by your side. If you were named after your dear departed Aunt Annette, chances are that she is your spirit guide. Namesakes nearly always stay with us. Perhaps we were named after that person because our parents intuitively realized our soul-path similarities.

## *21 Days to Master Communicating with Your Angels*

So, when Aunt Annette decides to be your spirit guide, she first must go through the equivalent of a spiritual-counselor training program. In that Heavenly school, Aunt Annette learns how to be with you in a supportive way, without interfering with your free will. She learns how to travel the astral plane and still be within earshot should you ever call for her help. Aunt Annette learns how to communicate with you through your strongest spiritual communication channel, such as your dreams, your inner voice, your gut feelings, or your intellectual insights.

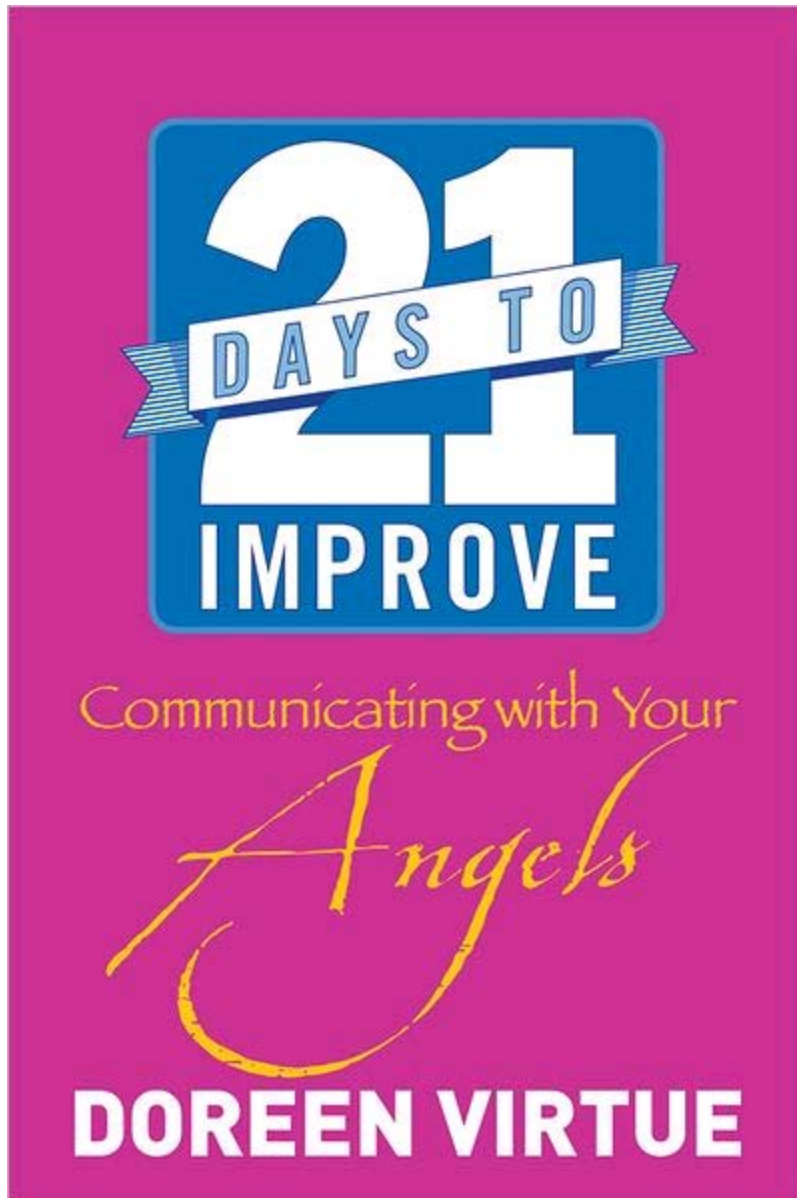
Let's say that Aunt Annette was a very successful newspaper reporter and you're an aspiring writer. In fact, writing is part of your life's purpose. So when you ask Heaven, "What's my mission in life?" Aunt Annette telepathically encourages you to write. Of course, your auntie is only doing this because she knows what God's Divine mission is for you.

Sometimes people will ask me if it's okay to talk with the dead. They may quote from the Torah, which warns of speaking to the dead and mediums. I can understand these warnings, because it's a mistake to turn our lives over to deceased loved ones, just like it's a mistake to turn our lives over to *living* loved ones.

Our higher self, in conjunction with our Creator, is whom we want to turn our life over to. Our deceased loved ones can definitely help us, but they're not automatically saints, angels, or psychics just because their souls have crossed over. However, they can work in conjunction with God, the Holy Spirit, the ascended masters, and the angels to help us fulfill God's will (which is one with our higher self's will). I think the main reason to contact deceased loved ones is for that extra boost of help they can provide, as well as to maintain, heal, or deepen the relationship.

Since spirit guides are truly aware of how you actually feel and think, there's no need to hide your worries from your departed loved ones. Let's say that you have conflicted feelings over your father's death. You're angry because Dad's incessant cigarette smoking and alcohol drinking contributed to his too-early demise. But you feel guilty, because you believe it's "wrong" to be angry with a dead person, especially your dad.

Your father knows just how you feel, because he's able to read your mind and heart from his vantage point in Heaven. Our deceased loved ones ask us to come clean with them—to have a heart-to-heart discussion about our unfinished anger, fears, guilt, and worries. You can have this discussion by writing a letter to your departed one, by thinking the thoughts you want to convey, or by speaking aloud.



**ORDER *21 Days to Improve Communicating with Your Angels* from your favorite bookseller online.**



