Twelve Ways to Connect with Your Guardian Angel

1. Suspend your disbelief
As you sit there reading this, acknowledge the fact that there is an angel by your side. If you find this hard to do just suspend your cynicism for a short time and imagine it. Have a little faith and be open to the possibility that there is someone there beside you - who never leaves you even for one second; who is waiting and wanting to help you; someone who is there regardless of your nationality or religious beliefs. Even if you are very afraid to do it, acknowledge your Guardian Angel and welcome it in. This is the first step.

2. Ask your Guardian Angel for help
God has given us freewill and your Guardian Angel will not overstep this. If you tell it to go away, if you say you don’t want help, if you ignore it, it won’t intervene. But it will stay beside you hoping that you will change your mind. You are your Guardian Angel’s number one priority – it wants to do everything possible to make you happy. By asking your Guardian Angel for help you allow it to help you. By asking your Guardian Angel for help you empower it to empower you.

3. Don't forget to listen to your Guardian Angel
Angels go to great lengths to try to attract the attention of humans. I have seen angels pulling out of people’s clothes or making them drop things, trying to get their attention. We have so much help available, so many angels wanting to help us, but many of us don’t want to listen or are too busy to listen. We believe that we can do everything ourselves.

How often have you had an experience like this? You are heading off somewhere and you go right instead of left. Deep inside you knew that you should have gone left and you kick yourself? That would have been your Guardian Angel telling you telepathically, or whispering in your ear, that you should go left. Each time something like this happens remind yourself to listen the next time. So many times we ignore our Guardian Angel or do the complete opposite and then we complain that things do not work out for us. God wants us to be happy and to enjoy our lives but we need to listen to our Guardian Angel.

4. Allow your Guardian Angel to be your teacher
Angels love to teach and are brilliant teachers. If you are willing and open to learn they will teach you how to communicate with them. One of the great things about Angels is that they never give up. We may give up on ourselves, but the Angels never do.

In the early stage of teaching you how to communicate they will teach you using trivial things. Perhaps you have left your house when you get a feeling that you have forgotten something, but you know you have everything with you. Well go back in and check - this is how the angels teach people. More than likely you will find that there is something that you hadn’t thought of that you have forgotten or something else that needs to be done. The angels use ordinary, everyday things, as teaching tools. They are trying to get through to you. They want you to respond. Frequently they do this with things that have no meaning at all. We humans go around looking for meaning in everything. Stop looking for meaning all the time. Don’t overcomplicate matters. The angels will tell you when to look for meaning.
5. **Ask your Guardian Angel for a sign**

   Angels are very good at giving signs. If you are only starting to develop your communication then ask for a small sign - for something simple. And keep asking. Perhaps you might ask for a particular friend who you haven’t been in contact with for a while to ring you, or you might ask for the lights in your room to flicker when you are thinking of, or talking to, your Guardian Angel.

   Be alert for signs. Frequently we miss them. A person asking for help may feel a gentle breeze flowing across the room, sometimes an angel might touch your hand or you might feel a sensation of pins and needles out of the blue. These little signs are your Guardian Angel’s way of telling you that it is there and it can hear you.

   A sign from the Angels, no matter how trivial it may seem at the time, is a symbol of hope lifting your heart and reminding you that you are not alone, no matter what may be happening in your life.

   We need signs because we are only human and no matter how many times God and his angels give us signs we always need more because we need reassurance. We need to know they are there. God gives us many signs and if we keep our eyes, ears, and hearts open we will see them and they will help to fill our lives with hope and joy and laughter.

6. **Don’t try too hard**

   We have been conditioned by the world to believe that everything should be black and white. But God and the angels don’t do things the way we want them done. An angel is not going to take up a pen and write something down for you unless for some reason that particular angel can communicate in that way – which is very rare. Sometimes I explain to people how to connect with their Guardian Angel and they say they’ve tried and tried and never been able to do it. I tell them to stop trying so hard. Later I hear back from them and they tell me they stopped actively trying to make the connection and instead started to believe and to trust that it would happen. And then it did happen - they make the connection. Often this connection happens very simply.

7. **Keep asking**

   Angels respond to being pestered. The very process of pestering seems to empower them more. Don’t be afraid to keep on asking for something. Think of the way children behave—they will pester you until you give them what they want. We are meant to keep on asking. We are meant to pester our angels to give us what we want. Be happy in the knowledge that they are always there, always ready to help. I don’t know why it is that we have to ask lots of times – all I know is that the angels keep on telling me we have to keep on asking – over and over again.

8. **Seek the help of your Guardian Angel in good times as well as bad**

   Your Guardian Angel is not just there to solve your problems, it is also there to make sure that you really enjoy and appreciate the pleasure of being alive. The angels tell me that people are forgetting what life really is about. So many people are rushing around trying to do things and meet deadlines and many of us are obsessed with material things. That is not what life should be about. The most important thing in life is our happiness and our love and care for each other. Ask your Guardian Angel to help you to see the beauty and goodness in people and in life; to remind you to stop for a moment, take a deep breath and savour life.

9. **Ask your Guardian Angel to send you a special angel to help with a particular task**

   Your Guardian Angel is with you from the beginning of time – it is the Gatekeeper of your soul. Your Guardian Angel can invite other angels to come and help you - an angel who is an expert at something who can help you at a particular time in your life – such as taking an exam, becoming a parent, or falling in love.
We can have a myriad of other angels around us and they can be different angels at different times of our lives. There are hundreds and millions of angels out there, angels of all sorts, and many of them are looking for employment. All you have to do is ask your Guardian Angel to ask them to help you.

The Angel of Belief is a great angel to ask for. So call on that angel to help you to develop belief in yourself and your ability to cope and grow. Ask for the Angel of Strength and that angel will be there by your side instantly. The Angel of Courage will give you courage. The Angel of Miracles will allow things to happen for you. If you are a stressed mother you may need the Angel of Patience to help you with your children. There is literally an angel for everything and they are all there to help – all you have to do is ask.

10. Don’t be afraid
Sometimes people feel afraid of making contact with their Guardian Angel. We feel afraid because we don’t understand angels – they are beyond our comprehension. But always remember that your Guardian Angel is a gift from God and it loves you. No angel will ever harm you or ask you to do anything wrong. No angel has ever harmed me and I can assure you that no angel will ever harm you. Some people have told me that they asked for a specific sign from an angel and then have been afraid because it actually happened. Don’t be afraid – but if a particular sign upsets you then ask your Guardian Angel not to let that sign appear again. Don’t be afraid. There is no reason to be.

11. Remember to say “Thank you”
Giving thanks is important – not just because it acknowledges what your Guardian Angel has done, but because it reminds you of what it has done, and helps you to have faith in the existence and power of this wonderful creature given to you by God.

12. Ask your Guardian Angel its name
“What’s my Guardian Angels name?” is the question I am most frequently asked. In fact angels are not nearly as hung up on names as we humans are, and frequently I just call the angels around me “Angels.” But we like names and so the angels are happy to oblige.

They have told me that everyone in their heart knows the name of their Guardian Angel. That it’s a name that they love, or a name that keeps crossing their mind. One woman told me that she was driving her car and couldn’t get a song out of her mind. She kept singing a part of it and eventually she realized that she was calling a name. It dawned on her from out of nowhere and felt like a revelation. She knew she was singing her Guardian Angel’s name. She knew in her heart that she was communicating with her angel.

As I said before, don’t try too hard, just stay open and alert for signs, and in the meantime call your angel by any name you wish – or simply “My Guardian Angel.”

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