

MasterClass with Donna Hartley

Insight 9: Can You Ask Your Angels for Help?

Asking Angels:

Angels can be family, friends, or even the Archangels, they're here to guide you when you need and ask them. You can even ask for help in general.

Archangels include:

- For Protection- Archangel Michael
- For Hope and Strength- Archangel Gabriel
- For Healing- Archangel Raphael

How do we know when they send us messages:

- Dreams
- Gut feelings
- Sensing someone
- Information Downloading
 - Technology and electricity signals

Checklist:

- Meditate three times this week to Healing Meditations "A Wise Man, a Mentor and an Angel"
- Write in journal three times (the "ah-ha!" moments)
- Keep discovering what your life theme is
- Clean out two areas each week- Clutter Be Gone
- Keep reading your Intuition book
- Talk to angels
- Remember your final coaching session is coming up in a few weeks
- Make sure you're listening to both CDs: *Fire Up Your Intuition: The Knowing* and *Guided Imagery*- this heightens your intuition
- Keep counting your sugars
- Don't let anybody steal your energy- be grateful "stopwatch, reset, start again"
- Protect the environment by doing three positive things to reduce your carbon footprint

Insight of the week:

Your life is fantastic. – *Donna Hartley*