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#### Messages from Archangel Michael

It is my honor and greatest joy to share the information I receive from the angels. I truly trust you will get exactly what you need and take inspired action steps towards what you are wanting.

You are surrounded by loving and powerful angels who stand by your side; they are your biggest supporters and expert spiritual coaches.

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#### Key notes from 11/13 workshop

Fear is what keeps you small and holds you back from living a big, full juicy life. All fears stem from the mental realm; meaning your mind makes up stories inspired by fear.

If you find yourself in an experience of fear, call upon Archangel Michael (he helps with the removal of fear and aiding you in stepping into your power)

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Issue 1 Nov. 26, 2005

#### Newsletter Spotlight

**Embracing your  
magnificent self  
Without Fear you can do  
Anything**

This 7-week Tele Class is based upon my Fearless Cards:

**Owning your Magnificence.**

Each week we will focus in depth about the topic on the cards, dealing with core beliefs and issues such as **Trust** and **Power** and learning how to fully accept and love your **magnificent self**, the spiritual being you truly are.

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#### Cool Products to assist with daily angel reminders

Our **Fearless Line** of cleansing scrubs and sprays pamper and invigorate the body with wonderful natural ingredients, such as Tangerine essential Oils, Lavender essential oil and sea salt. This first line of products was inspired by Archangel Michael (who helps clear all fear from people and the planet) and is infused with his powerful essence. Each one is lovingly blended by hand and invokes all the senses to create an experience that is relaxing and soothing yet also inspiring.

I describe the marvelous angelic assistance available to us in my CD called “**Listen . . . the Angels Want Your Attention**” It contains inspirational meditations, including a morning *chakra* clearing that cleanses the body’s energy centers on the etheric level. This process will greatly increase your power to manifest the life you truly desire. Another meditation on this CD is for the evening, which will help clear fear blockages and connect with your angelic guides. Also available for sale at **East West Book store**.

Soul Scrub’s **Fearless Cards** are filled with powerful affirmations and action steps dealing with core beliefs about issues such as Trust and Power and joyously claiming your Magnificence. Your thoughts accompany you everywhere, and by directly and deliberately addressing the thought process and programming yourself daily for what you want, you take charge of creating a very full life. We are blessed with the power of choice, which means that we can have whatever we truly desire. These inspirational coaching cards adhere to the shower tile. Cleansing with water while making empowering affirmations is an important daily ritual, because repetition creates new thought patterns designed to achieve a more fulfilled life. That’s the key to a complete **Soul Scrub**.

Angel hugs,  
Bridget Engel

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To remove your name from our mailing list, please email [joylynn@angelsareus.com](mailto:joylynn@angelsareus.com).

Questions or comments? E-mail us at [bridget@angelsareus.com](mailto:bridget@angelsareus.com) or call 408-445-7594

## Messages from Archangel Michael Continued

They know what's in your heart and what your life plan is. They want you to succeed and fulfill your life purpose, with joy, ease, courage and life learning. Are you too busy rushing from one thing to the next to even notice them and ask for help?

The time is now, do not delay or procrastinate by placing your happiness and joy on future based events. Placing things in the future keeps them exactly there, in the future. Instead make a choice and claim your joy and happiness now, you are a holy child of god and when you choose to be in this natural state. This energy resonates with your soul and vibrates out into the universe. This attractive energy makes your soul sing and will activate the laws of attraction and bring you this energy back 10 fold.

If you find things getting hard, or you are in a flurry of activity for the sake of being busy and spinning your wheels STOP WHAT YOU ARE DOING.

- Ask the Angels to help you with what ever you are experiencing, allow them to assist you through choosing to open your heart and let go of the situation.
- Take some nice deep breaths.
- After a few minutes when they have finished working with you
- Get clear on what you are wanting
- Choose a guided inspired action step

Remember to laugh and play more, this energy keeps your spirit light

The Angels are asking you to fully believe in yourself, own your almighty power you do not need to stay in fear or settle for just getting by in any area of your life, your angels are urging you to raise your standards now and accept that you are deserving of having a wonderful life filled with exactly what you want. The choice is yours.

The angels are amazing with assisting in clearing old programming, beliefs and self sabotaging behaviors, and replacing them with peace joy and love.

I want to clarify that if you have had a long lingering pattern of something that it may take more than 1 session with the angels, know you did not create the situation overnight and have patience with yourself. Keep repeating the above process and asking for help and know the angels can only take away what you are willing to give them.

## Key notes from 11/13 workshop Continued

this invocation works wonderfully. "Archangel Michael please assist me with releasing fear from by body and mind. Releasing all cords and attachments to the situation which I surrender to you now. Please clear all effects of any mistaken thinking throughout time" continue to breathe for a few minutes while Archangel Michael works with you. Then say thank you and commit to taking a small action step regarding the situation.

Archangel Michael wants to remind you to focus on your strengths as opposed to fixing your weaknesses.

Remember to ask for help from the Angels, it can be as simple as "Angels I need your help" and they will instantly be at your side. Nothing is too big or too small to ask for.

Breathing is essential, the deeper you breathe the more the Angels can help - they imbue each molecule of breathe with information to assist you.

Your main task with manifesting is to surrender, let go, and release while simultaneously being one-hundred percent

open to receiving. I cannot emphasize this point enough: have **FUN** and experience **JOY** with your manifestations! The higher energies of joy are the most magnetic for you. Those of you who trust that it's safe to be happy will be the first to experience this new wave of energy. Those who distrust happiness will learn soon enough.

The more you practice communicating with the angels and opening your heart to them the more they work with your subconscious and as your subconscious starts to accept the angels, the more your subconscious goes about finding ways to help.

## In the Spotlight Continued

your thinking and self-programming and learning how to use your incredible power of choice. Your life reflects your thoughts, and by directly addressing this process you can take charge.

It's important to know what you want to create in order to focus your thoughts and actions accordingly. You will be discovering what is your **Big Dream**, doing away with your **Fears**, and **Archangel Michael** will assist each of you with any old programming or fears that you would like to **Let Go Of**.

Your **Power** will increase dramatically through owning it and getting clear on what you are no longer willing to tolerate. You will learn how to get specific with your **Intentions**, and how to fully **Trust** your divine guidance.

We will be working Specifically with **Archangel Michael** (who assists with clearing away fear and assisting you in finding your courage and strength). I believe that fear lies at the root of all human failure.

By the end of this class expect to be living fearlessly, enjoying a life filled with self-empowerment, loving yourself fully, and experiencing joy and abundance in all areas of your life.

### Starts

Jan 24th 2006 and every Monday for seven weeks (ends April 4th)

12noon-1pm Pacific time

Cost \$200

To register contact [Joylynn@angelsareus.com](mailto:Joylynn@angelsareus.com)

I highly recommend purchasing the Fearless cards ahead of time and working with them before the class. Go to [www.soulscrub.com](http://www.soulscrub.com) for details.

### Testimonials -

Hi Bridget,

I was on today's call that you had with Jeanna & Eva's Rapid Expansion group. I wanted to share my experience with you.

While the angels were sharing their gift with me, when I was breathing out, I coughed. In my mind's eye, when I coughed, I saw me standing in my scene and I went totally limp, head down for a moment as though I was going to drop to the ground. And, I felt like every toxin in my body whether physical or mental was expelled with that powerful cough. It was really something. And, we asked for clarity. My mind felt so clear, it was incredible.

Thank you very much. Love your work!

Gail C.