



September 2006

In This Issue

[Communication](#)

[Ask Your Angels](#)

[Sneak Previews](#)

[Angel Stories](#)

Quick Links

[Upcoming Workshops](#)

[Newsletter Archive](#)

[Angel Inspired Gifts](#)

Join our list

Join our mailing list!

Join

Welcome to our bi monthly Angel Newsletter. This months topic is part one of communication, if you want to be a better communicator then commit to taking action and implement some of the suggestions and watch your relationships bloom.

Inside this edition you will find inspiring messages from the Angels, Life Coaching tools and previews of upcoming workshops and Angel products.

Please know you are always surrounded and supported by your Angelic team, who are only an ask away.

Angel Blessings,
Bridget

Communication

Part one of communication

Self Love

All good communication begins with self love, because when we are filled with love we have no room for fear and fear-inducing behaviors. How much we love ourselves is directly related to how well we treat others. As we treat another is how we ultimately treat ourselves, if we judge another then at some level we are judging an aspect of ourselves and projecting this onto another. Judgments will create separation as we automatically think we are right and the other person is wrong.



Do you find yourself struggling at times with communication, where you say one thing and the recipient gets offended or does not see your point of view? (This especially true with emails, which is not the best way to communicate important thoughts or feelings.) One of two things can happen. You can come from a place of love, compassion and keeping your heart open or go to fear and allow the ego to operate. This will quickly put you in a power struggle where there is no winner, and you both lose. The feelings of disturbance will permeate out through your aura, and through the Laws of Attraction you will bring in more of what you do not want.

Honest Inventory - What's your style

How do you become a good communicator? A good place to begin is to take an inventory of yourself and get clear on your communication style; we must know this before we can implement change. For myself, I will take time out to ponder things and be clear with myself. I want to consider my part first before I speak to another. I am aware that my shadow-side likes to avoid what I may perceive as conflict, and thus I have a tendency to let things go to keep the peace. Another common communication style is to withdraw love as a means of avoidance and to secretly punish a person. When this occurs, know the only person being punished is yourself as you are separating yourself from you own true

source and power. Fear will lead the way, and you will notice your thoughts becoming more negative, your energy slowing down, and feelings of being stuck and confused will ensue.

What type of communicator do you want to be? Is there someone that you admire in this area? If so take one of their attributes you admire and implement it into your life. Start with imagining yourself being this way, feel what it feels like to impact yourself and others positively, and see all your interactions as being "win-wins."

Questions to ponder

- What's your communication style? Are you comfortable with it? Do you get the results you want? What does your shadow side tell you?
- Is an old wound being triggered? Do you keep experiencing this same issue but with a different person?
- Do you want to be right or at peace?
- Are you making up an assumption about what the other person thinks without verifying with that person?
- Are you stuck in an old story?
- Do you need to let go of a person, place or thing or let go of your relationship patterns to it?

Tools

- If you find yourself struggling with communication call upon the Angels to help release fear, anxiety and any unloving thoughts about yourself. Call upon Archangel Jophiel to help transition negative thoughts into positive ones.
- Each day, do something loving for yourself that involves cherishing and nurturing yourself. This will naturally bring out the best in you, and in turn will attract other wonderful people and situations into your life. This is in sync with the powerful laws of attraction, which state that like attracts like.
- If in a heated argument, ask Archangel Michael to dampen the flames by pouring blue light over the both of you. This is like dousing a fire with water. Pause to take time out and call upon Archangel Gabriel to assist you in your communication.
- When you are prepared to engage with another on a difficult topic, ask permission of the other if it is the best time to talk. Visualize a positive outcome and hold that person in love.

Good reminders

- Avoid the temptation to communicate when you are angry or in a very heated emotion state, especially via email, as no one feels good having anger blasted at them. Do you want to use your anger to vent and blame, or do you wish to teach someone how you would like to be treated?
- Take time out for reflection. Ask the angels to help you.
- Get clear on your issues and what outcomes you desire.
- Think of how you would like to be treated! We all are capable of responding to love in a positive fashion. Likewise, anger and blame make us defensive.
- Do you think you have a right to tell your truth in whatever fashion you determine? For some people it takes so much courage to tell the truth that they burst it forth like a machine gun, with the bullets spraying everywhere. Remember that your words are a form of action; you can feel sorry and even apologize for them

later, but the holes are still left in the other person.

Ask Your Angels Answering Your Angel Questions Monthly

Please send any questions you would like answered by the Angels to: joylynn@angelsareus.com.

By submitting your question(s), you acknowledge and give permission for Angels Are Us to use it in any other publications, print, and etc.



Q. I am wanting to find my soul mate relationship and I keep attracting relationships with men that are married or unable to commit. Do the Angels have any advice for me on how I can find my soul mate?

A. The angels are showing me that you have a deep seated fear of commitment, and that this fear stems from being afraid that you may lose love once you find it, thus this is a protection mechanism that you have set up for yourself. The first step to clearing this fear is to realize that fear is often not based on reality, but that it originates from the mental realm and is based in the past or future. Archangel Michael is the Angel who helps clear fear from people, and by asking for this help, you will find assistance in clearing your fear: "I ask Archangel Michael to please help release all fear, old belief systems and release all pain and hurt associated with past relationships". Please breathe deeply while Michael works with you. Call upon Michael every time you feel fear and you will feel instant relief.

Your next step is to make a decision that you are done with attracting these type of people into your life, and are ready to make new healthy choices. A daily affirmation to support you is "It is safe for me to commit my heart fully to love, love is always with me". The Angels are showing me a dating agency in your area, take a risk and join it. You only have fear to lose and love to gain.

Sneak Previews

Magic Mist

Need some more magic? You asked for it, we listened and are excited to announce coming very soon the Magic Mist line, this Angelic Spray which can be misted every where.

It is especially effective for your body, work space, linens and car.

The Magic Mist line comprises of Love, Day Dream and Fearless sprays.

Day Dream - It began with a whisper from Archangel Haniel, whose name means "Grace of God". This gorgeous Angel is imbued with grace, peace, beauty, and assists with magic. She aids with healing female cycles and teaching one to become more in tune with their cycles and rhythms. While invoking her you may see her aura of bluish white and feel the presence of her swirling mists around you.



Take a breath...

Feel carefree...

While embracing this summer bouquet

of freesia, peony, melon & peach.

Angel Stories

Submit your Angel Stories

Bridget is currently writing her book "Listen Your Angels Want Your Attention".



We are seeking true stories of Angel interventions, including healings, protections, items being fixed or restored, and messages. We are especially interested in practical and down to earth stories.

Please send your stories, along with a statement giving Angels Are Us permission to publish your story. Also state how you'd like your name to appear in the publication. If your story is chosen, we will notify you via email.

Please send stories in the body of the email (no attachments) to: joylynn@angelsareus.com Please indicate "Angel Story" in the subject header of the email.

Angel Blessings,



Bridget Engel

Bridget Engel
Angels Are Us

Email: joylynn@angelsareus.com
Web: <http://www.angelsareus.com>