



*Seven Steps
to
Talking with
Your Angels*

*115 Tips on Angelspeaking
by
Barbara Mark & Trudy Griswold*

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115 Tips on Angelspeaking

In 1991, just three weeks apart, our angels woke up both of us. We lived on different coasts and had different lifestyles, yet we were pulled into a new way of thinking, believing, and living. The very first sentence our angels said to us was, "Get up and get a pencil and paper and we will write to you." Truly, our lives have never been the same.

Many questions followed our beginning baby steps at writing down what our angels were teaching us. When we told our families what was happening, they asked us, "How can we learn to write our angels? How does this work?" The Seven Steps of how to talk with the angels was dictated to us immediately by our angels. These steps are the foundation of our work today in teaching others how to communicate with their own divine team.

We pass these steps on to you in an even more complete way than when we first began. We will first write each of the Seven Steps and then give tips that we have learned over the years from our own experience on how to make your writings easier, faster, and deeper. Our Mission Statement sums up our work.

Barbara Mark & Trudy Griswold

The Mission of Angelspeake

To teach the people of the world to talk to their divine angels so that our planet will know peace.



STEP ONE

Pray

Ask for protection and invite God and His angels to come to you. Pray for the truth and the gift of spiritual hearing/healing.

- 1 Start each day with a prayer offering your self to God. See yourself as connected to Him and His angels and watch your days and everything in them become a holy offering to the universe.
- 2 Stay in the moment. Getting into the future or the past will cloud the communication. Prayer is current, and it is specific.
- 3 Ask God to send you whatever you need to have, do, or be. There is no limitation on what to ask for.
- 4 Offer your will to God. Be aware of blending your will with God's will to establish a holy connection.
- 5 Be creative and try praying in new ways, new times, and new places. Saying your favorite prayers calms you. New prayers energize and focus your intention.

6 Find new places to enjoy your prayer time. God and His angels are everywhere. By choosing a new spot to pray, you will get new input and the setting will inspire you in a unique way.

7 Believe first that there is no right or wrong way to pray. If you think your mind is wandering while you are praying, perhaps it is your heart guiding you to a subject that will help you understand your life better.

8 Think of new ways to pray. Some times doing the same things or saying the same words becomes repetitious and boring. Perk up your prayers with originality.

9 Laugh and Dance while praying. Some cultures add body language and become joyful while praying. Other cultures like being quiet, still, and inner. Since there is no right or wrong way to pray, seek all forms of prayer.

10 Know that the angels talk to you through your heart more often than your ears. The angels understand what your heart is saying. As you pray, and the connection with your angels gets stronger, there will be a melding of energies. You and your angels will become as one.

11 Remember the prayers of your childhood and say them out loud. Going into your memory to find rarely said prayers is amazingly comforting and settling.

12 Sing joyful hymns and use the lyrics as your prayers. Gospel songs are perfect energizers. They praise God, invite action, and encourage movement. Plus, they are FUN!

13 Learn the prayers of other religions and adopt them as your own. All

religions and beliefs have beautiful words you can use to access God and the angels. You will begin to understand how other cultures think and believe by understanding their ways to pray.

14 Teach a child the prayers of your own childhood. Think of the prayers of your Catechism, Hebrew School, or Sunday School. Your own heritage is rich with ideas of prayers to pass on to the young people in your own family.

15 Create a “special place” to pray and meditate. A bench in your yard or garden, a corner in your bedroom, or a personal altar made of memorabilia and favorite things is perfect.

16 Think of new things to pray about. Angels are generous, vast, and creative. You be creative, too.

17 Pray in ways opposite of your usual manner. Are you an “asker” or a “thanker”? Whatever habit you have developed concerning your prayers, try something new, different, and innovative.

18 Position yourself in different ways when you pray. Whatever pose you normally use may be another habit it is time to change.

19 Try getting on your “prayer bones” to talk to God. Kneeling enhances your prayer. As a sign of humility and sincerity, nothing is better than that.

20 Find other respectful ways to show you love God. Putting your hands together and bowing your head is also a sign of respect.

21 Borrow the prayer rituals of other religions to see how they feel. Raise your arms, go onto your elbows and knees, cross your legs. Experiment, experiment, experiment.

22 Become familiar with your praying style. Pray for your wildest dreams to come true. Call upon your angels for help with what you want, need, desire, or wish for.

23 Ask your angels for help with ANYTHING and EVERYTHING! Your angels will know that you are not being selfish or greedy. Believe in their power and divine ability.

24 Pray for your self to be happy, successful, and healthy. Some people think it is wrong to ask for goodness for themselves. Phooey! You are your angels work. How will they know what you need if you don't ask them?

