

Angelspeake™



The Four Fundamentals

*77 Tips on Working
With Your Angels*

by

Barbara Mark & Trudy Griswold

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INTRODUCTION

We are sisters and each of us live on a different coast, but we became divinely connected to a source of information that was beyond our sense of understanding. In 1991, we were both awakened by our angels from sleep just a few weeks apart. The first words our angels said to us were, "Get up and get a pencil and paper, and we will write to you." Our lives have never been the same since we began communicating in writing with our angels.

Once we learned to write our angels and began to receive their written messages, our lives took on a whole new meaning. As our "inner knowing" became stronger, we began to trust what was being given to us. We became much happier. Life was good and we were excited at how much we were learning and how far we had walked along our spiritual paths.

In the beginning of our work with the angels, we had no idea what they wanted us to do with all the amazing information they were teaching us. Everything they taught us seemed significant and everything they taught us had a remarkable simplicity. When they woke us up with their instruction to write them, it was the first of many instructions on what we would end up teaching the world.

By far one of the most important lessons the angels taught us was about The Four Fundamentals. Now, after using and teaching these fundamentals, we actually believe that they are the secret to the meaning of life. It is the way you, too, can access your angels for help for anything you want to do, to be, or to have. The angels have never stopped teaching us how to use them.

THE FOUR FUNDAMENTALS

Ask

Believe

Let It Happen (Let Go)

Say Thank You



~ 1 ~

ASK

The First Fundamental engages your consciousness. You acknowledge and conceptualize what you want or need. Your desire begins to enter into a state of reality.

- 1** Be Specific. Make a conscious decision as to what you will request. In this request, you will identify, clarify and quantify your desire and goals.
- 2** Define your desires as completely as possible. Be very explicit. Your angels want to be clear about your needs and desires. The clearer you are when you *ask*, the more easily they can help you.
- 3** Give your angels permission to go to work for you. Asking opens your free will and allows them to help you in your request. Angels will not run your life, thus they need your permission to help you.

4 Tell someone what you have decided to be, do, or have, even if just yourself. This puts your request even more deeply into your consciousness.

5 Train yourself to ask constantly for what you need help with, even for little things. Doing laundry? Ask for your clothing to come out perfectly. Baking? Ask for your creation to come out perfectly. Changing a tire? Ask for the lug bolts to come off easily, and the new tire to be light and lift easily.

6 Trust that your angels are hearing you. They are your constant companions and will immediately go to work to help you at your first thought of needing their help.

7 Practice asking your angels for help as often as possible. The more familiar you become in working with them, the easier you will find it is. More success will come with more practice.

8 Put your request into the universe to establish the truth of it for all the cosmos to hear. Whatever your request, it is important to the angels and they will come to your aid immediately if it's for your greater good.

9 Say what you are thinking or know in your heart. There is no right or wrong way to ASK for an angel's help. Find the right words by opening your mouth and beginning to talk.

10 Write down what you are asking for if you choose. The more complicated the request, the more you may choose to write it. Houses, jobs, cars, relationships, etc. may need a written list.

11 Hang your ASK List inside your medicine cabinet then modify it if you need to. Keep it where you can find it and see it and remind yourself of what you are seeking.

12 Think of how to ask for your request. Angels are generous, and if you ask for little things you might receive more. Ask for what you really want. You don't have to make-do.

13 Find a dentist, a car repair shop, an apartment, a good book by asking your angels for help. There is nothing they can't help you find or do.

14 Ask for your request to come to you quickly, easily, and fearlessly. Keep in mind that angels have no limits or timetables and don't work in time as you know it.

15 Expect your angels to help with your doubts that you are doing it right. When you ask, you are praying to God to send His angels to go to work for you. You will feel a sense of peace when you have finished your prayer. You will know that the angels are already busy helping you.

16 Visualize your desire with all your senses. Smell, taste, feel, hear, and know every nuance of your request. Need a new car? Pick it out first, and then ask for what you have selected. Be clear.

17 Be outrageous. It is all right to ask at the last minute. Parking places will pop up before you. What you are shopping for will seem to appear miraculously. Airline tickets will show up at great prices.

18 Trust the method. If you need to, ask months in advance. We asked to have a fabulous place to spend New Year's Eve, 2000. By a series of "miracles" we were

asked to do a class in Hawaii on New Year's Day. All expenses paid!

19 Ask often. Everything is fair game. Want your blemish to go away for the prom? Want a beautiful outfit for an important occasion at a ridiculously low price? Want a better place to live? Ask.

20 Make a list of all the things you would like to have or enjoy having. Go through them one by one. You don't have to have one thing complete in order to ask for another.

21 Request for others' strength, happiness, and health. Asking for results would assume that you know what is best for them. Only God and the angels know the total picture.

