

10 Secrets for Communicating with your Angels and Spirit Guides By Jennifer Hoffman



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Jennifer Hoffman
Author, Speaker, Intuitive, Spiritual Teacher
Miracle Coaching founder and Angel Channel

www.enlighteninglife.com
info@enlighteninglife.com

10 Secrets to Communicating with your Angels and Spirit Guides

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What Are Angels and Spirit Guides?

Do you know that you have a team of helpers whose *only* purpose is to guide you through the decisions and choices you make every day?

Do you know that these helpers have been with you from the moment you were born and they will stay with you until your last day on earth?

Do you know that they are, literally, **a thought away** AND depending on the thoughts you have, you are either bringing them closer to you so you can benefit from their support and guidance or you are pushing them away, denying yourself the benefit of most powerful resource you have on your life journey?

Do you know how to communicate with *your* angels and spirit guides?

How do you know when they are communicating with you?

How can you identify who they are and know when they are trying to work with you?

Are you afraid that if you open that connection you may bring forward some other energy that will hurt you instead of helping you?

I have had some amazing experiences with my angels and spirit guides, who have helped me at different times in my life. Here is one example:

I was a single mother with two children, finishing my college degree and working full time. My life was very busy. I would get up early in the morning, get my children ready and off to school, then I would go to work. Two days a week I attended evening school for four hours after my long workday. Every evening I spent long hours doing my homework, after I had picked up my children from school, fixed dinner, helped them with *their* homework, bathed them, read their bedtime story and put them to bed. By the time the weekend came around I had put in many late nights and was very tired.

One Saturday we had to go to visit family, which involved a four hour drive. I had just completed my final exams and had slept few hours that week. But I had done the drive before and was not concerned. After an hour in the car I got very sleepy and my eyes closed for what felt like just a second. I did not realize that I had fallen asleep while driving sixty miles an hour on the interstate.

I suddenly felt something jerk me forward and I opened my eyes to see the interstate guardrail in front of me and we hit it, bounced off and my car turned back into the interstate, spinning in circles, completely out of control. We then cross all four lanes of the interstate, hit the opposite guard rail and spun around again. I applied the brakes, silently calling on my angels and spirit guides to protect me and my children. When we finally stopped moving the car was facing the wrong way on the interstate. About thirty feet in front of me I saw several rows of cars that were stopped and all of the drivers were looking at me, waiting to see what my car would do next.

After a few minutes a man got out of his car and walked over to mine. He looked in my window and asked whether I was OK. The car was a mess, my purse had been emptied of its contents as it was thrown around the car and my children's books and games were all over the back seat. We were all fine but my knees were shaking, my legs felt like jelly and I started to cry. I turned around to look at my children in the back seat, they were wide-eyed and very quiet, but were OK too, still firmly strapped in their seat belts.

He asked me what had happened and I told him I thought I had fallen asleep. After giving me a funny look, he said that he had seen the strangest thing, he saw that the way my car was traveling it was going to hit the guard rail head on. And then it was as though an invisible hand turned the car sideways so the corner of the bumper hit and it just bounced off (my car was not damaged either). He also said that he was going to pass me but suddenly his car slowed down and he found himself behind me and as I lost control of my car. Then all of the other cars around him slowed down and stopped.

It was a miracle that no one hit us on that busy interstate that day. My angels and guides had been working hard to protect me and my family, as well as the other people on the freeway. We could have had a multiple car collision as there was quite a lot of traffic and many people, including me and my children, could have been hurt.

The man then asked me if I could drive my car over to the side of the road. I tried but my legs were shaking too much, so I told him I just could not drive at that moment. So I moved over and he got in my car and drove it to the side of the road so the other cars could pass us. Then he drove me to the rest stop that was just ahead, with his wife following in their car, and they bought me a cup of coffee, gave my children some cookies and sat with me for a little while, until I calmed down.

Not only had my angels and spirit guides protected us from harm, they had sent **earth angels** to treat us with kindness and support us.

The rest of the trip was uneventful and I made it to the family gathering safely. That night I slept well so I would be rested for the drive home. I also said a very heart felt 'thank you' to my angels and guides for taking care of me.