25 Be aware of the words you use when praying and be positive. Eliminate negative words such as "no," "not," "don't," "can't," etc. "Not" type of verbiage puts your brain in a pessimistic frame and will nullify what you are actually praying for.

26 Read your newspaper or watch television to find people or countries to pray for. The world is full of people in need. By sending the power of prayer to them specifically, you will change the world, one prayer at a time.

*Dear God, I offer myself to thee
to build with me and to do with me as Thou wilt.
Relieve me of the bondage of self
that I may better do Thy will.
Take away my difficulties that victory over them
Will bear witness to those I would help
Of thy power, thy love and thy way of life.
May I do thy will always.
Amen*



STEP TWO

Breathe

Take a couple of deep breaths, then relax and breathe normally. Be serene and open. Stay centered.

27 Bring the spirit of the angels into your body through your own breathing. That is why proper breathing is so important. It is your personal gateway to the divine.

28 Sit and relax. Be calm. Talking to angels is similar to meditation, but more aware. If you get too low and slow, you will end up falling asleep. Stay awake!

29 Take your time. Breathing is a peaceful skill. Choose the method of breathing that seems most natural to you. Your body will set the pace and the angels will do the rest.

30 Relax into the quiet place within you. Find the place on your body that feels the most divinely connected. Perhaps it is your solar plexus, your heart, or the base of your skull. Every person's

“center” is a little different.

31 Pull the angels into you on a nice, deep breath clear to the bottom of your lungs. Inhale till you feel your lungs expand to their maximum. Then breathe in a little bit more. And a little bit more. And still more. Expand your stomach as well as your lungs when you inhale.

32 Resume breathing normally after your first cleansing breaths. Now you are ready.

33 Reflect on the difference between meditation and active thinking. Very slow, methodical breathing is meditation which is a valuable skill. For writing your angels, it is too tranquil.

34 Be still, but present. Breathe as usual. When you “activate” your thinking process, you are trying to figure out what is going on.

35 Feel your heart as a receiver more than your brain. Angelic teachings come into your “knowing.” Your heart will “hear” the message.

36 Think of meditation as silent prayer. Fix on a concept such as joy. Focus on that concept as long as you can, bringing your mind back to it if it strays.

37 Be aware while you are talking to your angels. It is the same as driving a car, listening to a radio, or watching TV. Still, but active. Quiet attention is a good way to describe it.

38 Remain in the present when you breathe. In angel communication, you keep your eyes open and you are aware of your surroundings.

39 Become open to whatever begins to happen when you access your divine team. It is a spiritual connection that

may not seem unusual, but it started with your first breath as you began to pray. There will be no outward signs of the connection.

40 Think about this: If your body is 2/3 water, and water is made up of oxygen and hydrogen, where do you think the hydrogen and oxygen come from? A great deal of it comes from your breath.

41 Keep breathing! Some people actually forget to breathe. Not only do they become dehydrated, they also end up depressed, tired, and unhappy. When you feel down and out, lift up your head and BREATHE your troubles away.





STEP THREE

Listen

It will seem as your own thoughts, but it will stop and start. If you receive three words, write or type the three words you receive.

42 Hearing comes to some people like a voice on the radio, but most people “hear” from their heart what to write. It is a sense of knowing that you know, but you don’t know how you know.

43 Know that every thought you have is an angel reminding you of something. Angels are always with you, teaching you, loving you, protecting you, and helping you.

44 Pay Attention! As you become more aware of their presence you will find more ways they “talk” to you.

45 Ask your angels to be louder or clearer if their communication is indecipherable or weak. It is similar to tuning a radio or adjusting your television for good reception. You are practicing making a clear connection.

46 Listen for other messages from your angels that you won’t be able to write down. You may hear a song on the radio, or see a place, a picture, or a person which will remind you of something special or dear.

47 Look for signs of angelic presence everywhere. If you think they have sent you a message, ask them if it was from them. They will often give you confirmation through a shiver, a laugh, or a “hug.”

48 Become aware of them when you are around water. Water attracts angels. Many people get a strong sense of their angels while they are in the shower, at the beach, or even watering the grass.

49 Listen for them 24/7. Angels don’t take vacations or sleep at night. They are on duty any time you need them, invite them in, or even think about them. Or, even when you’re not thinking about them.

50 Remind your angels to be really clear because you don’t want to miss their message. Think your angels might be trying to get hold of you? Then they are!

51 Be alert! Your angels have much to teach you and will use daily experiences to find ways to contact you.

52 Be aware of what is going on in your body. Vigilance to your physical self will also help you find your angels-at-work. An itch or a twitch may be a sign they are with you.

53 Ask your angel where he or she touches you. Believe it or not, different angels have different ways of getting your attention.



