



Now it's time to "feel" your angels, dear angel friend!

### **Daily Lesson from the Angels**

Clairsentience is your ability to "feel" messages emotionally or physically. Today we are going to focus on the emotional side of clairsentience.

Do you ever walk into a room and feel sad for no explainable reason? Have you noticed that when you are around someone who is angry, you tend to get a little anxious or even angry yourself? Do you find that whenever you are around people who are loving and supportive you feel extra wonderful?

These experiences may seem obvious and yet they are messages that are so often ignored because they aren't understood. This is your empathic side. You are literally absorbing energy from your environment and we are giving you messages about whether it is healthy...or not.

By heeding your clairsentient sense, you gain greater awareness for what makes you happy and what brings you out of balance. Ultimately, listening to this sense leads you along your divine path. Follow the joy!



### **Angel Card Exercise**

Pick one angel oracle card and set whatever intention you'd like, or leave it open to receive the "angels' agenda".

As you are interpreting the card today, let your clairsentient sense lead...

- Take a few minutes and study the image. What are you feeling? Does the card make you happy, sad, relaxed or anxious? Are you noticing any kind of sensation in your physical body that has just become more pronounced?
- Journal about your experience
- Once you've captured your feelings, go back and analyze why. You can use all your clairsenses for this part.

### **Journaling with the Angels**

Today's letter to you is from Archangel Uriel. Please write the following on a new page in your journal and answer the questions by simply opening your heart and allowing the messages to flow through you.

Dear One,

Feelings are often my territory because your feelings are your gateway to inner peace... and I am all about inner peace! As within, so without!

Today I would like you to pay closer attention to your feelings about \_\_\_\_\_. You will achieve greater inner peace in this situation by \_\_\_\_\_.

Love, Archangel Uriel

### **Angels in Your Daily Life**

Today, pay attention to things you notice with your feeling sense, both emotionally and physically. Even when the emotions or physical sensations are uncomfortable, notice if they feel like they are a message from a loving source. Again, the angels' messages will feel obvious once you begin to develop greater awareness.



### **Angel Readers Manifesto**

Say the following out loud and with lots of feeling...

I AM one with the Angels!

I AM aware of everything they want me to see, hear, feel and know each day!

I AM safe, loved and supported in everything I do!

I AM divinely guided in every moment!

I AM where I need to be right now!

I AM perfect and whole!

I AM one with the Angels!

Enjoy your day with the Angels!

Love, Joy and Abundance,  
Rev. Nina

