



Establishing Your Angel Connection

Follow the meditation in Chapter One then use this worksheet to record your experience.

DATE & TIME:

WHAT WAS YOUR HAPPY MEMORY?.....

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DESCRIBE ANYTHING VIVID THAT CAME INTO YOUR MIND:
COLOURS, CLOTHES, TEMPERATURE, SMELLS, SOUNDS ETC.....

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HOW DO YOU CURRENTLY FEEL ABOUT THIS MEMORY?.....

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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