JVP – Chat #1 with Tina Michelle –

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| **Daily Communication with your Angels***for the James Van Praagh Special Chat Area*Thank each of you so much for spending your evening with the angels, myself and your fellow chat roommates. With the white light striking down to teach tonight, it is quite high energy. So, I would like to start by sharing my experiences with you. It was during my first near death experience that I came to know angels. After being rescued and revived, I saw "globs" of color, moving and multi-faceted, much like when your eyes are filled with chlorine. These "globs" surrounded people. I would say they reminded me of floating rainbow colored clouds. As a youngster we called those chlorine clouds "Sparklers". These "sparklers", however, remained. When I was first revived from the near drowning at age 5, I continuously rubbed my eyes, trying to get rid of what appeared to be "sparklers". No matter how hard I tried, they would not rub out of my eyes. They never left. To this day I continue to see them. There are what I have come to know... as angels. Many people seem to want to put human aspects and personalities on angels. Angels are the messengers. Angels of light are the messengers of light. Those are the angels we are addressing in this presentation. It has been my experience that these messengers, these angels, do not have personalities per se', but rather loving tolerance and guidance is their calling card. They may act and react in certain ways to inform us of something. For example, I once saw an angel crying beside a young man. Does this mean the angel was actually crying? Not to me, and not to the young man. You see he was depressed. And, with his angel crying, it allowed me to understand what he was feeling inside. Someone once asked me if it was like charades working with angels. And I would have to say yes, more often than not. The angels will train you in the way to communicate and understand their messages. And, just as with charades, trial and error will be the building blocks to this learning and interpreting relationship. If you have already somewhat established a connection with your angels and yet sometimes cannot interpret them correctly, you probably are still being trained. I have worked with angels for decades now, and only in the last ten years has my ability to interpret them become more and more accurate. And even with all that daily training, I learn something new each time I interact with them. So, bare in mind that when you see them acting out some sort of emotional charade, it more than likely will be concerning their host, their human. For example, if when speaking to an angel its disposition appears serious, I can almost assure you that it's human host is very serious. If the angel seems light-hearted and somewhat comedic, it would stand to reason that their human is a funny person as well. In saying this, we can see how often times people can be mislead into thinking that angels are "emotional, feeling" beings. In describing the "crying" angel we can now see that their apparent "emotions" are actually reflective of the human they have been sent to watch over. Lets now discuss the various ways you can get these messages from your angels. We human beings have a great set of senses. I have found that spirits and guides use these more traditional senses to convey their messages. Angels seem to use clairsentience, clairaudience, clairvoyance, automatic writing and dreams to make their angelic message connections. Some of you, upon hearing this will automatically say, "well there goes my chance at angelic communication as I don't dream and don't have any of those psychic skills." Wrong. Each one of us has some, if not all, 5 validated senses. And each one of us has some, if not all, still non-validated senses - the "hunch" of the cop, the "feel" of a battle soldier, the "mother's instinct" when her child is in danger, and the "women's intuition" when we know something is just not quite right. All of these feelings are indeed forms of clairsentience; the ability to "feel" something all over. That sort of feeling you cannot shake. When people describe this to me, I can often see an angel over their shoulder trying to get a message through. It is almost as if their human host has it right on the tip of their tongue yet cannot say it. This is clairsentience and one of the most frequent forms of communication the angels use with those who do not connect with them regularly. I now want to share with you some of the other methods they can use on a one-on-one basis. I will swiftly walk you through the various terms, so that the beginners to this new thought will align with the understanding of my meaning. When we look at a door with our visible eyes we are being in the physical, using our body's physical eyes. If this door is closed, that is the last point our physical eyes can see. It is not the same with your 3rd eye. With the "all-seeing" eye, it is quite easy to see beyond the door into the next area, into the next realm even. It is at this point we use the gift of clairvoyance, to allow us to see beyond that closed door; beyond what is physical, into the non-physical realm. As angels are not 3-dimensional beings, I am not sure it would be possible to see an angel in their truest form before you, straight on. This is why, more often then not, when angels are seen they are seen out of the corner of your eye, using your peripheral vision. Don't discount the things you have seen with your peripheral vision. Peripheral vision is after all, used extensively while driving a vehicle. Now angels can appear in "human like" form, and one can see them straight on, and oftentimes have a conversation with them as well. In their natural state, in their truest forms, they cannot be addressed straight across in a 3-d world. They may be more easily seen using clairvoyance. Imagine getting into this chat room tonight. We call this remembering. You should be having a little motion picture being played out in your "mind's eye". This is called a memory and most people that are visual can "see" these memories. When dealing with angels, and using clairvoyance, this is exactly the same method used. These are now called visions instead of memories, because they are "memory like" however, have no foundation in your past. Therefore they are not truly memories, but rather visions. We will be using this process in our guided meditation later. Once you