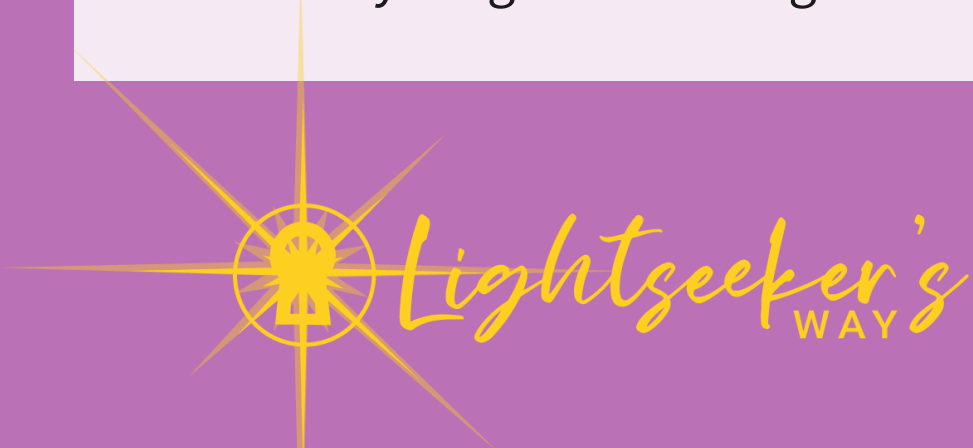




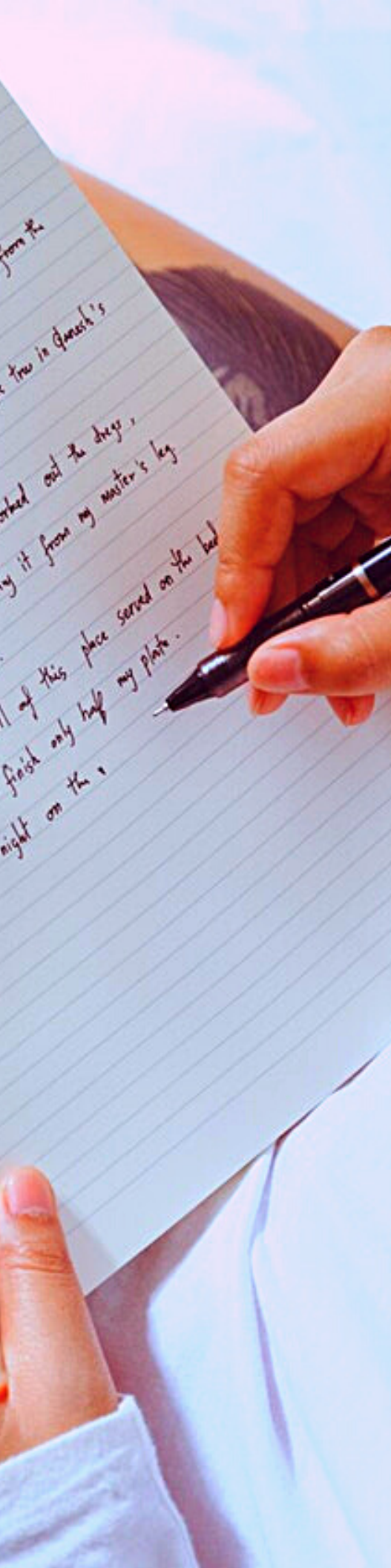
E - JOURNAL

7 Day Angel Challenge



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01
How we can prepare ourselves
for angel connection physically
and mentally

