



**Following are my best recommendations to connect with your own personal Guardian Angels. This includes practical methods as well as effective tools.**

Directions: Try each recommendation daily or for an entire week to discover their effectiveness. You may discover several suggestions really inspire you and deepen your connection! Choose to implement those recommendations that resonate with you based on how they strengthen your connection with your own Guardian Angels.

1. Invite them in. Primarily, it is important to acknowledge your Guardian Angels so they know you are ready to interact with them. It can be as easy as saying: "I invite my Guardian Angels into my life."
2. Connect with your Guardian Angels daily. Expect they will show up for you as you develop a sacred partnership with these amazing light beings. It can be as simple as acknowledging them by wishing them a "Good Morning" or asking them to support you for the day or for help on a specific subject.
3. Meditate. Meditation always helps our connection to our Guardian Angels. Being present, centered and focused on your Guardian Angels will definitely enrich your connection and raise your vibration.
4. Read books and articles on the subject of Guardian Angels. This will increase your knowledge about these amazing beings and raise your awareness of your personal Guardian Angels.
5. Write a letter or write in a journal to your Guardian Angels. Ask for extra guidance and exactly what you require their assistance in manifesting. It can be any subject. Start out by writing: "Dear Guardian Angels, today I could use your help (wisdom, blessing, etc.) with..." take a breath begin to write their reply. Below are several questions to get you started. Remember to end by giving your thanks and gratitude for their help!
  - What mistakes do I need to learn from and what am I to learn from them?
  - How can I best solve this issue/subject/topic/problem?
  - How can I repair my broken relationship with this person?
  - How can I release my worry about this situation and find peace about it?
  - How can I best prepare for this event or situation that's coming up?
  - How does the Universe/Source suggest I use the talents I have been given?
  - How can I improve my business?
  - How can I raise my vibration?

## 11 WAYS TO CONNECT WITH YOUR GUARDIAN ANGELS (continued)

6. Call them mentally or speak aloud to them as you engage in a conversation with them. Directly contacting them demonstrates your deep desire to connect with them. They are your friends. Acknowledge their presence throughout your day by saying Hi or giving thanks for their friendship.
7. Listen to music with angels. Angels adore Classical music (especially Ode to Joy). In general, songs about angels will bring them even closer to you and raise your vibration, too. Note: listening to music during mediation is very advantageous as it brings their presence into your energy field.
8. Recite this universally known Guardian Angel Prayer of Protection (below) each morning/evening to strengthen your connection to as well as provide you with protection from your Guardian Angels.

### The Guardian Angel Prayer

Angel of God, my guardian dear, to whom His love entrusts me here, ever this day [night] be at my side to light and guard, to rule and guide. Amen.

9. Essential Oils are a wonderful way to bring in the energy of your Guardian Angels. While any fragrance you like is suitable, following are three essential oil recommendations:
  - Rose: place a drop on your heart center as this is an extremely high vibrational fragrance.
  - Sandalwood: placing a drop on the top of your head and/or forehead is a wonderful way to use this oil especially during meditating or journaling.
  - Lavender: is beneficial to use in a diffuser; filling your room with this fragrance brings in the relaxing presence of your Guardian Angels.
10. Crystals help facilitate communication with your Guardian Angels as their energy and color raises your vibration. Place your crystal on your desk/nightstand, carry it, or hold it in your hand during meditation. Any crystal you are drawn to is perfect but following are three crystals suggestions.  
Note: If you do not have crystals, a picture of a crystal will work, too!
  - Amethyst: a beautiful purple stone to hold to open your connection to the Angelic realm.
  - Lapis Lazuli: a dark-blue crystal that can help you connect with your Guardian angel. Place the crystal on your forehead if you are lying down during your mediation.
  - Rose Quartz – a beautiful pink crystal that is known for love, which is a sure way to get your Guardian Angel's attention. Place it on your heart during meditation.
11. Obtain Guardian Angel Oracle cards. This is a wonderful way to connect with your Guardian Angels and receive messages from them. Begin by consistently connecting with them. Hold the cards over your heart and ask your Guardian Angels for a message. Then pick an oracle card.



*Sparkle with Angels*

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