have been introduced to your angels through the meditation, you will hopefully have a visual of your angels to draw from in the future. What about those little thoughts that we can hear in our mind? How do we know the difference between our own voice, ego and thought, verses the angels? This is a most complex method, but I would like very much to assist you with this. Consider the text you are reading at this moment. Read a sentence to yourself. What you just heard in your mind was your rote voice. Your "reader's voice". No matter how exciting, sad, or disturbing the sentence you just read was, when you first read it, you probably had no emotion tied to it. You just read it. Then, upon thought of what you read, you added the appropriate emotion to it. When an angel speaks to you, the first thing you need to understand it is rarely a voice that can be heard with your physical ears. It is instead, a voice in your head, just like what you heard while reading the sentence from a book. It's very much non-emotional, very matter of fact. The voice, however, will sound like your own. This is the skill of the communicator that is the most difficult to perfect. Due to our human conditioning to "own" everything, we believe it is always "we" speaking to ourselves in thought. And, that may stand to reason for the most part. But what about those times you hear "turn left instead of right", and that very turn saved your life. Was it you? If so, how did you know what was ahead? What about when you interview for a job and on the way home you hear, "you got the job", were you reading the vibrations of the interviewer? Or perhaps something else? Start questioning some of those things and see if you don't get some very telling signs. For example, if you were indeed reading the interviewers energy, why not know it as you were being interviewed, instead of driving home? Perhaps the interviewer had just made the decision (based on free will) and you just got the notice via angel energy. Being alert and observant can put such a new light on the angelic possibilities in your life. This hearing is a form of clairaudience - the ability to hear energy thoughts and patterns. When doing a reading I often catch myself when telling my client I am hearing this or that pointing to an area just behind my physical ear. There is a very soft spot behind each ear, I feel this is the place of the "spiritual ears" invisible to the naked eye but very visible within the spiritual etheric body. I have come to sense that the angels address one side of me, one "spiritual ear" so to speak. Mine is on my right. I cannot say this is true of everyone, only of myself. Yours may be on the left but I have discovered in working with both spirit guides and angels that they tend to communicate on one side of my body or another. Again I feel and hear angels on my right. Dreams seem to be an easy way for spirit communication. Thus creating a wonderful place for angels to connect with us. There is a very fine line here as to what is real and what is a subconscious screen saver. Some dreams are visions of things to come; these are prophetic type dreams. Others are subconscious release. And still others are what I term as "from the spirit world." These are then broken down into categories. There are deceased connections. Then there are the types we are concerned with for this presentation; angel dreams. The angel dreams I have had have been varied to say the least. Most of the time when I have an angel dream it consists of myself and a shadowy figure having a conversation at a kitchen table while drinking a cup of coffee. Sometimes I see myself as a student in a classroom setting where a shadowy figure comes in to teach. Then there are other times when I can be involved in a dream involving people I know, family, friends, peers when suddenly people come into view that I have no known knowledge of. They may do something, or say something that offers solutions to problems I may have experienced. I really suggest a dream journal. It is simple enough to do, just keep it on the night stand or one of the first places you will visit in the morning. While the dream may be fresh, write out all the details you can. Although some of the dream may not make sense, some very interesting tidbits may reveal themselves. I truly suggest people ask their angels to come to them and work with them in their dreams. Now, hopefully you can feel the difference of the angelic voice verses your emotional ego voice. It is very difficult to decipher between your ego, which is your conscious mind, and the angelic voice. The best way I have found to do this is to get involved and start to work on being able to distinguish the difference in emotions and detachment. Does this mean that angels are detached? Well to be honest they do appear that way most of the time. We have discussed the lack of emotions. But to fully grasp the full spectrum of their detachment, we must understand that everything we do has a purpose. We are like a tree, and the branches represent every various direction we could go. All branches lead upward, all branches have one thing in common, they all have an ending, a finality to the tree's existence. Such it is with life. The various branches can be our ability to get to that final destination, the end of physical existence with the experience of the growth and the extension. Each branch however, represents the various ways to get to the same end. The difference is the experience of the branch. Some are straight without any extra frills, while others are curved and gnarled. Others still, have various twigs that branch off of that particular branch experience. Your angel will suggest a branch; suggest the best and easiest route for you to climb the tree and branches. Your free will, however, makes the final decisions. More often than not, we do indeed choose the more difficult of paths. I think it is important to quickly dispel the misconception that our deceased loved ones are our angels. Angels are creatures of light, an entire race of beings. There is also a vast difference in what their jobs are. Angels are to give love and comfort and to protect when the need arises. Spirit guides are there to assist and to guide you. Another very big difference is that spirit guides will often manifest in a human form. Now, do I mean spirit guides might show up in your laundry room one day, or maybe in your passenger seat of your car? Well, I would think it is possible. But, more often then not, they