



## Which Voice Are You Listening To?

Throughout our day we can have many voices operating within us. There's the stressed one that says "we don't have enough time to answer our phone calls and e-mails". How about the one that says "it's too hard", or "I can't be bothered", or "I'm bored, stuck, even lost". Add the common personal refrain of "I don't want to be rejected" and the list goes on, creating more and more resistance.

I have been inundated with requests for help via coaching, and with many of these calls I commonly see a fixation on listening to one's inner critical voice. This in turn leads to diminishing or even ignoring their true self, the calm voice of their soul and that of the Angels.

Which voice have you primarily been listening to? If you heed your self-critical voice, which by the way is false, you can expect to receive results of procrastination, feelings of being stuck, tiredness and often being unfocused. Your energy will be drained, and you will not enjoy a life of flow and ease. This puts you in an un-resourceful state and could even make you a victim of outside circumstances.

## What Do I Do When I Am In The Throes Of Negativity?

Your response begins with paying attention to your true inner voice; the thoughts that flow from within will form the basis for the emotions and actions that are sure to follow. When you recognize that familiar inner voice of criticism and self-loathing, acknowledge that it is not the whole of you, but merely an ego-formed voice attempting to convince you of something that isn't really true. I liken this to a two year old having a tantrum. You would not give in to the child's tantrum, so why should you give in to the demands of your overly critical ego? Admittedly, when you are in the throes of this negative self-talk, it can feel very real and very strong. Whenever this happens, I recommend the following steps.

## The Way Out

- ∞ Recognize your negative thinking for what it is and choose not to give in to this false state-of-mind.
- ∞ Stop moving around, be still for a bit, and take some very deep belly breaths. Breathe--this is how the Angels can work more effectively with you. Deep breathing will help you to relax and alter your state of consciousness in order to

access answers to difficult personal questions. (Because it permits you to calm down through the oxygenation of your blood and brain.)

- ∞ Call in the Angels immediately and ask for their assistance. You don't have to know their names or specific functions, but simply say, "Angels I need your help now."
- ∞ Make a decision that you are done with this thinking and ask yourself "What will put me back into feeling powerful?"
- ∞ Implement an action step that will move you forward into a positive frame of mind.
- ∞ It is far easier to stay on your pathway by doing something active each day to communicate with your Angels. Make use of my CD and affirmations for they have been specifically channeled from Archangel Michael to help you fully live in your power and happiness.
- ∞ Set up a daily practice of consciously connecting with your Angels and deliberately deciding what you would like to happen during your day.

Remember how powerful and amazing you are!

## Together we have the power to create Heaven on Earth

Exciting News: The angels want the world to know that they exist and the "proof" is just an asking away. While you and I may know that you must simply ask, and an angel will appear to assist you-most people don't realize Heavens support comes so quickly. Or that they have to ask for it. The angels have guided us to lead a global experiment to prove their existence. This is an opportunity to let the world know that God is alive and angels exist to fulfill our every need.

"Ask and ye shall receive ..."

Join us for this exciting experiment! These are dark days, riddled with fear and many find themselves feeling lost or alone; while the truth is we have all the love and support we could ever ask for. The problem is that many simply don't ask, or just don't believe that angels are here, or that they care to help. The angels have promised that all who participate in this 30 days study will have proof It is a big promise, but I trust the angels to come through ... every time!

We work with AA Michael most closely and he will be leading this experiment; the first step we'll take each day is to surrender all fears and doubts to him. If we get enough participants we can expect a global cleansing. Once we effectively remove the blocks from our lives, there is room for the gifts of Heaven to flow in. Trust me, the angels want for us to open our arms, our hearts, and our minds, to receive the gifts of Heaven-which are our birthright.

This is your chance to be Gods Great Proof!!! Choose to suspend your doubt for 30 days and let God and his team of Angels show you how life was meant to be... together we have the power to create Heaven on Earth. Together we can prove to the world (and ourselves, most importantly) that Heavens support is just an asking away.

Humans say: "I will believe it when I see it when " while the angels tell us: "You will see it when you believe it"!

Sending you all much love, light, laughter, ease and joy.

Angel Hugs,

Bridget

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