22 Ask for the angels to surround your friends and family with love. You cannot go wrong with that appeal.

23 Add, at the end of your specific request, the phrase "or better." Perhaps the angels have something more wonderful in mind than you have thought of yourself.

People may admonish you and say, "Be careful what you ask for."

The angels say, "That is true, so ask for unbelievable results. If you are going to err, it is more likely you will err by asking for too little. You are worthy of all the goodness God has to offer."



~ 2 ~

BELIEVE

The Second Fundamental engages your subconscious. You begin to accept that your request is possible and is in process whether you are aware of it or not.

24 Feel worthy of what you have asked for. Your angels want to help you if it is a good thing for you to have happen. Having good self-esteem also helps bring positive results.

25 Know that your angels are protecting you from harms way. They are simply love and will only support your greater good. Have faith.

26 Expect positive results. When you feel doubt, imagine a slamming door shutting the doubt out. Put even the thought of doubt behind you.

27 Say YES to your vision. Believe the angels are working on your desire or need. Feel the truth and reality of your dream.

28 Trust your angels to work for your greater good. If you have asked for something that would not be the right thing for you, it won't happen. It is a safeguard for you because you cannot see the bigger picture of your life.

29 Give your angels permission to go above your own belief in what is possible. Keep your options open for the angels to find. Trust in their abilities.

30 Breathe in your belief. Take it into every cell of your body. Create it in your heart. Then the angels will be able to create it in your reality.

31 Think of your need as already having happened. Be in the NOW. Belief comes before results.

32 Anticipate positive results. Imagine it in your immediate present. See yourself having what you asked for.

33 Keep your esteem high. The angels believe in you. You have gone a long way to having excellent self esteem when you believe in them.

34 Expect miracles. They happen to you all the time. Look for them. They are all around you.

35 Override your doubts with Faith. Faith comes from the heart, not the head. Your brain can figure out thousands of reasons why NOT to believe.

36 Visualize a perfect outcome. Positive thought brings positive results. Envision your perfect desire...or better.

37 Believe in the power of God and His angels. Believe you are worthy, and believe there is a great plan being fulfilled that is just for you.

38 Find a memory when you know that God worked for you and cling to that memory. It is sometimes in the past that you find the belief that God is working in your life now.

39 Enjoy believing. It takes the pressure off you to know that your angels are working in your behalf.

*Some say,
"I'll believe it when I see it."*

*The angels say,
"You'll see it when you believe it."*



What holds humans in limitation
is their
Preference for the past
Desire for the Future
and
Avoidance of the Now.

*from Angelspeak: How to
Talk with Your Angels*



~ 3 ~

LET IT HAPPEN

The Third Fundamental engages the Divine. Letting go sends your request to God. Allow your angels to do their work.

40 Know that angels want what is best for you and everyone concerned. They will not help one person in a situation and abandon everyone else. They love and support every being equally.

41 Stop and think for a minute before you give advice to the angels. Your opinions will not help the process. The angels, in their wisdom, consider every aspect of every situation. They know best for all.

42 Forget your desire for results. There is a bigger picture to be considered. Every soul on earth has their own lesson to learn in every circumstance. Sometimes difficulties take you to a greater understanding even though you cannot see it at the time.

43 Be patient, patient, patient. Results may happen quickly, or not until later. Often you will see only in retrospect how it all came together.

44 Find a quiet place in your heart to put your requests. It is not necessary to ask over and over again. Once is enough.

45 Trust that you are working in divine right time. Think of your own children begging for a cookie before dinner. You say no because you are wiser. So it is with your angels.

46 Know that your angels are busy working on your behalf. Be serene and uncomplaining. Above all, be good to yourself.

47 Take each day as it comes. If you don't get the results you want, it is because it is not the right thing or the right time. A bigger plan is at work.

48 Turn your call for help over to the angels and leave it there. Be still. The more you talk about your problem or your need, the slower the results.

49 Control your impulse to beg or nag your angels. The angels are already helping you from the first moment you asked. Begging is not prayer. It is a fear based act and will not change the outcome.

50 Interpret all results as bringing you closer to your desired outcome. The angels often take a roundabout path to the final ending. Support your request by being at peace with it. Remember, the outcome is not in your hands.

51 Make the most of yourself by allowing your angels to help you in every way. Then let them. Accept their love and presence.

52 Remember the saying, "Let Go and Let God." It works for all situations and all people. Trying to control a situation doesn't help. You will only be standing in the way.

"We will work with you whether you are aware of us or not.

And how will you know it is us? When the possibilities are limitless."



