

# 3 Ways to Communicate With Your Angels

*Zoe Henderson Healer*

Hi, I'm Zoe Henderson, I'm an intuitive healer and, for 60 years, I've been working with the angels to offer healing and guidance to people – since I was a young child.

A lot of my clients tell me they get confused when it comes to angelic signs, they're not sure if something is a sign or not, and if it is, what does the sign mean? What are the angels trying to tell you? In this booklet, I give my 3 top methods for recognising and interpreting signs from your angels. Before we get to the interpretation methods, though, let's talk a little bit about whether or not something is a sign from your angels and spirit friends.

First, ask yourself, 'what have I been asking for?'

Angels communicate with us for a number of main reasons – they provide answers to your prayers, they confirm that they've heard your prayers and are on the job, they reassure that you're on the right path and all is well. They offer comfort by just letting you know that they're there, they guide you towards your life mission, and they warn you about situations that you might want to avoid.

The thing is, often people realise they're getting some kind of angel message but they don't what the message is, they can't understand what the angels are trying to tell them. Perhaps they're pulling the same oracle card over and over again, or perhaps they're hearing the same name from a load of different sources, or perhaps they're seeing the same recurring number everywhere, a client of mine came to me and said he'd been seeing the number 222 everywhere, it was the time his bus left, it was the time on the clock when he woke in the night, it was the amount of change he received at the shops... he knew this was an angelic message but he didn't know what the message was.

What can you do in this situation? Take some quiet time out to contemplate what it is you've been asking for in your life. What is going on in your life? What areas of life seem out of balance or not going in the direction that you would like? It is to this kind of thing that our angels usually refer.

MY ANGELS MADE  
ME TO DO IT



How can you interpret the messages and signs from your angels?

Here are my three top methods...

#### 1. Automatic writing

Sit down with a pen and paper, make sure you will not be disturbed for at least 15 minutes and then set a timer for 15 minutes

Take a couple of moments to close your eyes, take three deep breaths and say, *'I call on my angels to communicate with me now, may this communication be for the highest good of all, let there only be light'*. Then start the timer, pick up the pen and write, *Hi angels, I know you've been giving me signs, what are you trying to tell me?*

From there, write the first thing that comes to your mind, even if it's just one word. For example, you may get the word 'nourish' and you will write, 'I'm not sure what you mean by nourish, can you please explain... and you might get the word 'soul' float into your head. So, you may write *'nourish my soul, is that what you're telling me? How is it best to nourish my soul?'* And you might get a word like 'meditate' or 'books' or 'nature'... just see where the conversation goes and release all expectations and judgements about the messages you get and how they should come to you.

#### 2. Angelic Guidance Meditation

Taking yourself away for some quiet time is a wonderful way to lift your vibration and better 'tune in' to the messages from your angels. Click here for an audio file of my Angelic Frequencies meditation:

<https://soundcloud.com/zoehendersonhealer/angelic-frequencies-meditation-by-zoe-henderson>

# I BLAME MY ANGELS



### 3. Dowsing with my Angel Messages Chart

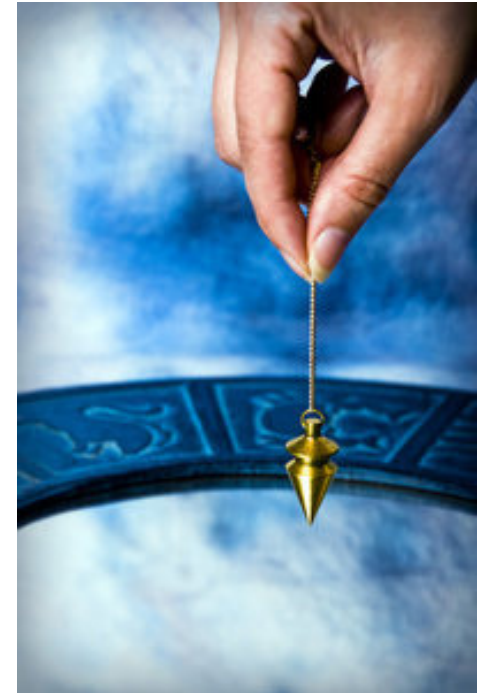
We dowsing using a pendulum, which is basically any small, heavy object on a chain or a piece of thread or string. Of course, you can buy lovely pendulums but if you don't have one, you can easily make your own with some sewing thread and a small metal object, such as a ring or house key.