What had pushed my car so it hit the guard rail in a way that did no damage to it and we weren't hurt? And how did the man's car slow down instead of passing me? If he had started to pass me as he intended, he would have been hit by my car as it crossed the interstate.

My angels and spirit guides were hard at work, and his were too, protecting all of us on that busy interstate that Saturday.

And your angels and spirit guides do this for you too, every day.

Whether you ask for their help or not, your angels and spirit guides have a special mission to keep you safe and they do, even when you are unaware of their presence. When you can learn to work with them and use their willingness to help you, you can benefit even more from this support and guidance.

In this book you will learn:

How to be aware of the presence of your angels and spirit guides
They many ways they use to communicate with you
Why they always try to make you happy
How they protect you from harm
How to get them to work with you all of the time
How to make special requests for their guidance
How to identify their special messages, know when they are speaking to you and identify when you are receiving their guidance
How they give you signs and symbols to deliver their messages
What prevents you from being aware of their messages and guidance
How you can be open to their messages and guidance every day
The special energetic vibration they hold and how you can access it.

Your angels and spirit guides are your special support team and they will wait for you to acknowledge them so they can ensure your safety and joy in your life. It is their mission to take care of you and they will do that to the best of their ability, whether you work with them or not. Once you experience this connection, though, you will be calling on them every moment of every day.

And they will be right there to help you.

So, let's get started in describing some secrets to establishing communication with your angels and spirit guides:

Secret #1: You may not always be able to see your angels and spirit guides as a physical presence but they will make themselves known to you in their own special way.

Remember that your angels and spirit guides exist in the spirit world, they are on the other side of the 'veil' so you can't see them like you see humans. And yet, sometimes you can get a glimpse of them out of the corner of your eyes.

You can ask them to show themselves to you and they will, but it may not be in a physical way. One way I sometimes see my angels and spirit guides is as a shadowy movement out of the corner of my eye.

They may show up, as mine do sometimes, as a bird that visits me and pecks on my window. Or you may find feathers or other items in strange places. Sometimes I will ask for a white feather as confirmation that my angels and spirit guides are around me and I will begin to see them all around me.

When you notice the ways in which your angels and spirit guides communicate with you, just say thank you and acknowledge their presence. They are trying to tell you that they are present and are watching over you.

Secret #2: Some of your angels and guides have names, others are happy to use whatever name you want to give them.

Some angels, such as Archangel Michael or Uriel (who I channel) have names. Others do not and you can call them whatever you are comfortable with. Sometimes they will tell you their name preferences. For example, one of my angels likes to be called Sally. Our spirit guides may be ascended masters or teachers, such as Jesus or Mother Mary or Socrates. They will identify themselves to you if you ask them to.

You can ask your angels and spirit guides if they want to be addressed by a special name or you can pick your favorite name for them. They won't mind. Sometimes it helps to have a name to use when you call on your angels and guides so choose a name you like and use it when you communicate with them.

You can use the 'Communicating with your Angels and Spirit Guides' guided meditation, available on the Products page at www.urielheals.com and www.enlighteninglife.com for a detailed process to help you communicate with your angels and spirit guides.

Secret #3: Your angels and spirit guides are always communicating with you. If you cannot hear them, you may be blocking their messages.

Our angels and spirit guides are in constant communication with us, sending us messages of love, support and guidance. When we do not hear their messages we tend to believe that they are not present; however, we are either not listening or are blocking the communication. Some of the ways we block their messages are through fear and our distractions that include worry, emotions, doubt and lack of faith.

When we know that our angels and spirit guides are always listening to us and trust, beyond any doubt, that we have a strong connection to them, we can ask them for their guidance and support and then listen patiently for the answer. It will always come at the right time.

Secret #4: Your angels and spirit guides always want the best for you.

Our angels and spirit guides are committed to supporting and guiding us along our life path. And they will do anything they can to keep us safe and protected. Just as they protected me in my car when I fell asleep at the wheel, they will protect you from harm as well. And if we get ourselves into trouble, they will do what they can to keep us safe.