STEP FOUR

Write/Type

Write or type what you receive as you receive it. The words will come to you as you begin to write them. Let it flow without thinking

- 54** Ask your angels to help you relax. When you are uptight or worried, the words will come harder. Breathing freely will help your messages to flow.
- 55** Keep your eyes open when you write. If you close them, you will be going too deeply into a rest state. Quiet attentiveness is perfect.
- 56** Call this style of angelic communication Automatic Dictation. It comes through the same way every time you write. The angels teach and you receive.
- 57** Instruct your angels to teach you about something you don't know. Ask a question about history or a famous person. The response may surprise you.

58 Give your angels a topic to teach you about i.e. Love, the Universe or the meaning of Religion. Their answers will be complete, inspirational and deep. Yes, surprisingly simple.

59 Request their name! They may have names you recognize, or names that you have never heard. They will give you the name they want to be called. It will help you tell your angels apart.

60 Invite your angels to teach you. Often they will be the ones instigating the experience. When you *feel* their presence, it may be they want to visit with you.

61 Expect middle-of-the night awakenings. If you wake up after being asleep for a few hours, your angels might be the reason. They will wake you to teach you because it is quiet and you are accessible at that hour.

62 Use your computer to record your messages. The computer is faster, and if you know touch-typing, you will be amazed at how fast and effortlessly your fingers will flow.

63 Write in a journal if you prefer. Many people say they can feel the energy better and the messages are clearer. Choose the method you like best.

64 Save your writings. They will seem new when you read them later. You will have a fresh sense of wonder.

65 Re-reading your writings brings them back in their original magnificence. Imagine your angel messages being stored in a very special place of knowing. When you re-read them, you achieve a greater understanding of what they are telling you.

66 Label the writings with the date and place you wrote them. Group them chronologically in order to find them later.

67 Keep your messages in binders or notebooks according to year. There may be a time you will want to retrieve them for your own book. It will excite you to read them again and to be reminded of how wise and loving your angels are.

68 Save them or label them according to subject matter. It is frustrating to seek a subject afterward and not be able to find it. Organization now will save hours later on.

69 Watch for creative spelling and made up words. Angels clarify meanings in very original ways. This is another sign that the angels are dictating their messages to you.

70 Write, write, and write some more. You can never write to your angels often enough. They will never tire of teaching you or hearing you.

71 Ignore spelling errors, punctuation, or typos. If anything, you will be amazed at how clear the typing is. Perhaps much better than your own usual style.

72 Enjoy the different ways the angels express themselves when they dictate to you. Different angels, different styles of writing. Their personalities come through in every manner and fashion.

73 Put your faith in action! Writing your angels is a barrier some people are afraid to go over. Once you do, however, you will never want to go back.



STEP FIVE

Accept

What you are hearing is from your angels. They are guiding you, but it may feel as though you are making it up.

74 Acceptance is the most important part of your experience. Guidance is coming from your angels in spite of any doubts you may have. If you have trouble accepting your experience, invite your angels to help you trust this new skill.

75 Expect to feel as though you are making it up. This is a normal side-effect of angel writing. With experience it will lessen, but it will happen from time to time no matter how long you write.

76 Believe your angels are always with you. Believing is the greatest way to make your life efficient, happy, and honorable. Angels keep you on track.

77 Breathe in the knowing that you have received a message from your angel. Since the angels come in on your breath, there will be more acceptance if you breathe in more of their presence.

78 Note your energy. Note the angels' energy. Feel how different it is from yours. Enjoy the difference.

79 Become aware of the difference in the angels' energy. Although angels are androgynous, you will get a sense of their energy feeling male, female, or genderless.

80 Notice other differences. Strength, power, peacefulness, steadfastness, joyfulness...any energy you can think of can be manifested by an angel to help you understand their work with you.

81 Ignore the feeling that you are making it up. That is normal. The more experience you have with writing, it will lessen, but the feeling of making it up may return from time to time.

82 Keep writing in spite of your doubts. The best way to remove your misgivings is to keep on writing. As always, practice, practice, practice.

83 Watch for repeated words, such as patience, patience, patience. When they state something three times you will know that you have received the highest emphasis an angel can give you.

84 Feel their energy. That is more common than seeing them visually. Seeing an angel is not necessary in order to receive their messages

85 Look for colors around you, or shapes appearing that you see from the corner of your eyes. This is the way your "spiritual vision" may perceive an angel's presence.

86 Communication with angels is similar all over the world and in all languages. Attune yourself to the angel writing experience. Whatever you experience will be comparable to others' experiences.

87 Let go of any thoughts that pop into your head which take away from your experience. Ignore your surroundings, your body, your thoughts, and receive what is being given to you with joy and gratitude.

88 Know that the need to relax afterward is often part of the experience. The angels send you healing energy as they communicate with you. It is normal to find you have a need to take a nap or to rest later.

