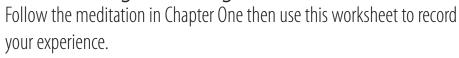
Establishing Your Angel Connection





DATE & TIME:
WHAT WAS YOUR HAPPY MEMORY?
DESCRIBE ANYTHING VIVID THAT CAME INTO YOUR MIND: COLOURS, CLOTHES, TEMPERATURE, SMELLS, SOUNDS ETC
HOW DO YOU CURRENTLY FEEL ABOUT THIS MEMORY?
EASE OF RECOLLECTION – LIST ASPECTS OF YOUR MEMORY IN ORDER:

AFFIRMATION FOR THIS EXERCISE:

I trust in my ability to have clear insight, as I open myself up to the flow of universal energy and communicate with all my senses