~ 4 ~

SAY THANK YOU

The Fourth Fundamental says thank you to God and the angels for the work they have done or will do for you. You are thus acknowledging the divine and turning over the outcome of your request for the purpose it was truly intended. You know your request is now serving the greatest good of all involved.

53 Be grateful for whatever results may come about. An attitude of gratitude will bring you closer to your divine team. You will begin to see how they are always there to help you.

54 Create a Gratitude List. Write down at least five things every night that you know the angels did for you that day. Keep doing it. You will be amazed at how much you overlooked in the past.



55 Notice during the day the “angel help” you received as you lived your life. Then say thank you immediately. You don’t have to formally ask in order to be grateful.

56 Trust the process. If it worked once, it will work again. Keep using this method.

57 Say, thank you, thank you, thank you, for whatever happens. Being thankful is a positive state of mind that will affect everything you do.

58 Tell a friend about your experience. Now is the time to share. Pass along what happened. As you share with others how angels work, you are also doing your part to help the world.

59 Be respectful. Please and asking go together. Thank you is the second half of the mannerly way to talk to your divine team. Your parents educated you to pray at about the same age they taught you to be polite.

60 Be proud of yourself when you say thank you. You have come a long way when you notice how the angels work in your life. Saying thank you means you have noticed them and their work.

61 Thank the angels for removing your fears and doubts. The Four Fundamentals are a gift to discovering your abilities and strengths.

62 Enjoy working with your angels. Make it a habit. People will notice the joy in your heart because you have a quality, active, loving relationship with your angels.

63 Love more and fear less. This is the best thank you a person can give

their angels. That is when you know it is working.

64 Make the most of yourself by showing your angels that you recognize how they work. Being grateful puts you in their divine space and you will know peace.

65 Express gratitude for all you do or receive each day. You never know when an angel is working for you to bring the perfect circumstances to help you with your life purpose. That is what an angel is for. To help you.

Words to help you begin:

Dear Angels:

Help me...

Bring me...

Show me...

Tell me...

Keep me from...

Remind me...

Find me...

*If you have a problem or a need,
Ask, Believe, Let it Happen, Say
Thank You.*



TIPS FOR ALL FOUR FUNDAMENTALS

66 Use these points for anything you want to DO, to BE, or to HAVE. There are no limits or qualifications. The angels will help you in any way that is possible.

67 Do all four of the fundamentals with every request. The Four Fundamentals work as a unit.

68 Ask your angels what fundamental you are not doing when your request isn't being answered. Often it will immediately come to you where your thinking is not in accordance with the Four Fundamentals.

69 Invite your angels to clarify the process when you are unclear. A booklet on the *Seven Steps to Talking with Your Angels* or our book *Angelspeake: How to Talk with Your Angels* will teach you how to communicate with them in writing. Both may be found on www.angelspeake.com.

70 Put your ego in your pocket when you work with your angels. Personal opinions will only get in your way

71 Expect nothing to happen, and watch everything unfold. Be at peace with the formula. It works when you follow it.

72 Keep your own opinions out of the process. How you think it will happen and how it happens are two different things.

73 Look for a feeling of faith growing within you when you use the Four Fundamentals often. The more you trust them, the more aligned you will be with your angels.

74 Trust the availability of angelic help every second of your life. They are the one constant truth of your life.

75 Watch for positive outcomes. The easier it is, the more you know that your request aligns with God's will for you and it is a good thing.

76 Watch for negative outcomes. If your request seems to have many stumbling blocks and barriers, consider it as a "not yet." Wait for later or forget about it.

77 Say OR BETTER at the end of your request. This gives your angels permission to go above your own belief and add what they see as good things to your request. Trust their wisdom.

I ask, I believe, I allow.
Thank you, God, I receive.
I am a miracle magnet!
— SoulKisses.com



OUR ANGELSPEAKE EXPERIENCES

This message came to Barbara as she was writing her angels in 1991.

Dear Angels, When am I going to get a job? I have prayed and prayed you would send me one, but nothing has happened.

Dear One,

You are not going to have a real job, Child. Your days of eight to five are over. You will be working 24 hours a day to further the work of God. Your money worries, however, will lessen very soon. Your life mission is NOT to worry about income. It may seem so, but it is not. In fact, look at how you worry less than you did. You only worry when someone tells you that you ought to.

Love,

Your Angels



Caroline asked:

Dear Angels, what am I not thinking about correctly that keeps a car away from me? I know it must be in the Four Fundamentals, but where?

Dear Child,

You have been asking for the TOTAL price of a car. That puts you into fear. ASK for the car payment only. You will BELIEVE that it is possible to make a monthly payment easily. You will see.



