

Communicating with your Angels and Spirit Guides

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Introduction

Many people ask me how I learned to channel the Archangel Uriel. Since I have always been able to hear and see my spirit guides and angels, I never thought of it as an unusual skill or gift. Archangel Uriel first appeared to me in 2004 when I was doing a reading for a friend. It was a new and different kind of energy for me to work with but I had been working with angels and guides for many years. When I work with clients I often receive messages from their angels and guides, which I then transmit to the client.

Many of the messages are more than information, they are often a request that I 'teach' the person how to listen to the guides themselves. As these messages have become more prevalent and urgent, I realize that not everyone has this ability or at least, they are not using it. Then I was told to start teaching people how to do this because it will be very helpful in assisting everyone through the processes of healing that they are currently experiencing.

These are the times of the Shift, a very difficult time for everyone, both spiritual and non-spiritual. I believe that Lightworkers everywhere are being taught what is going to happen to the Earth's non-shifting populations at this time so that we can understand the experiences that they will go through and will then be able to help them. My guides have always told me 'you can't lead someone else through the fire unless you have been through it yourself.' Well, I have been through the fire lately! Having constant communication with my guides helps me. But even I had to learn how to listen to their message so that I understood and could benefit from what they were telling me.

This book is written for you, to help you learn how to obtain information from your own guides, to help you learn how to hear and listen to their messages. It is offered on the Uriel Heals website free of charge, which is what I was told to do when it was channeled to me.

I am told that we often hear the messages but we sometimes do not understand them and often do not listen. If you will follow the guidelines presented here, you will be able to gain knowledge and insight from your guides and your angels, who have been placed here with you specifically to help you with your journey. Because their assistance is so tailored to meet your needs, it is very important that you are able to hear and communicate with them. They have the knowledge and insights that can help you through every situation as you move forward on your spiritual journey of healing and learning.

So, find a comfortable place to sit, relax, quiet your mind and let's get started.

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Blocks to Information

One of the most important reasons that you cannot hear your guides is that you unconsciously block the information. The information that you receive from your guides and angels is designed to help you on your soul purpose, which is to heal and grow spiritually. A major block to that process is the ego, which wants you to stay exactly where you are. So there is a raging battle in your consciousness between your soul and your ego and that is why many of you can become confused, frightened and doubt even the presence of your spiritual team. And it is also why many of you are having such a difficult time. Imagine your life as a game with you as the star player. Your guides and angels are the team and their sole purpose is to ensure that you are victorious--that you win the game. Everything that they do for you reflects their purpose and that is why it is so important for you to learn to communicate with them. Without their guidance, you are lacking all of the support that you require from your team to ensure your success.

Those of you who are experiencing the Shift in Consciousness at this time have come to be the 'pattern breakers' of your soul groups. You are the ones who will be breaking away, healing your karmic issues and creating new paradigms for your lives. You know who you are, as you have always felt 'different' from others, even those in your immediate family, you may even have moved away from them at this time, on physical and emotional levels. You may even have few friends and are feeling very alone. The only source of comfort and stability that you have is your angels and your guides and that is why it is so important for you to learn how to communicate with them. They have all of the knowledge that you need to get through this part of your journey because they did not pass through the 'veil.' They remember the contracts, the promises and the tasks you were to accomplish. You are the one who has forgotten. They can help you remember and provide assistance on your path. First you must understand why you may not be hearing or understanding their messages:

Fear

Fear puts a wall between you and your spiritual nature. It is a wall that the Higher Self cannot transcend and one that even your guides and angels cannot bring down. When you are operating in fear, you are out of the vibration of unconditional love, which is the only vibration that the higher dimensions can relate to. If you are full of fear you will not be able to hear the messages of love, encouragement and guidance that your guides have for you.

There are many aspects to fear. One can be the fear of failure or success, the fear of not being able to move forward. Often your fears do not even belong to you--you are just experiencing and manifesting the fears of others, including those in your soul group. Many of you even have the fear that you will hear something that you do not want to hear, or will be forced to do something that you cannot or do not feel that you are able to do. Understand that anything that your heart desires is completely within your capabilities--you would not want it if it was not part of your potential. Know too that your angels and guides would never ask anything of you that was not in your Highest Good.

How do you know that you are full of fear? Go inside and look at your feelings. Do you feel disconnected and 'mixed up,' confused, hurt or angry? Can you feel the panic? Then you are operating in fear.

To get rid of the fear, allow it to come before you, ask yourself what it means to you, how you have experienced it before and what you need to heal in order to allow it to leave your consciousness. Be calm in the face of your fear and you will receive the information that you need to heal and release yourself from the fear.

Doubt

While doubt is another aspect of fear, it is a very important block to your ability to interpret and apply the information that you are given. You may doubt your ability to hear or doubt your intuitive abilities. The presence of doubt can be a strong deterrent to your ability to communicate with the spiritual realm. If you are unsure of the information that you are receiving, ask that you have 'absolute clarity' in all that you hear. And ask for confirmation of the message. When you ask for confirmation you are acknowledging that you have heard the message and now need some clarity. If you approach everything that you hear from the point of doubt, then you are stating that you are unsure of your ability to hear what your guides are telling you. When you are full of doubt, you will disbelieve everything that you hear.

It is easy to recognize doubt when it appears, as it comes to you in the form of statements such as 'I really don't believe this' or 'I can't believe that this is really true' or even 'I can't speak to my guides at all.' Doubt usually appears as self-doubt, rarely do we doubt the motivations, judgments or opinions of others. Doubt can have roots in our perceptions of our intuitive abilities, or even our beliefs surrounding what having spiritual gifts means. If we feel that those closest to us will discount the information or will judge us negatively because of our spiritual communications, we will doubt our abilities, the messages and their source.

When you feel doubtful about what you are hearing, ask for confirmation while trusting that what you heard is the correct information. Identify the source of the doubt--does it come from you or is there another source, such as your parents, family or friends? If the source is outside of yourself, allow yourself to identify the source and to release it. If the source is within yourself, remember that you are an emanation of the Creator God, no less than any other being in the Universe. Accept and acknowledge your worthiness to communicate on the highest spiritual realms. Acknowledge your divinity and your constant connection to the Source.

Emotions

Emotions are another block to hearing the messages and guidance of your guides and angels because they are a product of third dimensional reality. In the higher dimensions there is only one emotion and that is unconditional love. Know that your emotions are merely judgments that you use to define your environment. Many emotions arise from fear, but many more arise from the karmic dramas and bonds that you have with those of your soul group.

It is important that you are aware of the effect that these emotional dramas have on you--they block your spiritual growth and ability to heal yourselves. If you are surrounded by people with whom you are constantly engaged in emotional dramas, these are the relationships that you have come here to heal. Staying engaged in the emotional drama only lengthens this process. Your guides and angels are unable to communicate with you when you are distracted by emotional dramas.

When you feel the emotions rising, take a detached view of them and adopt a more scientific approach, rather than jumping into the fray and engaging yourselves in yet another battle. Ask yourselves what emotions you are feeling, who they are directed towards and why you feel this way. All emotional energy is centered in the lower chakras. When you begin to feel them, allow them to arise up from your lower chakras to your heart center, state your intention to heal them and then release them to your guides and angels and your Higher Self so that they can leave your consciousness. Know that once you have released yourself from the self-imposed obligation to engage in emotional dramas, the people and situations that are the source of these dramas may leave your life. That is as it should be. Allow them to leave, sending them love and light. When they depart, you know that you have healed your karma with them and now allow other types of relationships that are free from karma to enter your life.

Distractions

Your third dimensional reality is a noisy, busy and confusing place. It is full of distractions that are intended to keep you grounded in the illusion of fear and powerlessness that you have created for yourselves. These distractions include your entertainment, such as television, demanding jobs, materialism, computers and obligations to people and situations that may be taking energy from you. Know that there are forces working against the Shift and it is their intent to keep as many of you from raising your consciousness as possible.

These distractions act as another barrier to the messages and guidance of your guides and angels. You must consciously remove yourself from them and you will gradually learn to find comfort in the quiet of your own inner being. Often, you have unconsciously created or adopted distractions as a way to prevent your spiritual growth. Distractions merely feed the ego's need for control and they occupy your mind by monopolizing your ability to focus your energy. Distractions can also be in the form of friends who consume your time, family members who make many demands of you and outside activities that you become involved in that take up all of your time.

How are you distracting yourself? What is taking priority in your life--is it you or others? How can you rid your life of distractions so that you can learn to focus on yourself and find peace from within? You will notice when you first begin to create a quiet space for communication with your guides and your Higher Self, that your need for distractions may intensify. Acknowledge this need and let it go. You will, in time and with practice, find that you will need these distractions less and less and will learn to enjoy the time that you spend with your inner being.

Hearing the Messages

Your guides and angels communicate with you in various ways. There are some guidelines that can help you recognize when they are speaking to you so you can learn to hear their messages.

They speak quietly

Your guides and angels will rarely speak in a loud, noticeable voice. They generally speak very quietly because you need to hear them from the focus of your inner being. While they can, if you are in danger, seem to shout in your ears, more often they will speak in gentle tones that require you to be a willing and receptive listener. Know that they never stop speaking to you--if you are not hearing it is because your fears are drowning their voices, your ego is attempting to maintain its control, or the distractions in your life are preventing you from focusing on the inner being that is able to hear these messages very clearly.

They speak in symbols

It would be so much easier if your guides and angels told you exactly what to do and when to do it, in plain language. But they cannot do that because they cannot interfere with your free will. No matter how clear or urgent their message, you must make the choice to act on it through the exercise of your free will. Often they will use symbols to get their message to you. These symbols can come from the words you hear in a song, from a message you see on a billboard or a thought that comes to you from out of nowhere. There are a million other ways that you can receive these messages--even from a personalized license plate on a car that is driving in front of you. These are messages from your guides and angels and you have all experienced them from time to time. As you become more willing to hear these messages, you will find that they come to you with greater frequency. When it becomes your intention to hear their messages, they will appear before you.

They speak through others

How often have you had a conversation with a total stranger who said things to you that answered a question or provided information about an issue that was on your mind? This too is a message from your guides and angels. As you become more receptive to receiving their messages you will learn to pay attention to the people and situations that are around you so that you can receive the messages that you need to hear. However, if you are full of fear, or emotionally upset, or are distracted by various elements in your life, you will be more 'self-absorbed' and will be unable to pay attention to what is around you. Know that help is all around you and when you turn your focus to receiving messages from your guides and angels you will noticed the people and situations who have been placed in your path and who have special messages for you.

They speak through your dreams

If your angels and guides are unable to communicate with you during your waking hours, they will communicate with you during your dreams. These dreams may contain symbolic messages that you do not understand or they may pertain to situations or events that have not yet occurred. That is why it is important to write them down so that you can refer to them later. Know that these messages are sent to help you and if they are confusing or do not manifest immediately it is because all of the events surrounding them may still be in motion.

How to Get the Messages

The process to receiving messages from your guides is very simple and yet very difficult. Simple because it requires that you turn inward, for that is where the messages reside. You are all One, emanating from the same Source, so your guides and angels are not separate from you--they are you. The process is difficult because it requires a considerable amount of focus and intention to remove yourself from the fear, emotions and distractions so that you can quiet your ever-busy minds and hear the messages of your guides and angels. To do this, try this exercise:

Find a quiet place where you will not be distracted or interrupted. Try to use the same place every day at first, so that you are able to train yourselves in familiar surroundings. You can sit or lie down, whatever is more comfortable for you. You may light a candle if that helps you to set your intentions.

Set your intention to hear messages from your guides and angels. Surround yourself with white light and ask for divine protection. As you are opening yourself to receiving spiritual guidance, it is important that you ensure that only the entities with the highest intention and from the highest sources are in your space. Ask for 'absolute clarity' in what you hear and that the messages and information come from the highest source.

Close your eyes and sit (or lie) quietly for a few moments. Notice the quiet and stillness around you. Now begin focusing on your breath. Your breath is the gift of life and it is the only element of your environment that you take into your body involuntarily. Breath is the most important aspect of life--you cannot live for more than a few minutes without breathing--babies enter this dimension with their first breath. Know that the air that you breathe is the physical manifestation of the energy of the Source in your environment. When you breathe, you are taking in the wondrous energy of the Creator God.

Allow your body to relax completely. You may feel the sensation of going out of your body, of spirit separating from the physical. That will occur for some people and it is a normal sensation. Others may just feel very relaxed and calm.

Quiet your mind completely by allowing any thoughts that come your way to spread wings and fly away. This is one of the more difficult parts of this process, as quieting the mind requires discipline and practice. Think of your mind as the ego and it is trying to maintain its control over your Higher Self by filling itself with chatter. Allow it to become quiet, gently allow any thoughts to float away from you.

You may ask any questions and if you are not sure of what to ask, simply ask that your guides tell you something that you need to know at this time. You can even ask to know about the next step on your spiritual path.

Now listen. You may not actually 'hear' anything at first. In fact, you may not hear anything at all during these sessions--the messages may come to you afterward. That is fine. The purpose of this exercise is to let your angels and guides know that you are ready and willing to hear and follow their guidance. This is to teach you to learn to focus on your inner being, on the light that is within you. So, allow yourself to just 'be' in the peace and comfort that you will feel as you allow yourself to be in their presence. Some of you may feel warm or tingling sensations, others may feel a strong sense of love and peace and still others may cry from the great joy that comes from being in the presence of these wondrous beings. Do not compare your results with those of others--you are all unique beings and each of you will have a different experience.

As you begin to return to the body or to come out of your quiet time, thank your guides and angels for their efforts on your behalf and for being there with you. Even though you may not have 'heard' an answer to your question, do not be discouraged. The answer will come. Your guides and angels work very hard to put you in touch with the people and situations that will provide your answers and this synchronicity may take some time to occur. This may also be a test of your faith and trust in your ability to hear the messages. So, be patient if you do not get immediate results. Everything that you intend and ask for must come to you--that is Universal Law.

The Language of your Guides and Angels

Your angels and guides speak in a language that is far different from what you speak in the physical realms. Since they are energetic beings of light, they do not need to use words to communicate with us. In fact, they cannot speak as you do. They transmit their messages telepathically or through others. But they also speak in a different way than what we are accustomed to hearing.

They speak the language of love

The only energy that is in the higher vibrations is the language of unconditional love. Do not confuse that with what is experienced here in the third dimension. This language is one of unconditional love and if you are not speaking their language--if your entire being is not vibrating at the level of unconditional love, you will have difficulty communicating with them. Your third dimensional concept of love is one of judgment and of need and is entirely based in the ego. Unconditional love is one of total acceptance and trust, based in your heart chakra that is free of fear, detachment and ego. Practicing unconditional love puts you on the same vibrational frequency as that of your guides and angels.

They speak the language of laughter

The angels and guides have senses of humor and they know that no matter what we believe is happening to us, all is always well within the Universe. Angels, in particular, have a very light energy that radiates with joy so when you are happy, you are vibrating at a frequency that your angels and guides can communicate with. If you are always unhappy, sad or angry, your vibrational frequency is far below theirs and they literally cannot 'hear' your requests for assistance. Even in your darkest moments, seek joy within for it is then that you will be in vibrational harmony with your guides.

They speak the language of peace

The discord and unrest that is constantly present in your lives is entirely of the third dimension and that is why it is important for you to learn to quiet yourselves in order to receive the guidance and information from your guides and angels. Again, this is not a vibrational frequency that they can communicate with and if you are not at peace within yourself, you will not be able to hear them. When you go within to find your inner being, you are communicating with a part of your Self that is always at peace. If you are not at peace, then you are operating in a vibration of fear. That is why it is important to train yourselves to be quiet and at peace during the day, even for a short while. This will help you to find that peaceful center. In time, you will be able to create a peaceful space for yourself effortlessly, just as you will effortlessly hear the messages of your guides and angels.

They speak the language of Light

The energetic frequency of your guides and angels is one of light, that has no physical form or substance and yet it fills your entire being and the all of the Universe. Just as a single candle can fill a dark room with light, when you are filled with light you shine brightly and reflect the Light of

the Source in every area of your life. Every human being is has equal importance and responsibility in spreading the Light of the Creator throughout the world. Everyone has the power to light up the darkness. When you walk in the light you know that your guides are walking with you. They cannot join you when you are in the darkness, but must wait for you to return to the light.

They speak the language of detachment

Your guides and angels work towards your Highest Good, whatever form that may take and they are completely detached from any outcome. That is because they know, as you cannot at this time, the unlimited possibilities and potential that you have. Any situation that you are faced with has more than a single solution--there are as many possibilities for resolution as there are stars in the sky, and more. When you ask for assistance from your guides and you also ask that the assistance take a certain shape or form, or come to you in a certain way, you limit their ability to guide you and you greatly limit their ability to create the synchronicity that will deliver your solution. When you are not detached from the outcome, you limit the full scope of creative manifestation on every level.

Your guides know that when you ask for money, for example, it can be divinely manifested in your life--coming from out of 'nowhere' but it may not be in the form of a check or cash. It may be in the form of a gift from someone, or in an unexpected benefit that meets a need. That is when miracles occur and they can only occur when you become totally detached from the outcome. Since your guides do not connect with the third dimension, they are unable to manipulate its energies, as they can those of higher dimensions. So, learn to be in a place of total detachment when you ask for information from your guides and angels and let them do the work of creation to answer your needs in the best and most perfect way possible.

The speak the language of forgiveness

The only thing that can completely remove you from the gifts of the Source, the Creator God, is unforgiveness. No matter what has happened to you in your lifetime, and even across all lifetimes, now is the time to forgive everyone and everything, everywhere, so that you can manifest your divinity. The root of karma is unforgiveness and it is only through the application of forgiveness in all areas of your life that you can heal your karma, reconnect to the Source and begin to connect with the spiritual realms.

Once you state your intention to apply forgiveness in all areas of your life your guides will begin to reveal to you the people and situations, including yourself, that you must forgive. The process may take some time but you will eventually complete the process. This is the Archangel Uriel's most important message to humanity at this time of the Shift, that you must learn to forgive others and yourself, which will allow you to raise your energetic vibration to the higher dimensions of consciousness. The purpose of the third dimension is karma; the healing of the third dimension lies in forgiveness. This, then, is the key to life, peace, joy and unconditional love.

And So It Is

Your guides and angels are here to help you on your journey to healing. They have special messages and guidance just for you, that uniquely pertains to your lifetime. Know that you are here, at this time, with a very special purpose--to heal your karma, to shift into a higher dimension of consciousness and to learn to reconnect with your own divinity, to remember your connection to the Source. Once you have acknowledged yourself as a being of Light, you will be able to create 'heaven on earth' for yourself. Learning to communicate with your guides and angels is the first step in that process. Archangel Uriel's message to humanity is to teach forgiveness so that you can all embrace the shift and move towards higher dimensions of consciousness and to know and experience unconditional love and abundance in all areas of your lives.

About the Author

Jennifer Hoffman is a channel for the Archangel Uriel, an intuitive, spiritual healer, mentor, teacher and author. Her counseling and writings have helped many people to find their true path. She provides unique insights combined with energy clearing and healing that helps her clients remove the blocks to their growth. More information, along with Archangel Uriel's messages and books are available at www.urielheals.com. For more information email Jennifer at healing@urielheals.com.