Do not blame your angels and spirit guides for the challenging events, people or situations in your life. It is nor their fault and they have no control over what happens to you—that is part of your life path. They will not prevent things from happening to us when those things

are part of our karma and life path, but they will give us comfort and guidance so that we do not suffer more than necessary.

What you can do is ask them for guidance and support, to comfort, provide for and protect you. Those are things they *can* do for you. You can ask them for help in understanding the purpose and meaning of the challenges you are facing and they may respond with answers that may shed light on that part of your journey.

If you have asked them for support or assistance in a matter and nothing is happening, ask whether what you want is in your Highest Good. If you hear that it is not, either as a direct answer or through a sign, then you know that they are simply protecting you and you should ask for something else.

Secret #5: Your angels and spirit guides answer when you ask them for help and support.

Your angels and spirit guides cannot step into your life and tell you what to do, which would violate your free will. While they answer all of our requests they do not act unless we invite them by asking for help. No request is too big or too small, from asking for a parking space to finding a new job to protecting you in your daily life. The more you practice communicating with them, the easier it will be for you to learn how they communicate with you.

Remember that they are **your** support team and **taking care of you** is their mission and purpose in your life.

You do not have to wait until an emergency happens to ask for their help and can ask them for their help in everything, every day. Protecting, guiding and supporting you is the work they do and your needs are important to them.

I often hear concerns from clients who think that their angels have more important things to do than to take care of their small, daily issues, or they feel that they have a limited number of issues they can get help with or that by using their angels for small requests they are taking away from the assistance that someone else could use.

Your angels and spirit guides are the spiritual resources you chose to help you in this lifetime and their focus is on you. So use their willingness to be of joyful service to you to ask for and receive assistance with every aspect of your life.

The more you practice, the easier it will be to get into the habit of connecting with them.

Secret #6: Your angels and spirit guides speak a special language that you can learn and understand.

Sometimes you may hear the voices of your angels and spirit guides as a voice in your head, speaking very plainly in words you understand. Other times you may ask for their help and be very frustrated by what appears to be a lack of communication.

They are speaking to you, but they use much more than words in their communication with you.

They speak the **language of light**, which is grounded in unconditional love.

They speak the **language of detachment** and **forgiveness** and when you can embody those energies you strengthen your connection to them.

They speak the language of compassion and unconditional love and those are the energies they resonate with.

When you remember that your angels and spirit guides can use anything as a means to communicate with you, it becomes even more important to maintain an awareness that once you ask for their assistance the process of responding to you has started and you should be on the lookout for answers from every source.

Expect to receive an answer to your questions and you will find new joy, meaning and understanding in the world around you.

Secret #7: Your angels and spirit guides have a wonderful sense of humor.

We think that the business of being spiritual is very serious but your angels and spirit guides have a loving, playful energy and a great sense of humor. They love to laugh with you, will sometimes play 'tricks' on you by answering your requests in very imaginative, unexpected ways and do their best to keep you in the energy of joy.

The more joyful you are, the more you are at their energetic level. When you are unhappy and depressed, they will do their best to cheer you up, if you ask them for help with your sadness. And when you are unhappy and depressed you are not as connected to them because they cannot be at that energy level.

Ask them to help you find your joy in every situation and they will be glad to do so. And remember that they are present in your life and want to be of service to you. Give them something to do by calling on them for help because this is what they are here for.

Secret #8: Your angels and spirit guides often work through others.

Your angels and spirit guides can use other people to help them deliver messages to you. Learn to pay attention to the people who connect with you and to listen to what they say—and to what is behind their messages.

Your angels and spirit guides may send someone to help you with a problem, like someone who suddenly appears to change your flat tire, or who offers you a job when you most need it. Or the person who says something to you that answers a question for you. Or the conversation you overhear may hold the response you have been waiting for. They are being guided by your angels and spirit guides.

So be aware of the people you connect with and how they interact with you. You never know when they may be carrying an important message from your angels and spirit guides.

Secret #9: Your angels and spirit guides sometimes use signs and symbols to communicate with you.