02
Grounding and Protection
Angel signs

03
Angel hierarchy
Angel orbs

04
How your energy field increases
in vibrations as you resonate
more with your angel

05
Can you hear angels?

06
Written or typed channelling

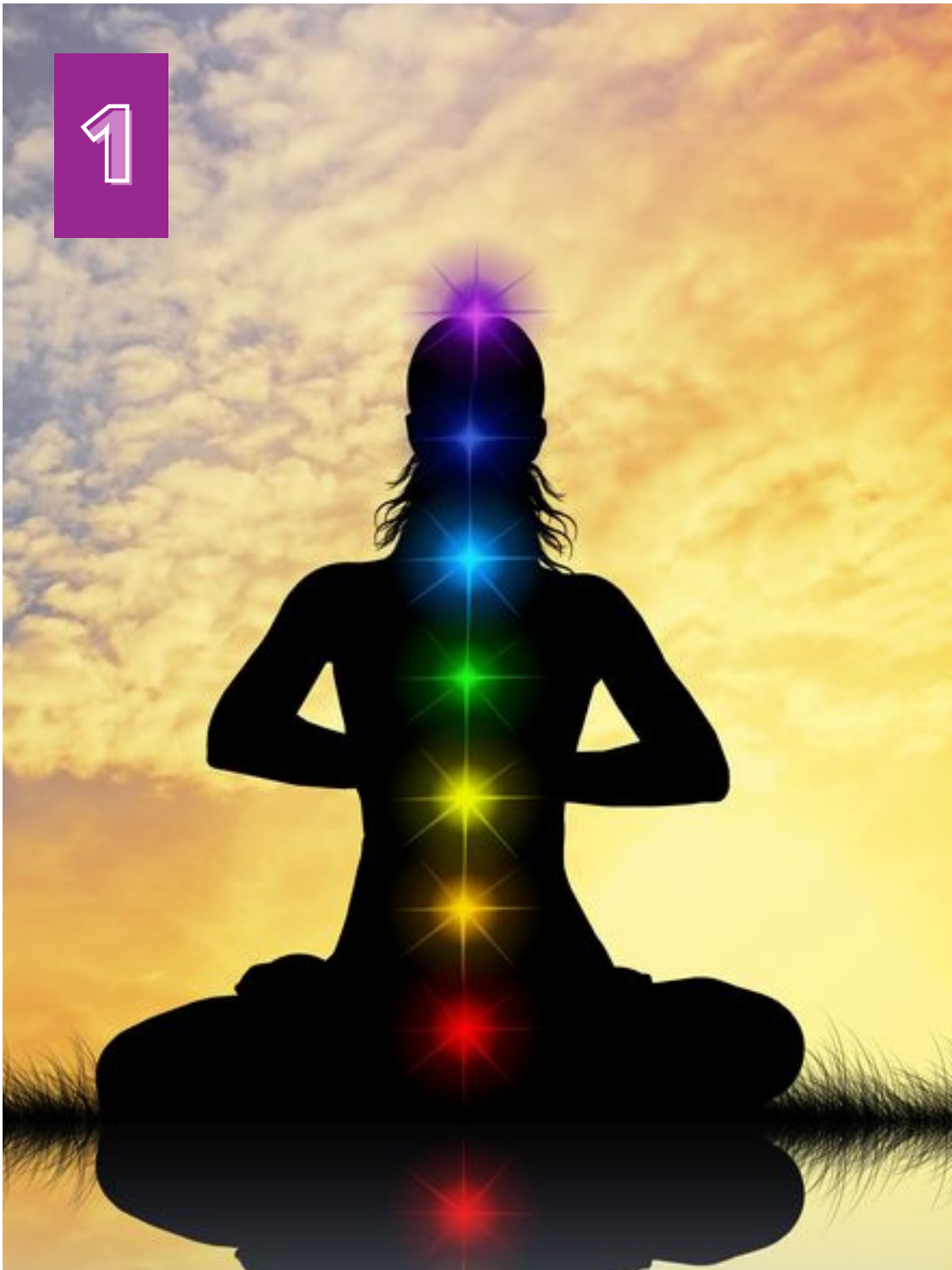
07
Review your Goals – what are the
subtle changes you've noticed?



Jot down your goals and thoughts this week – in your own time – we’ve suggested what to write down each day but you can do so whenever you like, just fill it in as a lovely record of the week *or weeks* you spend on the course.

Remember, you can do it at your own pace.

1



I AM open to receive
Divine Messages from my
Guardian Angel

DAY1: YOUR GOALS FOR THE 7 DAY ANGEL CHALLENGE

What would you like to have achieved by the time you complete Lesson 7?

Would you like to gain insight to particular life challenges you are facing?

Any other goals?

DAY 1 (PART2): VISUALISATION – GETTING COMFORTABLE

Did you receive any messages in the visualization?

Any thoughts or impressions from Day 1 capture them here.

DAY 2: ANGEL SIGNS

CAPTURE YOUR EXPERIENCES

Have you ever had any angel experiences, or know of people who have? Write them down here and if you can, post them on the Facebook page.

In the visualization did you see any pictures? Have you received any angel signs?

Have you had any dreams that have meaning? Capture your dreams during the course, in these course notes or in your journal.

DAY 3: ANGEL HIERARCHY

ANGEL ORBS

What did you experience in the visualization on claircognisance (gut instinct)?

Did you capture an angel orb? Did you meditate on an angel orb? How did it feel?

Any other experiences capture here.

DAY 4: CLAIRSENTIENCE (FEELING THE DIVINE CONNECTION) AND YOUR ENERGETIC FIELD

Did you feel anything in your visualization?

Is there are way you think your Guardian Angel would like to get your attention in daily life?

Are there any people that make you feel particularly energized or particularly drained?

DAY 4 (PART 2): CLAIRSENTIENCE

What effect do you think you have on other people? Do you drain or energise them?



Any thoughts or impressions from Day 4 capture them here.

DAY 5: CAN YOU HEAR ANGELS?

Did you hear any divine messages or receive messages in other ways?

Did you receive any signs or have any thoughts or impressions occurred to you in this session or afterwards?

Jot down anything you want to capture here that stood out for you.

DAY 6: WRITTEN OR TYPED CHANNELLING

Did you receive any messages in your written or typed channeling?

How did it feel to do this type of angelic connection?

Have you received any other angel signs in your dreams or daily life?

DAY 7: REVISIT YOUR GOALS

What were your goals from Day One? How did you progress towards them? Did you achieve them – wholly or partially?

If you didn't achieve them fully, is there anything you felt held you back, or do you have any insights on how you can fully achieve them?

Any other thoughts or insights from the Angel Course write them here.

YOUR ANGEL PRACTICE GOING FORWARD

Going forward after this course. How would you like to incorporate angels and Divine connection into your daily life?

Are there any new areas you'd like to explore with celestial beings?
For instance would you like to connect with your spirit guides/ascended masters?
Are there challenges in your life, you'd like help with?

If so please share this information with Helena. helena@lightseekersway.com

THANK YOU



Thank you for being a wonderful soul in this life.

If you are willing to commit in some way to contributing to a wonderful world and sharing your Light write your commitment here.

Send an email and I will be in touch to give you some suggestions on what you can do as next steps! helena@lightseekersway.com

Helena Clare

