



Important Information Regarding Your Future

By Bridget Engel

Often we may make the mistake of thinking Angels are all fluffy and light, hmm. I use to think this, but now I challenge that theory after working intimately with the Angels for over 20 years.

My experience and clients experiences have taught me that the angels are experts in human behavior. They understand how the universe works and how we can obtain the best results from positively interacting with it.

Archangel Michel, my favorite Angel, assists all humans with removing fear. Imagine a huge boulder sitting in front of you a hundred times your size - or even a thousand. Can you picture this? Some of you may give up and think this is too hard. Why bother? I will never get around this. Others may love a challenge and think this will not deter me, as I will climb over it and conquer it even if it takes me a life time. Someone else may simply accept it and live their life in limitations, trying to work around it.

If you ask for assistance with Michael, he will remove the boulder, which is an analogy for your fears, frustrations, disappointment, self imposed limitations etc. You still have to take the action steps, but how much easier it is with no boulder in front of you. Michael will assist you in discovering and living your life purpose, along with developing your character.

To create sustainable and true success for the future, everything you do today creates your tomorrow. Michael will assist you in building your own personal keys for success such as daily habits and follow through.

Each thought, word, emotion and action you think today is creating your tomorrow and your future. It makes you stop and think doesn't it? When you keep striving to obtain your future goals, this places your intentions and energy into the future. This future based focus creates a vacuum that cuts you off from the resources of the present moment.

Examples of living in the future are: delaying your happiness for a future event such as finding the perfect mate, having a baby, finding the perfect job, or finding the RIGHT life purpose. Of course, these external events can add richness to your life. But if you are waiting for them to happen, you are getting depleted into a vacuum of fear.

Another example of living in the future is worrying ahead of time about lack of money, relationships and events. By living them out in this now moment as if they have already happened. How many times have you dreaded an event or conflict with someone and acted out the scenario in your head, even conversing back and forth with an imaginary them? Your subconscious cannot tell the difference between, past, present and the future. So every time you send your focus into the future to worry about something, you are re-living it over and over in this now moment.

I had my NZ family visiting with me over the last few weeks. We laughed so much and talked about old times. I got a lot of enjoyment out of researching things to do, and some lose daily planning. My sister reminded me of when I was in my teens and twenties, even early thirties, that I never liked planning, as I use to think it would rob me of my freedom. I would feel constricted thinking I had to follow plans that were set in stone for me. Without much planning, I noticed I had a good life and I could manifest reasonably well. But I did not have the soul satisfaction of feeling on purpose or have a very clear direction of what I really wanted to accomplish. I've now found that the more I vision and plan, the more happier and on purpose I feel. A big part of this is because I am not worrying about future events, as I know where I am going and I can relax and focus on what is in front of me.

When you get in touch with your vision, values and passions, this acts like your personal road map and is additional fuel that pulls you out of bed in the morning. When you have a clear direction, this tells the universe this is what I am wanting, and the universe can start working on your behalf. When you share your vision with your friends, colleagues and strangers, you are telling them this is who I am and this is what I am wanting. This is how people network and match up their resources, wants and needs.

Exercises

1. Take some time out for yourself, go to your favorite location and let yourself day dream. Allow yourself to imagine how good your life can be, what would make it better, and what could be even better than that. You get the idea?
2. Write down your day dreams/vision and let this be your focus and inspiration. Pull a couple of goals from this vision and start taking inspired action. Know that your plans and goals are not set in stone. If something is not working for you, give yourself permission to change it and try a different approach. One thing I have learned from coaching my clients is we are all different, there is no one way or rule set that fits all. You get to make up your own rules of success and what works for you.
3. Follow your body rhythms and allow them to work for you. My most productive times of the day are between 9am-11am and 4pm-8pm. I take advantage of this and create blocks of uninterrupted time where I focus on my most important tasks for the day. I notice that I love working in 3 month cycles, I laser in on a project and then when it's complete I like to recharge and have down time. If I push through my natural rhythms,

my body sends out warning signals, via catching colds etc.

Take the time to find out what your natural rhythms are? What excites you, what delights you? What do you want more of? What do you want less of. Are you willing to let go of okay or just getting by so you can have beyond amazing?
Sending you all much love, light, laughter, ease and joy.

Angel Hugs,

A handwritten signature in cursive script that reads "Bridget".

Bridget

www.angelsareus.com