

ANGELS & GUIDES - LISTENING

Hello!! Anyone there?

We may often ask the Universe for some very simple guidance and direction and then feel that our request was lost somewhere. We are blessed to have angles and guides literally at our disposal but, why don't they seem to be helping?

Well one answer – we don't listen!

Ever notice when you observe two people speaking how often they interrupt the other person. It's as if they have already guessed what the other person is going to say and don't have the patience to wait, so they start talking. Or, they don't want to hear anymore and feel that what they have to say, the point they need to make or the story they have to tell is more important.

There are times in our lives that we become so busy or are overwhelmed by a crisis that we begin to respond to everything mentally and emotionally. Even though we know we should be taking a step back to respond on a calm, heart-felt, spiritually based level, our emotions get the better of us and our ego takes over for a time.

During these chaotic times or the other times when we are in calm moments, we should remember to listen to our angels and guides. They're right there, hoping you'll tune into them. Ever notice how the most successful businessmen hire a team of really skilled, intelligent and proven experts to offer them advice. Well, you have that already! Seems a shame not to use them. They have an unlimited supply of patience (must have because they've been hanging around waiting until you start believing in them) and an unlimited supply of knowledge.

The key to any dialogue with your angels and guides - listen with your heart.

If I need guidance, I find it works best for me to

- stop whatever I am doing
- take a deep breath
- say a note of appreciation for the moment
- invoke the distant healing symbol
- ask that the Reiki energy help connect me with my guides

Then when I feel the energy flowing, I'll ask a specific question, stay very quiet and pay attention to what I hear. Now you may not audibly hear voices, but you may 'feel' them. You may have asked if you should buy a certain item or make a certain move and "feel" a warm loving glow in your heart.

You can use this same technique when giving Reiki treatments on others. When you find an area of the person's body that has a blockage (i.e. your hands tingle, burn, give you a signal or you've used a pendulum to find a closed Chakra) and you feel that you need additional information about this, use the same process of connecting with your guides to receive a specific answer.

Two things that I have learned about communicating with guides are that they take many forms, and if they are acknowledged and thanked, they appreciate it and then teach me more.

When we are frustrated because we don't feel our guide's presence, it is simply because we have placed a veil between ourselves and our guidance. We do this in many ways but the most common ways are by holding an expectation of the form the guide should take, trying too hard, staying so busy that we don't allow ourselves the opportunity to listen, or by focusing our attention on what others are doing rather than on our own thoughts, feelings, actions and behavior.

Listening is a healing art. Recently at one of our last classes in clinical hypnotherapy, our instructor displayed a remarkable ability to remember everyone's name right away. When asked how he did this (expecting some memory enhancement technique) he simply said: "I listen to their name." Seems so simple and hard to believe that all you have to do is listen.

So, a big step is to accept that: if you don't get an answer – you aren't listening.

***Do you hear the message
at a level of a whisper?***

I have an image of angels just shaking their heads at us, throwing their arms up in the air and turning to another to ask: "what do I have to do, hit them on the head?" Well, ever feel that's what they did to get the answer across to you? Maybe now that crisis in your life makes sense to you because you finally listened and made a change.

It's very healing to know that someone cares enough to really listen. Sometimes I find it helpful to use the distant symbol when I am having a pre-treatment dialogue with a client. In this case, I do so with the intention to connect our higher-selves and guides, and to speak to them from the hearts. This may enable you to hear things that may not be verbalized but are important to the healing session.

To borrow a phrase from the Course in Miracles, *"Every encounter is a holy encounter.* If we remember this whenever someone speaks to us, angelic or human, we have an opportunity to be Divinely blessed by simply giving that person our undivided attention, really hearing what they have to say, and listening with our hearts.