

# When The Angels Are Near Calling Upon Our Higher Guidance

*by Ilani Kopiecki, CMT & IET*

Have you ever felt stuck or confused with how your life is going? Maybe you have reached a point in which everything seems like a dead end, including your job, finances, and personal relationships. In those moments, it is easy to feel fearful and alone, especially when the answers aren't coming to you. Well, in truth, these situations in our lives are orchestrated by the Universe to help us learn some lessons, to call upon the Divine Spirit to give us direction so we can move towards a more meaningful existence.

In times of crises and confusion, we can gain clarity and vision by calling upon our Higher Guidance. All it takes is some quiet time, a heartfelt desire to listen to the Divine, and a willingness to make some changes in our lives. The following technique is a simple way to go within and allow Spirit to give you strength, clarity, and direction in your life.

## **The Angelic Heartlink**

One of my most favorite ways in which to call upon Spirit to assist me is through The Angelic Heartlink. It was created by Steven J. Thayer from The Center of Being, in Woodstock, New York. He was given this technique from his communion with the Angel Ariel. It is a simple three-part heart opening exercise to connect with your angel guide and to receive the blessings showered upon you from that union. For optimal results, find a quiet space in which to sit comfortably. Turn off the phone, and make sure you won't be disturbed for at least 10 to 15 minutes. Then follow these directions. And remember to relax and enjoy the experience!

### **Step 1: The Heartlink Process**

- 1. Prayer:** Offer a simple prayer to your higher power asking for protection and guidance during this Angelic Heartlink process.
- 2. Awareness:** Bring your awareness to your heart center.
- 3. Gratitude:** In the way that is perfect and right for you, offer a prayer of gratitude to your higher power and the Healing Angel that you wish to connect with. (If you are not sure who that angel is, it doesn't matter. One will answer! It is your heartfelt intent that will be heard.)
- 4. Heartlink:** Project a golden energy cord, called a heartlink, from your heart up through your throat, third eye (the point right above the middle of your eyebrows, and crown chakra (the center of the top of your head), into the highest angelic realm with the intent of connecting to the heart of this angel.
- 5. Send Energy:** Start the flow of energy in the heartlink by sending the energy or feelings of love and gratitude from your heart up the heartlink to this angel.
- 6. Receive Energy:** Simply open your heart and take in the love that this angel (a messenger from The Divine Spirit) is sending to you. The angel's love will be ten times stronger than the love you sent. Bring the love into your heart and let it continue to build for about a minute.

### **Step 2: Experience the Angel's Presence**

Once the heartlink is established, simply open your heart and invite the angel to work with you and through you. Simply sit quietly and experience the angel's presence. Experience what you are seeing within your inner vision, what you are hearing within your inner voice and/or what you are feeling within your body. When it is right and true for you, quietly ask your questions. Always offer thanks when the answers appear.

### **Step 3: Practice Discernment**

As you experience the angel's presence, reflect upon it. See if it feels right for you. Ask yourself if you feel safe, comfortable, and loved in the presence of the angel's energy. Remember, the angels are here to serve you (that is their greatest joy), and you are in control. They only come when you ask for help, and they leave when you ask them to go. To discontinue the heartlink, simply say "stop." This releases your heartlink and disconnects the angel's energy from your energy field.

The Angelic Heartlink can be used anytime and anywhere. After you establish your heartlink with your angel guide, you can then heartlink with other people. All you need to do is to project that golden energy cord from your heart to the heart of others-always with love and gratitude.

I invite you to call upon your Higher Guidance in the form of the angelic realm whenever you need support and guidance. They are your heart connection to the Divine Spirit, and are always there to lend a helping hand.

Ilani Kopiecki, CMT & IET, is an energy intuitive that practices a healing modality called Integrated Energy Therapy ([www.learnIET.com](http://www.learnIET.com)). She serves clients in their journey of self-discovery and healing by gently clearing emotional blocks from their physical body and human energy field, leading the way for more productive and joyful lives. Janet is available for private sessions, by phone or in person. She maintains her practice at Stepping Stones Wellness Center, 803 Pine Street Sandpoint, Idaho 83864. You can contact her at (208) 265-3688.

Copyright © 2005, *Heart Links*. This article appeared in the December 2005-February 2006, Winter edition of *Heart Links*. Reprinted by permission.