can appear before you in a shadowy type figure. They can and do manifest in the mind's eye, much like an angel, but looking human. There is also another division that comes forth and that would include guardian spirits, which are neither angel nor guide. These are most often one's deceased relation or deceased friend that chooses to watch over their loved one. This is indeed a most honored position. Angels and guides have most often been assigned to us; our guardian spirits have made a choice to watch over us. Once your loved ones have crossed over they can see the reasons behind all of the actions we humans have taken. They understand the divine plan and the way things are supposed to be. In this instance they often offer guidance to those they have attached to. These I have come to know as guardian spirits. When working with guides and guardian spirits, I have found that they still exhibit emotions. Sometimes they get a bit frustrated with me when I don't interpret their messages correctly. Unlike angels, guides and guardian spirits have lived before. I have always seen a minimum of three angels surrounding each client. When I see them surround my client they usually make a triangle. One stands behind my client, and one stands on each side. When I am doing my drawings sometimes the angels are drawn in so closely to people that only one or two appear. But the third one always let's me know it is there, it is just drawn in close. This drawn in effect usually takes place when someone is feeling vulnerable or under attack. I am not sure why there are 3, other than it is a holy number. It is the trinity, past present and future, the triple goddess, and body, mind and spirit. All I do know is that this is what I have seen as the normal amount of angels around each human being. The angels also informed me that the same angels are with you throughout infinity, eternity. They are as close to you as a spirit can possibly get; they always surround you as you go in and out of incarnations just as you have the same light and god-source throughout your many incarnations, the same is true of the angels that were given to you. There are however, what I have termed "breezer angels." These angels breeze in and then back out of a person's experience. Let me explain. Your three angels are a constant. I feel they were given to you pre-birth, to remain with you always to watch, protect, gently guide and always be supportive. However, when we go through trials of life, there are reinforcements that are sent in. I call these "breezer angels". I once had a session with a woman who brought her son to me. The boy had 22 angels surrounding him. His 3 main guardian angels were holding him close to them and conveying to me his inner turmoil other angels, the remaining 19, were supplying love and comfort to the boy repeatedly as a means of offering support during such a trying period of life. These breezer angels have offices. For example, the angels I referred to with the little boy were angels of love and angels of comfort. For every action, thought, emotion, and even material item there is an angel that watches over it. This is the most important thing to know in working closely with angels. When I am having a pain filled day and it hurts to walk, I call upon the angel of the parking space to get me a great space. It never fails. What about if I am feeling ok and don't actually need that closer parking spot? We would need to look at it this way. If there are 10 great parking spots, and 200 cars, and I do not need it, then it goes into a place of greed. I have never seen the angels support a request of greed, malice, or deceit. So, if I didn't need it, I am not going to get it. When you feel you need more back ups, more reinforcements, you can wait for them to naturally show up, or you can take a proactive role and call them to yourself. This is called "invoking". Here is the way I do things. Let's take the angel of pain. And, yes there is one. The angel of pain holds within its essence a yin-yang. This is the duality of nature, and of the very thing it watches over. It holds the power of pain. Now I chose something that most people would consider negative to show that there are two sides to creating the totality. When I am in extreme pain I invoke and call forth the angel of pain.I ask that my pain be lessened if it is in my divine plan at this time. So in essence I am asking the angel of pain to take the pain I have, as they hold the keys to both doors, pain and pain-free. Now, what if you want to establish a greater communication with your angels who would you call? The same trinity factor is in play when using these breezer angels - you must use three. If you are tuned in, they will tell you which ones would be the best for you. Usually I can understand 2 of the 3, but there is always one I would have never assumed would be called in. For someone wanting to establish greater angelic communication my first suggestions would be the angel of communication. The second would be the angel of clairaudience or clairvoyance (which ever the stronger sense is for you), And, one would think the last one would be the angel of psychic abilities. However, sometimes instead of the psychic abilities, it is the angel of blockages that may be needed, due to a heavy psychic block you might be experiencing... Or the angel of fear, due to the person being afraid of this spirit communication. So my highest suggestion is to say, what 3 angels would like to breeze in here and assist me in this endeavor? More often than not you will be very surprised. Go with the first thing you hear, otherwise this is when you take it into the ego and conscious mind. At that moment angelic communication ceases as you took the connection out of the spirit realm and brought it into the physical plane. Angelic messages are always correct. It is the tuner, the psychic, or the communicator like you that can misinterpret things. If you can actually step back from the situation and say the first things you hear you will more often than not be extremely accurate in your communications. The moment you hear yourself say, "wow, I am getting this!" you just lost communication, as it went physical into the conscious mind. The moment you think, "i hope they don't think I am a quack for telling them this", you just lost it. It went into the conscious mind. Angels speak very quickly so there isn't a lot of time for conscious thought. They speak in direct straightforward answers. If you are