Your angels and spirit guides use many different ways to communicate with you and one of fun things they do is use symbols. You may have asked a question and then notice a certain billboard's message, or hear a song on the radio, or overhear someone talking about that exact subject. You may see your answer on a bumper sticker or a license plate.

Once you have asked them for guidance, your angels and spirit guides rush to deliver your answer. But they may want you to learn to trust your intuitive guidance, so they will draw your attention to certain things in your environment where you will find your answer, rather than answering with a specific 'yes' or 'no'.

Learn to pay attention to everything around you, especially those things that seem unusual or attract your attention because your angels and spirit guides may have put your answer there and are waiting for you to find it.

Secret #10: Your angels and spirit guides resonate at the frequency of unconditional love.

Unconditional love is the highest frequency in the Universe and this is the energy that your angels and spirit guides resonate with. Although they can communicate and connect with you when you are open to their presence, they cannot join you when you are in lower vibrations of fear and all of the fear-like energies such as doubt, confusion, worry, depression, anxiety, anger, and sadness.

They do not expect you to be happy all of the time but when you are in lower vibrating energies and are not able or willing to rise above them; your angels and spirit guides must

wait for a shift in your energies to communicate with you. Just remember that by asking for help you are indicating that you are willing to be at a higher energy.

This is why it is important for you to be aware of their presence and to practice asking for their support and guidance, as your constant connection to them keeps your energy levels raised and when you are tempted to fall into a lower energy level, you know that you have a team of angels and spirit guides who will help lift you up.

So, are you ready to begin living your life with the support and guidance of your angels and spirit guides? They are your exclusive team, hand picked by you to be part of your life journey because they embody the learning and information you need to complete your soul contract in this lifetime. (I discuss soul contracts and karma in great detail in my book *Ascending into Miracles – The Path of Spiritual Mastery* which you can purchase at www.enlighteninglife.com).

Remember that they are waiting for you to connect with them and to allow them to help you. They cannot act without your permission and you give that permission by asking for help, every day, in everything. It is not necessary to wait for an emergency – they do not have better things to do than to help you find a parking spot close to the door in the pouring rain or your lost keys.

They are with you to be of service to you and **you are their only mission**. So be aware of the powerful, loving team you have waiting to answer your every prayer.

When you are willing to be ‘in joy’, you are at the energetic level of your angels and spirit guides. And if you are not, they will help you remember your joyful, powerful center.

As a channel, I have worked with many angels and spirit guides, I often connect with them in client sessions such as readings, attunements, energy work and in coaching. Everyone has angels and spirit guides and sometimes, if a client has not been open to connecting to them, the angels and guides are so happy to have someone to communicate through, to remind the client that they are there.

I have channeled Michael, Metatron, Raphael, and Gabriel, and others, and have always been very connected to my own angels and spirit guides. As a clear channel I am open to other energies and have had two crossing over experiences in this lifetime. Little did I know that my previous work, indeed everything I had experienced in this lifetime, was preparing me for another purpose that would be revealed to me in the form of a visit from a new energy who asked me to be his channel and work with him. I did not know that my life was going to change in many ways when I began to channel Archangel Uriel.

This is the story of how I came to channel Archangel Uriel, a door which opened when I least expected it and it happened without warning one sunny October day ...

In October 2003 while doing a clairvoyant reading for a friend, I was visited by Archangel Uriel who asked me to begin working with him. 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. And at that time I was going through a very challenging period in my life. I was unemployed, my

finances were very unstable and although I had looked for a job (and I have a very good resume) I could not find anything, although I was living in a city of 3 million people with lots of companies that I could work for. The only job that I found was reading tarot cards in a metaphysical book store – and I do not know how to read tarot cards.

But on that day my friend was listening to me as I relayed the information I was receiving for her when suddenly she began staring at me. I stopped and asked her what was wrong. “Jennifer,” she said, “your voice has changed and you are glowing.” So I asked who was present and I heard “This is Archangel Uriel and I want you to work with me.” I looked at my friend and said “Who is Archangel Uriel?” because I had never heard of him. So I went home and looked him up on the internet.

