



EmpowerChangeNow Newsletter

Life Transformations, LLC. - *empowering change*

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Life Transformations was

founded in 2003 by Joanne Aaronson. Joanne's mission is to foster empowerment in the individual to achieve his/her ideal life including relationships, career, and financial situation. Or for the executive, to achieve Enlightened Leadership to empower their best organization possible. The [Empower Change Now Newsletter](#) was started in 2007 to support this mission by sharing information about the underlying paradigm shift necessary to empower change in the individual for unlimited possibilities.



Dear Readers, deepening one's intuition and guidance from the vantage of our angel helpers can be a strategic advantage with the right understanding and application. Check out this month's articles on how to recognize your angels at work and how you can be more open to their insights, guidance and protection for personal as well as professional arenas. As usual, I welcome your comments or experiences with this material.

Always in light, Joanne
Joanne Aaronson, PMP, Ct Reiki, Ct EIS

Angels At Work

Do you believe that there are angel helpers here on earth guiding us if we allow it?

Almost daily, we have opportunities for these amazing entities to provide support, intuitive insights, the perfect answer to a puzzling question, or perhaps even protection from ill winds. How can we tell when they are at work? What are some examples?

Let's say you're riding on the metro as you ponder a difficult situation - whether family or work-related. You spontaneously strike up a conversation with your seat mate, who offers the answer from their own experience. We tend to attract people, situations, and things into our lives based on what we need. So, it's really not that surprising that we will attract a person having a similar situation. What is different is that this person may provide the answer to our own difficult internal quest. Realizing you've just had an *Ah Ha* moment as you twirl the solution around in your mind, you see that this person, who was just sitting next to you, is gone, gotten up, left somehow while you were thinking. Since nothing in life happens by accident, everyone we meet is for a reason, this person was meant to offer this information to you. They were meant to be there at just the right time and place to give you what you needed. Has this situation or a similar one ever happened to you? If it has, then you've experienced angel messengers.

Don't we refer to someone that's helped us a great deal as an "angel?" "Wow, you've helped me so much! You're an angel!" We tend to develop expressions based on truth and then forget the underlying meaning.

Once I was driving in the early morning doing my best to make an appointment. As I very sleepily headed through an intersection, seeing no cars in the general area I proceeded. Then I heard a distinct voice in my left ear say, "Look left!" As I turned my head to follow the command I had been given I saw a car headed straight for me and put my foot on the brake avoiding a direct collision. If I hadn't done so, I probably wouldn't be here to tell the story.

There's no doubt in my mind that it was a heavenly messenger that we call an angel protecting me that day.

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Opening to Angels

From my years of experience, it's not necessary to believe in angels for them to help you, but it certainly doesn't hurt the process if you do! Let's say you're on the fence and want to open to the prospect of angel helpers in your life.

Here are some suggestions:

(1) Maintain a quiet frame of mind. Slow down, walk in nature, just before bed or after tai chi or yoga are good times to engage your angels.

(2) Ask for help. Simple requests are a good starting point. Describe your issue, problem or concern. Then state the desired result (how you'd like to be helped).

◆ *Dear Angel Helper, my vendor at work is not reliable. I'd like to find a new vendor. Please help me find a new one.*

◆ *Or, my right arm has been bothering me. Please help me find the right doctor or alternative medicine solution to rectify the problem.*

(1) Let go of the problem or concern. Trust that the answer will come.

(2) Patiently wait . Be open to any and all signs of an answer. Most likely you will not the answer in the form of an angel appearing before you in a vision although this is certainly one possibility. A response can be through any of your senses:

◆ Seeing

◆ Hearing

◆ Feeling

◆ Sensing, etc.

You may find that a person comes into your life with the answer. Or, an unexpected mailer with the needed information may arrive in the mailbox. (A new service in town, for example). Or you may have a dream. Like most things practice to get the hang of it and journal your results.

Contact with angels may or may not happen frequently so if you are *touched by an angel*, be grateful for the result.



Remember:

- Slow down
- Ask for help
- Patiently wait



Attention Enlightened Leaders!

Want to be part of the solution and not the problem? Choose to be a change agent to bring Corporate America back into balance.

Join the Enlightened Leaders Forum on *Linked In* today.

Call or write for more information

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Balance Your Life Corner



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[Want to know more?](#)

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New Take on Grilled Cheese

It's an old favorite, but here's a slightly different and perhaps healthier version of a grilled cheese sandwich. Toast a slice of whole grain, high fiber bread - preferably in a toaster oven. Then add two slices of low fat or fat free cheese - American or Cheddar (or any other you like) just until it melts. Add some thin slices of tomato for another couple of minutes. I like Trader Joe's Chipolte sauce on top! You might also enjoy a few leaves of romaine. Or, leave the salad on the side with some other veggies to boot. It's simple, fast, and tastes great!



Angels at Work cont'd

Perhaps it was your guardian angel arranging the situation. It's always possible to explain away these occurrences, but if you believe, you can remain more positive about your life situation knowing that you're not alone but are watched over.

Another example is being at just the right place to meet someone. It may not be for information as noted in the above example. Perhaps it's to meet a new friend, acquaintance or love interest where you both have much in common. The meeting may seem random enough, but you share so much that you feel *it was meant to be*. Perhaps it was your guardian angel arranging the situation.

It's always possible to explain away these occurrences, but if you believe, you can remain more positive about your life situation knowing that you're not alone but are watched over.

Again, we can ask for help for both work as well as everyday situations. Need information on a vendor, what to do with a problem employee, which career position to take? Pose the question to your guardian angel. Or, want to establish new and interesting friendships? Ask for help here as well.

Fear not, angels are mentioned in many of the world's great religions and abound in the literature. Why not try slowing down and conceptualizing your problem or concern, then handing it over to your guardian angel?

By writing your experiences in a journal you can monitor your progress. As you become more comfortable, you may find that you actually have more angel experiences.

Feel free to write me with your experiences.

As always, I welcome comments with this material. Good luck!