getting cliches without any real "meat" in their statements then you are accessing your conscious ego mind. An angel can give you information from anywhere, their resources are unlimited. If you need a sign to tell you they re around, just ask for it. I have heard some people ask to see the triple number 4 to get verification. I ask to see a certain bird, a red-tailed hawk, when my angels are around. They are always around, but sometimes we get so caught up in the problem at hand that we need that bit of verification. So, what are the limitations of your angel? That is almost impossible to answer as I am being told there are no limitations to what they are instructed to do. It is the will of god that they carry out, and god is limitless. Here are the only rules that I am aware of. If it is in the divine plan that you are to go through something, then you will. Angels are not only not allowed to intervene; they do not want to. Your angels are fully aware of each segment and lesson you have set for yourself prior to this incarnation. They were there during the celestial council where god, you, your spirit guides, your guardian spirits, and even your animal guides, all came together to help you form your plan. All of these beings agreed that you would experience many things while here on earth. This is the divine plan. The only point where they will intercede is if you are not within that plan. Now what if your free will allowed you to sleep in late, throwing off your entire schedule? You didn't heed the whisper (take the interstate instead of the back road). Now you are behind a 2-hour delay due to traffic. You are going to miss your flight. When you do make it to the airport, you discover that your flight was delayed. In fact, you are right on time. You take a seat in the waiting area; take a deep breath of relief and suddenly you spot someone who makes your heart start pounding. This was intervention. What about that car wreck you may have had in the past? Why was there no intercession then? Well, let's look at what came out of that car accident. Did you grow more compassionate? Did you meet someone who turned your life around? Did your values change? A change of perspective is a change of life. The only limitations I can see that angels have are the life plan you helped to create. I came to help people explore their faith and to teach them how to live in both worlds comfortably. But, I was sabotaging my own divine plan of work and action by giving proof where faith was needed. People have often asked me "how do I know what the angels want me to do"? The first thing they would ask (as want does not exist with them) is for you to take back your power. They do not "want you to do anything". As we have discussed in this workshop, they are your support system regardless which tree branch you climb, they are there for the climb but it is your climb; you call the shots, not them. This is not their life experience. Their whole make up consists of honoring god by keeping watch over their human. Everyone wants to know his or her angel's name. And I am afraid my answer may disappoint you, but this is what I have been told. We humans love to personalize things, love to make them human. We will name our animals the same as if naming a human child (and I do it too). We will even go so far as naming and personalizing equipment such as a car or a boat. For some reason there is a desire to name everything. But angels have vibrations instead of names. Think of your mother for a moment. There was a feeling within you heart chakra, in the middle of your chest. Good or bad, it doesn't matter. For rather than mothers name of barbara or carol, it is a feeling, a vibration. Whatever feeling you carry in your chest when thinking of your mother, is the true name you know her by. However, since we are not telepathic beings yet, we use language to differentiate our feelings, or true selves. So, when asking about you angel names, I must tell you that they do not have names as you do. However, if you choose to name your angels for the sake of differentiating them, that is fine. In our meditation ask each one to come in close to you, one at a time. Spend a few moments with them and then allow yourself to hear a name that would explain or identify the energy of this angel. This is a very honorable way of naming. Please never allow a psychic to tell you the name of your angel, as you can identify the energies better than anyone else can. So, in the other words, being within the angel energy will allow you to find the proper names, if you wish. So let's get ready to do our meditation

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| **I am going to ask you to take a deep breath. As you take this breath into your lungs, see the very air you are in Taking as a white light. Breathe a deep breath of white light in now; see your air intake as actual white healing light. When you exhale you can visualize a gray mist exiting your body. This exhaling the gray mist is releasing all the negativity that you have collected throughout the most difficult life situations. Allow yourself to slip out of your body. See yourself entering a garden, a beautiful etheric place. As you take in another breath of white light, and releasing the gray, You see a beautiful fountain, hear the water trickle into the pond below. The flowers before you vibrant and colorful, they sway back and forth, singing a song. Feel the breeze brush across your cheek as the trees slowly move with the fragrant scent. Before you see a beautiful marble bench. Let's make our way over to the bench and sit down. Another breath of white light in and gray out Ask your angels to come forward and to meet you. Allow yourself to be embraced by the angels that are coming toward you. Feel their love. Sense their comfort. Absorb their essence and feel the peace they provide. Visualize your angel now; let them come even closer. Ask them to touch you. See their colors, colors speak a language unto themselves. Now let us pull away from this heavenly place, the place of in-between. Allow yourself to come back into your physical space. Taking a deep breath reclaim your body and center once more.**  |

Thank you so much for joining me on this journey tonight. The meditation I did tonight was much shorter than the one available on my cd. So if you just made a slight connection keep practicing! It gets better! Thank you all for being so patient and kind.  |

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