Trudy was moving to Florida with a house to sell in Connecticut and another one to buy in Florida. When she asked for the house in Connecticut to sell quickly, easily, and fearlessly at the highest possible price, her angels told her that there would be a first offer that would fall through. Then it would seem like it was going to take a long time, but it was going to come out fine. Not to worry. What her angel's told her is exactly what happened.

Because she had turned over the outcome and her fears to her angels, Trudy went forward with the work of moving and trusted that the timing would be perfect. And it was.



Jackie needed a perfect dress for her daughter's wedding. She asked her angels to help her find one that was a knock-out, didn't go over her budgeted amount, quickly, easily, and fearlessly. As she walked to the right department at her favorite store, she saw the dress of her dreams. It had just been returned by another woman and was exactly the price, size, color, and style she wanted.



On a plane flight, Stephanie wanted an upgrade for a better seat. The ticket agent told her there was nothing available. Stephanie took a deep breath and said politely, "Could you please check again?" The ticket agent couldn't believe that the very seat Stephanie had wanted had become vacant in such a short time. All she had done was say to her angels, "Handle it please, angels."



Suzanne's car died about 25 miles outside of Yuma, AZ on a summer Friday. She had enough money to get her car towed into Yuma, but that was all. After she sat in the repair shop's waiting room for several hours, the mechanic told her that it was a timing belt problem, and they couldn't get a new one until Monday morning. Suzanne immediately prayed, "Angels help me!" while turning to a motherly looking woman who had just walked into the waiting room a few minutes before.

Suzanne said aloud, mostly to her self, "What am I going to do? I have no where to go." The woman, with a sweet southern accent said, "Why honey, you are going to come home with me. I have a guest room, and you will be more than welcome." Suzanne had a wonderful weekend! The dear woman was the best of hostesses, and Suzanne was on her way home on Monday morning with a new timing belt and a new friend.



Katherine, a diabetic, was eight weeks pregnant during the New York City black out in 2003. With no electricity, her office was closed and everyone was told to go home. She only got as far as Grand Central Station before she could go no further. Grand Central became a huge, dark waiting room. She began to pray as her cell phone went dead and normal services such as restrooms, water, and seating were gone. Katie eventually was reduced to lying on the floor trying to keep cool and patient. After about six hours, she realized she was in big trouble physically. She had no food or water, was out of insulin, and there was no sign the trains, which run on electricity, were going to run again soon.

Katherine began to ask her angels for help NOW. She knew that if she waited much longer, she would go into a diabetic coma. At that moment, a police officer "just happened" to walk by her. She started crying and went up to him and told him her situation. He asked her where she lived, and when she told him Fairfield, CT, he said he was on his way home and he could give her a ride. He drove her to her door, sirens announcing her arrival, and within minutes, Katie had taken care of her needs and she and her baby were okay.



Michael's heart's desire was to go to the Naval Academy. He did everything he could while in high school to assure his appointment. When the appointments came out, Mike was chosen as a first alternate, but that was not good enough. He was bitterly disappointed, and felt that God had let him down. He began to look for alternatives.

Through a series of chance meetings, Mike met some students who were attending Texas A & M. Mike was impressed with them and applied to that great school aiming at getting an R.O.T.C. scholarship. When he received a full-ride, four year scholarship, Mike knew that his first choice of the Naval Academy was not God's plan, but his own. He attended Texas A & M, graduated, became a Marine officer, and eventually a Harrier pilot. He could see that being a Marine was the best place for him to be in the military, not the Navy. Once again, God knew best.

*To Let Go is to fear less,
And to love more.*



A Message from the Angel Sisters

Your angels love you, work for you, heal you, teach you, and support you. Your angels are always with you. The more you ask for their help, believe it will be given, let go of wanting a certain result, and say thank you for whatever happens, you will find divine help for every thing you want to do, to be, or to have.

You are the only one who will doubt or limit your abilities if you let yourself. Believe, believe, believe, and you will find yourself living in a miracle every day of your life. Let the angels bless you with their boundless attention, care, and perfect love. You deserve it.

*With all our love
Barbara and Trudy*

About the Authors

Barbara and Trudy are sisters who authored the best selling books,

Angelspeake: How to Talk with Your Angels

The Angelspeake Book of Prayer and Healing

The Angelspeake Storybook

Heaven & Beyond

The sisters' continued work is to help each of you become aware that you, too, have angels who love you and will work with you for all your requests and desires if you just Ask, Believe, Let it Happen, and Say Thank You. These four simple fundamentals can be used by anyone to access their divine team and to have their angels help them enjoy a better life full of promise, abundance, and joy.

To learn more about Angelspeake, or Barbara and Trudy, you are invited to go to:

www.angelspeake.com

and check out the classes and seminars the sisters give all over the world.

To contact them for readings, coaching sessions, or information, go to

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