Before you start to dowse, close your eyes and take a couple of deep breaths, then say a clearing prayer. You may ask that you only communicate with angels and beings of the highest light and that you wish to work only with your highest guides and angels, ask for clearing of all negative or unhelpful interferences, programmes, and blocks. Here is an example of the kind of prayer you can say:

*'Spirit, grant me this communication for the highest good of all, help me be a clear channel for Spirit, let there only be Light.'*

If you've never used a pendulum before, you must first set up your 'yes' and 'no' responses, so holding the thread or chain at about three inches above the weight, say *'please show me the sign for yes'* and see what kind of movement the pendulum makes. Do the same with the sign for no.

Alternatively, you can program your pendulum to move in whatever way you wish it to for these signs. So, for example, you swing your pendulum forward and back and say, *'this is always to be my sign for yes'*. Then swing it side to side and say, *'this is always to be my sign for no'*.



When you're ready, say, '*Spirit and I are One, please prepare to work*' and swing your pendulum, allowing it to stop swinging in its own time.

When your pendulum is still, just check that you're clear to do this work by asking:

*'Am I clear to do this work?'*

*'Is there anything I'm not aware of that's blocking me from doing this?'*

*'May I begin to work?'*

If you get a 'no' on any of these questions, again swing your pendulum clockwise and say '*please clear all blocks to our mutual work now*'. Once you get a 'yes' on all those questions, use the following pendulum chart to find the area of your life – or areas – that the angels wish to highlight today. This may be just one, for example 'rest and reflect' or they may use several areas to convey their message, for example, 'love', 'forgiveness', and 'family'.

Using the second chart, you will need to interpret how the message best fits with your life and with the question that you are asking when you use these charts. I have also included a third chart for getting simple 'yes' and 'no' answers.

Finally, a couple of points. You cannot get accurate answers on future questions as the future is not set in stone and Spirit will not provide information about others when it is not your business to know. Also, be clear on how you state your questions. Questions like 'is he the one for me?' are disempowering and misleading - he might be 'the one' but the one what? The One who steals your money and sleeps with your best friend? Instead use something like, 'for my highest and best, what do I need to know about this situation?'

Alternatively, if you're looking for a deeper reading, book an online session of angelic guidance with me by clicking this link:

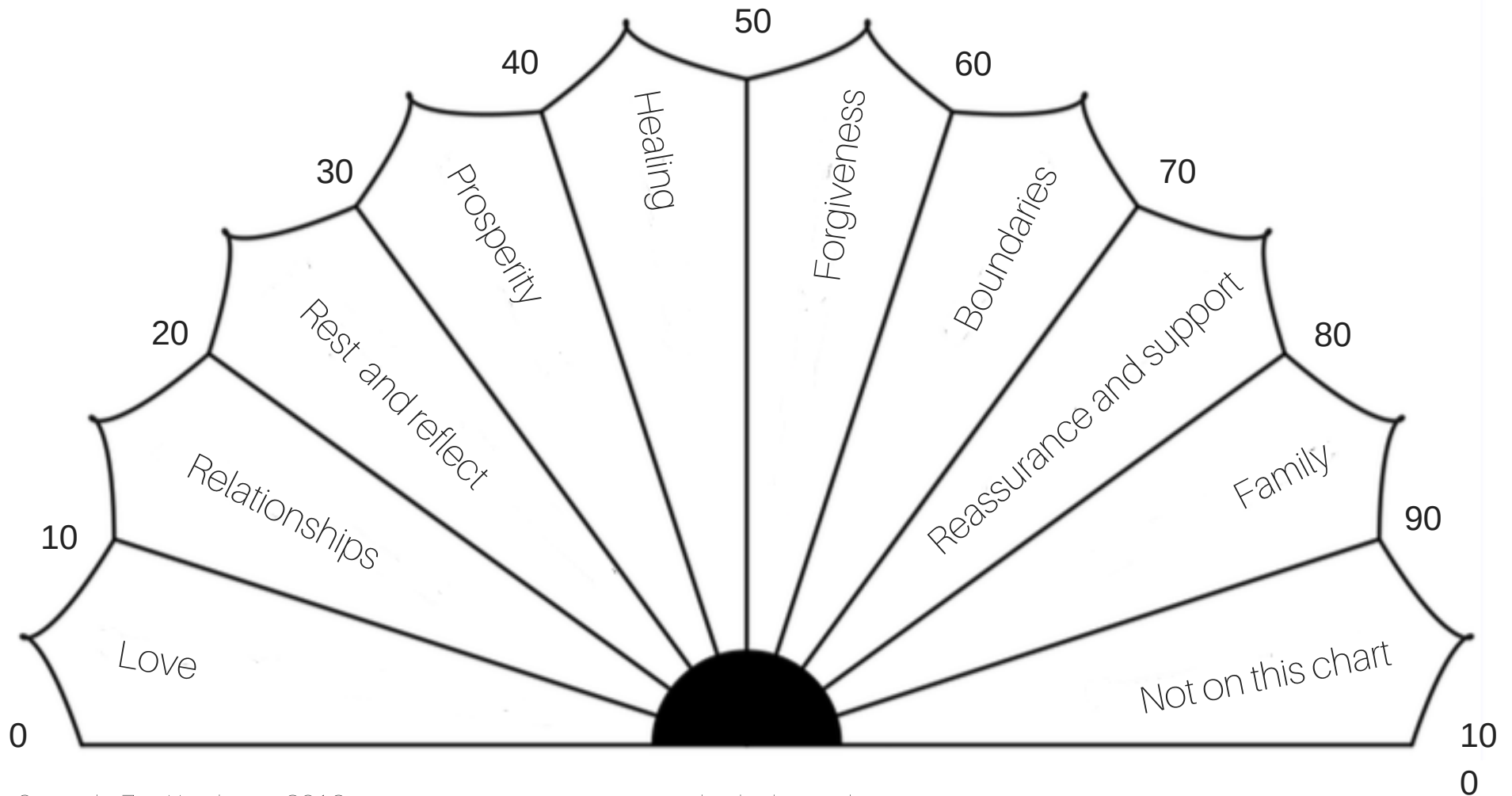
[www.intuitivehealer-horsewhisperer.com/book-a-session](http://www.intuitivehealer-horsewhisperer.com/book-a-session)

Have fun!

Lots of love, Zoe xx

Ask: 'The message my angels want to give me today concerns which of the following areas of life shown on the chart?'

*Then hold your pendulum above the black semi-circle at the bottom of the chart and see which segment it begins to swing towards. When you've got the first one, say, 'Next please'. When the pendulum swings side to side along the bottom line, it is indicating that it has finished answering.*



# Your angel message

*When you've dowsed the first chart for areas of life, read the explanations below for more information (remember, your message may be a mix of several areas.) Also, look for signs in life to validate the message.*

**Love** – Be joyful, romance is on its way or your romantic relationship positively nourishes you. Love is all there really is. We see everything about you and we love you completely - our wish is that you allow more love into your life, most importantly self-love.

**Relationships** – Everything and everyone is revealing yourself to you. What are you learning about yourself through this?

**Rest and reflect** – Go inwards, meditate, reconnect with nature, do yoga or other mindful movement, write a journal or poetry or song lyrics. Your body and soul need your care.

**Prosperity** – Broaden your concept of abundance, you are richer than you know. Feel abundant to be attract abundance, giving and receiving in equal measure is as important as inhaling and exhaling. Riches follow your joy. Allow your joy to flow / remove obstacles to this.

**Healing** – Your body is a barometer for your soul and spirit, heal the mind and the body will follow. Be aware of what you're consuming, this includes thoughts, media, culture, and ideas as well as food. What is 'nourishing' you? And what is not?

**Forgiveness** – We are all divine beings doing the best we can with the resources we have. Forgive yourself and others when your perspectives do not align. Forgive yourself if you cannot forgive others yet.

**Boundaries** – You have a divine right to your space in this world. Claim your space and strengthen your boundaries against those who would encroach. Ask for our help with this.

**Reassurance and support** – Stop worrying, everything is working out beautifully. We are with you every step of the way.

**Family** – Take time to nurture your family ties as this gives you strength. As well, you give strength to your family members. Remembering too that it's you who decides who your 'family' is - this can be friends, animals, and more.

Yes or no or other

