

Dear _____,

Thank You SO much for allowing me to be of service ~ I invited your angels and guides with the intention that all the information that comes through is for your highest good and will uplift, encourage and support you and your growth in positive ways.

HEALING WITH THE ANGELS DECK

Body Care –

The Angels urge you to care for your physical body. You are asked to eat healthful foods, to exercise regularly, and to avoid toxins.

This card is your angels' way of asking you to pay attention to your physical body. Perhaps you resist this guidance, and the angels have repeatedly come to you about this topic. They remind you that the body is an instrument that, when well tuned, emanates greater harmony. Your spirit is like the music of a grand piano, and the angels ask you to maintain that piano.

Your angels know that if you follow this guidance, you will feel terrific. Your increased energy and happiness is your reward for following the angels' suggestions. They will help you find the time and motivation to exercise. They will also help you lose your cravings for unhealthy substances. And, the angels will help you enjoy the newfound pleasures that come from purifying and maintaining your physical body.

Archangel Michael (Saint Michael) –

This powerful archangel is with you right now. He gives you courage and helps release you from the effects of fear.

Through this card, Archangel Michael is making his presence known to you. He is the symbol of true courage, stemming from knowing that God's love is the only power there is. Michael is letting you know that, as you make changes in your life and as you encounter challenges, you are safe and secure. God and the angels help you stay true to yourself during trying times.

Have heart-to-heart discussions with Michael often. Pour out all of your concerns to him. Don't worry about overburdening him. Michael, like all of the archangels, is able to be with everyone simultaneously who needs him. He has no limitations of time or space, so he can help you and others concurrently.

Ideas and Inspiration –

Pay attention to new thoughts and ideas that come to you. They are seeds of magnificent co-creation with God.

God speaks to you through your thoughts, and this card shows that the angels want you to notice and follow the ideas you have recently received. These thoughts are answers to your prayers for guidance, so please don't discount them as mere imagination.

By receiving this card, the angels seek to give you confidence that you are just as capable of receiving wonderful ideas as any other child of God. That is because all wonderful ideas originate from the one Divine mind of God. Since God is omnipresent, meaning everywhere, God is within you. So, God's mind continuously expresses new thoughts and ideas right inside your mind!

SAINTS AND ANGELS DECK

Don't Compromise – Saint Agnes of Rome

You're asked to take a stand in favor of your truth and self-esteem. You don't need to compromise to get what you want, and you can live by the truth of your beliefs. St. Agnes is your guide and role model in this aspect. She shows that in love relationships – as well as career, home, health, and other life areas – you mustn't compromise your values.

If you're in difficult situations, first try to negotiate a better solution with the people involved. For instance, if your romantic relationship is unsatisfactory, tell your partner your honest feelings. St. Agnes and your angels will help you speak truthfully with love so that your partner can really hear you. If this doesn't yield satisfactory results, this saint may guide you to a counselor or a helpful organization. The key with this message, though, is to stand by your truth without compromise. As God's holy child, you deserve to be treated with love, respect, and dignity. Accept nothing less.

St. Agnes was uncompromising in standing by her beliefs. Although she was tortured and threatened with death, she wouldn't renounce her faith. Legend also says that Agnes rejected would-be-suitors (including a Roman dignitary) because she was determined to keep her chastity. Several men tried to rape her, but they were struck blind before they could harm her. St. Agnes died bravely for her faith at a young age, still a virgin. She is the patron saint of engaged couples, and she assists those who wish to find the most suitable marital partners.

Commitment – Guardian Angel

Although you may have experienced difficulties or fear, this card is a message from your guardian angel to stay committed. Honor your promises to your loved ones, and keep your word to yourself and others. If you're feeling conflicted about having enough time for your responsibilities, then call upon the angels to help.

You appear to be worried about a decision that you're grappling with. This card reminds you to follow through on your dreams, goals, and intentions. Stay committed to your priorities, and give them the daily attention they deserve.

Remember that you're ultimately in charge of your schedule. You have the right to say no to requests that pull you away from your commitments. Your angels can help you when you feel overwhelmed or overcommitted. To receive Heaven's aid in this matter, give the entire situation to God. Be honest with yourself and your angels about your feelings, including any guilt or sense of obligation (these emotions can drain your energy, making it even more difficult to fulfill your obligations.)

You are loved and honored by Heaven, which has your best interests at heart, in addition to caring for the welfare of your loved ones. Your guardian angels enfold you with their loving wings and help you enjoy yourself as you accomplish everything on your list.

ARCHANGEL MICHAEL DECK

Sense of Humor –

This situation would benefit from your sense of humor. View your experience as if you were watching a scene from a movie, keeping in mind – as Shakespeare said – that “all the world’s a stage.” What do you find humorous about human nature in this scenario?

By getting a new perspective on everyone’s behavior, you can automatically detach with love. Humor allows people to drop their defenses so that love can enter and heal the situation and relationships. That’s why God and the angels have a wonderful sense of humor...and so do you!

Possible specific meanings: Know that laughter is the best medicine * Watch a funny movie or TV show to boost your mood * Your life’s purpose may involve comedic writing, acting or speaking * Learn some new jokes as a way to help your relationships * Enroll in a stand-up comedy class to increase your speaking skills and confidence.

Prayer: Thank you for helping me see the humor in this situation so I can lovingly laugh at human nature. I am willing to view my experience in a new light in order to attract love and healing energy.

I was also guided to choose an angel number for you – 225

Trust that this change is for the best. You’re in a period of transition – letting go of the past and that which is no longer working. Let go, and move forward with confidence and faith.

The angels say: “Rest your weary head dear, dear child of the Living God. All is well in Truth although it may not appear so to your human eyes. Letting go is only hard if you fight the process. Instead give everything to God and ask for clear guidance step by step – and then allow us angels to move along this transitional path with you. We are always here beside you, we are always as near as your breath. Please remember to ask for our help, guidance, clarity and strength – they are yours whenever you ask and then allow yourself to receive. Peace is always, always within you – you can always access this peace no matter what “seems” to be happening in the outside world. Take a few deep breaths and feel our presence around you – breathe in the peace of God which is your birthright and then allow this peace to fill you, the situation and the space around you. All is well. You are being guided. You are being led. You are hearing us correctly. Trust and continue moving forward one step at a time. You will know when the time is right. Trust your inner voice as it will lead you home. Know that you are Loved, know that you are blessed, and know that what you fear most leads to your greatest good.”

SO much love and many HUGS,

Shauna xoxoxoxoxoxoxoxox