



# METAMORPHOSIS

HOLISTIC HEALTH · ACUPUNCTURE

Kathleen Stoneman, C.A., Dipl. OM (NCCAOM), MSOM

- 1) Angels honor your free will – you need to ask them to help you for them to be more involved in your life – give them permission.
- 2) You can often recognize your angels as the gentle inner voice that is always positive, kind and loving. Angels want the best for you.
- 3) Invite your angels by simply saying silently or aloud:  
“Angels assist me today with whatever I am needing.”  
“Angels help me!” “Angels guide me!”  
“Angels bring in supportive ideas and people for ...”  
“Angels fill my day with laughs and smiles.
- 4) Ask for confirmation. Confirmation is when something shows up three times. It is when your angels are trying to guide you to something and assist you – they do it three time for you to notice.
- 5) Just a few ways your angels can communicate:
  - goose bumps or “spiritual chills”
  - intuitive answers coming in easily
  - synchronicities, opportunities, people showing up in your life
  - a song, a sign, number sequences (111, 222, 333...)
  - a white feather on your path
  - a wonderful aroma in the room
  - streams of light or flashes of light for just a moment
- 6) Pay attention. Look for confirmation. You will notice confirmation is coming when you see something twice. Then it is your job to pay attention – your angels are assisting you with something.
- 7) “Angels wrap me up in your wings.” Parents can do this for your children to help them feel safe and calm, it helps with sleep too.