I learned that Archangel Uriel is the guardian between the third dimension and higher dimensions of being and that it was not possible for his energy to be experienced until now because humanity simply was not ready for it. But all of that has changed with the transformation and new paradigms we are experiencing (which I describe in detail in *Ascending into Miracles – the Path of Spiritual Mastery*) and not it is not only possible for us to work with Archangel Uriel but it is now critical, as he has the information and guidance we need to help us make this powerful transition which is affecting every aspect of our being and planet in ways that have never before been experienced by humanity. It is truly the end of humanity and of the world as we have known it and the birth of new paradigms of thinking, living and being.

And that began our journey together. At first I didn’t want to work with Uriel because I felt that there were many others who would be much more suited for this role. So I said “no” and went on with my life. But Archangel Uriel was persistent and asked me to create a website and write a newsletter. After a few months I agreed and in February 2004 I built the website at www.urielheals.com and wrote the first article in February and the first newsletter in March.

I have now channeled Archangel Uriel for seven years, and during that time have written a weekly newsletter and monthly article, as well as done readings and provided guide to thousands of clients. We have written several books, including

- 30 Days to Everyday Miracles, which is available as a book, workbook and guided course
- Ascending into Miracles – The Path of Spiritual Mastery, which has been called the ‘Ascension bible’
- Be Who You Are, a light hearted story of stepping into your power, and
- The Difference Between a Victor and a Victim is I AM, how to transform your victim consciousness.

And I have channeled a number of CDs and been given information for a variety of classes. All of these are available on our websites, www.urielheals.com and www.enlighteninglife.com.

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 by Archangel Uriel.

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 personal spiritual journey of healing and learning.

One final suggestion for you is to **practice every day**. The best time to start communicating with your angels and spirit guides is right now. It does not require any special ceremony, tools or equipment. You do not have to be at any stage of healing or spiritual growth. In fact, you do not need anything to communicate with them except your willingness to be in contact. So take time each day to say 'hello', to let them know that you are aware of their presence and appreciate them.

If you can do this every day, you remind yourself of your connection to your angels and spirit guides and will then learn to call on them first when you have a problem, question, need some guidance or just want to share your doubts, worries, fears and confusions with a loving presence.

About Jennifer



Jennifer Hoffman is an intuitive, spiritual healer, coach and mentor, teacher, author and channels the energy of the Archangel Uriel. She has written the weekly Uriel Heals Enlightening Your Life newsletter since 2004, whose 2 million plus readers have called it 'amazingly timely', 'accurate' and 'transformational'. Jennifer is known as a 'healer's healer', and she has provided private consultations to a global clientele for over twenty years. Her insights are highly accurate, detailed and address a clients' deepest issues and need for healing in ways that can provide instant release and transformation.

Jennifer's intuitive abilities go beyond psychic and into the realm of soul level communication, accessing a client's soul's desire for peace, joy and unconditional love. She is able to view the soul's lifetime purpose, identify the soul contract, describe blocks, karmic imprints, negative patterning, messages and images and facilitate the ascension into the miracle vibration, where life becomes an effortless flow of joy and fulfillment.

Her ability to view the dynamics of the soul's journey allows her clients insights into how to achieve their highest possible vibration, miracle mastery. Everything that stands in the way

of this goal can be transformed with willingness to change one's life story from victim consciousness to spiritual mastery.

With experience in business, the technology industry and as the founder of Miracle Coaching and a celebrated author, speaker and intuitive, Jennifer's experience and expertise gives her the ability to work with a wide range of clients and provide services that range from business coaching to soul level healing and transformation.

Enlightening Life OmniMedia, Inc. was founded by Jennifer as a resource of spiritual information, transformation and growth. She is also the founder of Miracle Coaching (www.miraclecoaching.com), the Uriel Heals Community (www.urielheals.com and www.enlighteninglife.com) and hosts the Enlightening Life radio show on Blog Talk Radio, www.blogtalkradio.com/jennifer-hoffman, the network's most popular weekly program.

Information about Jennifer's books, on-line seminars and services is available at her websites, listed above, or email info@enlighteninglife.com for information. Jennifer is available for teaching, speaking and seminar engagements by appointment.