89 Write to your deceased loved ones in the same way you would your angels. Receiving an urge to write a deceased loved one means that they are there wanting to talk to you. Their energy and personality will be that of the loved one, but it will be more familiar and recognizable.





STEP SIX

Follow Your Inner Knowing

Let it come. Planning and thinking slows down the message. Better clarity comes with more communication.

- 90** Think about the abundant wisdom within you. This is your inner knowing. It is the part of you that remembers everything you have ever been and plans for where you are going. It is your "spirit."
- 91** Find the center of your personal inner knowing. Your head? Your heart? Your solar plexus? Or does it change?
- 92** Practice, practice, practice. Your growth will become more apparent the more you write, pray, and communicate with your angels.
- 93** Be aware of your experience. Believe what your body is teaching you in every moment.
- 94** Put your brain in an imaginary drawer. Your brain only runs your body and stores some memories. Your inner knowing is your truth.

95 Expect your knowledge to shift and grow. Certainly an incident talking to divine angels is helping you to grow in some way, even if you are not yet aware of it.

96 Expect different angels to come to you at different times. You get the correct angel when you need a certain result. Taking a drivers test? Ask for your Angels of Memory to come to you to help you with the test. Then ask for your Angels of Good Driving to help you.

97 Ask for specific angels to come for specific reasons. Angels of Healing? Angels of Inner Knowing? Angels of Faith? They will come with the very thought of them.

98 Be aware of the energy around you. Take note of how it affects you, and then ask your angels for guidance in understanding it.

99 Experience your angels as a personal miracle. They have been sent to help you, love you, heal you, teach you, and protect you.

100 Detect any changes in your sleep patterns. Angelic presences may awaken you in the middle of the night to receive a message. It is the angels' way to get your attention. Often, your best writings will come when you normally would be sleeping.

101 Bask in the joy your angels bring into your life. Every bit of it has been created for you to be happy. It is there all the time.



STEP SEVEN

Trust

Your messages are spiritual gifts. Angels give you the best information they have at the time.

102 Expect your angels to help you when you need assistance. You are their work and they will help you as you need it. Angels support, guide and accelerate your learning.

103 Imagine your angels beside you giving their support, guidance, and talking to God about you. They are your assistants.

104 Allow their messages to give you insight and perspective. Judging the message will slow down your learning.

105 Expect the best information at the time you receive it. Different expressions of people's free will may change the pattern of events.

106 Feel your angels with you. They do not want to run your life. They will guide your perspective so you can make wise choices.

107 Communicate with your angels in order to speed you along and to teach you skills you will need in your life's work. That is one of the main reasons they talk with you.

108 Allow yourself to receive more and deeper messages. As you progress, there will be added depth to your teachings. You will understand the universe and your place in it in a whole new way.

109 Write often. Messages are spiritual *gifts*. You did not have to do anything to receive them. More will be given as you practice.

110 Believe what you receive. Trust what your angels tell you. Analyzing their message too much will only confuse you.

111 Take what your angels say literally. Doubting, judging, or trying to figure it out may take you away from the original meaning.

112 Be cautious in whatever changes you make to your writings. Editing your writings may shift the gist of the communication enough that the original intent may possibly be lost.

113 Trade your old thoughts about angels into a new awareness of how you and they interrelate. Once you are aware of how the angels work in your life, you will never be the same.

114 Partner with God and His angels to show your faith by praying "Thy will be done"

115 Laugh at yourself for feeling foolish at first. Why wouldn't you? You are talking to an angel, for heaven's sake! A miraculous event is occurring!



A Message from the Angels

Above all, Dear Ones, know that this is the most loving thing we can do for you and we want it to succeed even more than you do. We will help you to grow as fast as it is necessary for you to grow during this lifetime. We will do all within our power to aid you through loving education and support.

A Prayer to the Angels

*Angels sent by God to guide me,
Take my hand and walk beside me.
Be my Guardian and protect me
On the path of life, direct me.*

About the Authors

Barbara Mark and Trudy Griswold 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*, and *Heaven & Beyond*. Their continued work is to help each of you become aware that you, too, have angels who love you and will correspond with you if you just invite their communications.

By using the Seven Steps, thousands of people just like you have changed their lives by welcoming their divine team into their life. These few, very simple, steps can be used by anyone to get to know their angels. Enjoy your experience.

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 for questions, they may be reached on:

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For questions directed to the angels themselves, go to:

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How to Get Started Angelspeaking

Sit with a paper and pen. Do not wait to hear words. Angel messages will come to you through your inner knowing that we call automatic dictation. Say a prayer, take a deep breath and imagine your angels standing all around you eager to speak with you. To start the angelic message, begin by writing below "Dearest One: We love you and..." Continue writing whatever comes to you.

My First Angel Message: