



## A LETTER TO YOUR ANGEL

Angels are great listeners! Angelic consciousness is unconditionally loving and responsive in a practical way. Even if you aren't always sure who your angel might be, you can trust that your angel knows and loves you completely and is always looking out for you. At certain times in our lives we will face crossroads. We need to make a choice, but we might not be sure which way will be best in the long run. Sometimes we just need to be heard at a deep level, and that is enough for confusion to give way to clarity. You can write a letter to your angel at any time. Giving yourself the time and space and permission to do so can be deeply nurturing as you reflect and express your innermost thoughts and feelings. The more real and authentic you are, the more helpful you will likely find this exercise to be and the more open you will be to receive angelic guidance and support over the days and weeks that follow. Keep your heart open as you write and believe in the desire and ability of the spiritual dimensions to respond to your needs.

Alana Fairchild

[alanafairchild.com](http://alanafairchild.com)



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How to write your letter:

1. Start by addressing your letter to your Guardian Angel or to an Archangel. Angels will always come once you welcome them into your space.
2. Write freely from your heart center. Putting aside any worry about how your words may sound, allow yourself to write freely.
3. When your letter feels complete, take a moment to pause and tune into the angelic presence around you. If you wish, you can now write a reply to yourself from your angel. Do not focus on how you think an angel would respond, but rather write what you are feeling in your heart, as this is your angel's guidance. Your angel will respond to you in beautiful ways, and even if you choose not to write the second letter, remain open-hearted to receive. Keep your intuition open to sense the guidance that you need at the best time and in the best way.

How to send your letter:

1. If you are using a journal, simply close it.
2. If you are using paper, place it in a special place, carefully burn it, or tear the letter into many pieces. As you do this, imagine that you are spiritually sending the letter to your angel, releasing it to the Universe.

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Dear \_\_\_\_\_ ,

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