

# How to Connect with Your Angels

Simple Steps to Communicate with Your Angels



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How do we communicate with our angels? Basics of Angel Communication can be broken down into simple steps anyone can do. Angel messages can be recognized easily and there are signs that show us that the messages are really from them.

We all have angels that watch over us, all the time, everywhere we go. You were never meant to walk this life's journey alone, without help, without hints and guidance as to where to go next. Angels and spirit guides are always supporting you and are there even when you were not aware of it. It is a comfort to know that your guides, your angels, are always there for you, accepting you as you are and always giving you loving guidance and support. They never decide for you what to do, but they are certainly there for you whenever you need them, for what ever assistance you ask for. For they are the manifestation of God's loving support for you. They are the way that God and the Universe gives you assistance.

## What Are Angels?

Angels help us connect with our inner source, our Higher Selves. They are real and separate from us and are a part of the Universal source we call God. Angels have been part of Western man's spiritual vision for thousands of years. Angels are non-denominational and are found in many religions throughout the world. They are almost universally seen as messengers of God and a vehicle for God's will. So while so many people believe in angels, very few of us actually listen to our angel's messages or even know how to.

Angels are always with us, but how do we know they are there? Why are they not obvious to us? It is to allow us the freedom to choose and be who we want to be. The angelic guidance that we are given comes to us through hints, and subtle messages and other indirect means.

## Basics of Angel Communication

So how are we supposed to work with our angels, our spirit guides? Angels are always there to help you only if you ask for their help. So the first step is to believe they are there and then to ask them to help you. They cannot assist you without you asking for their assistance since they cannot interfere with your free will. Being messengers of God and your Higher Self, they will then give you the answers to your questions, the gentle guidance and assistance that you ask for through your five senses and your inner feelings. You can enhance your awareness and connection with your angels through some simple steps you can learn and practice.

## 3 Simple Steps to Communicate With Angels

The simple steps to receiving your angel messages are: ask, receive and give thanks. You ask for help in the form of a question, a prayer or a desire. So you simply ask. Ask in your mind or aloud for the assistance you need and do not be afraid to ask for anything you wish since the universe is infinite in abundance. It may be simplest to ask for guidance for what to do next. Then the next step is to receive. Receiving is the allowing of the messages to come to you in whatever form they may appear. Do not try to anticipate how you will receive an answer, but know that it will come and be on the lookout for it. Once you have received an answer or a message, give your thanks and appreciation for the divine guidance you've been given. You can give thanks to the angels, to God or the universe or just give thanks in general.

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## What Angel Messages Sound Like

The receiving of an angel message is the key to all this. How do we receive? First, you must be open to receiving an answer. Then you have to be on the lookout for one! Much of our guidance can be readily seen through synchronicities, those funny incidents that pop up that seem to be relevant answers to our questions. You may see a sign or a license plate with a name or a word that has meaning or relevance to you. You may turn on the radio and just at that moment hear song lyrics or perhaps an advertisement that has words that seem to have relevant meaning to your question or need. These are the external signs and messages that are given to us. We also receive more immediate answers and detailed messages through our inner guidance receiving system which utilizes our five senses in a more expanded way than we are used to.

Through our feelings we receive much of our subtle information in our every day lives. We have a 'gut feeling', we have an uneasy feeling, or perhaps something feels just right. These are the messages that we are receiving that are telling us something we need to know. You can ask your angels, "Is this the right way to go? Is this the right thing for me to do?" and then be open to how you feel next, do you have a good feeling or a bad one? Often times we ignore our feelings, and we attribute our feeling good or bad to our being 'well' or 'sick'. Our feelings, both physical and emotional, are also sensing the messages from our inner selves and our angel guides. Sometimes we are picking up feelings from other people and these feelings are not us. We may be feeling fine and out of the blue we feel tense or angry for no apparent reason. It may be that we are sensing someone else's feelings and that can be a message from them perhaps saying "stay away!" or "be gentle with me I'm feeling down."

Another way to receive an answer is through our other senses turned inwards. That means we may get an answer through hearing a response in our heads, or seeing an image in our mind's eye or perhaps an instant "knowing" where you get a clear concept of an answer that pops up in your mind.

## How To Know Its Really An Angel

How do we know when it's a real message and not just our Ego making up an answer? First, angel messages are always supportive, loving and uplifting. They are never negative sounding, they never put you down nor scold you. They are often short and clear and distinct. You may hear a word in your head, which may sound like your own 'voice' but it comes clearly and distinctly without hesitation. Or you may hear an entire sentence or concept. You may see an image in your mind's eye that pops up. If your answer is not clear or you are unsure of what you received, ask for a clearer message.

Just knowing that we have angels and guides to help us in our daily lives is a wonderful thing. It helps us feel the comfort of knowing that we are supported and we have guidance whenever we need it. You just need to ask and be on the lookout for an answer. By asking you set in motion the universal laws that bring you what you need in the form of an answer. You are never alone, you are always supported and you can get the messages yourself that are specifically meant for you and only you.

Angel communication is simple and everyone can learn how to do it. [Lisa K.](#) teaches people all over the world how to connect to their angels through writing, intuition and every day thoughts. By practicing and taking some simple steps towards connecting with angels everyone can benefit from their presence. The sole purpose of angels is to assist each person with making their path in life easier.

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*Lisa K. is a spiritual teacher, Psychic Medium, Angel Therapy Practitioner and author. Lisa K. brings to the world a unique way of approaching life through spiritual guidance, love, and uniting a seeker's so... [View profile](#)*

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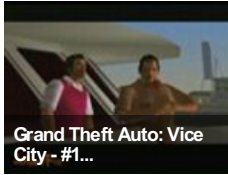
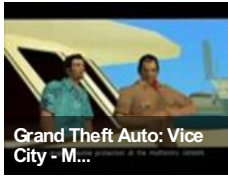
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