



Experiential Self-Study Class Manual

Kate Large
Soul Kisses Spiritual Whispers
www.SoulKisses.com

Section TWO

Stepping into Our Connection

Beliefs:

1. I believe we are each limitless spiritual beings experiencing a human existence. _____

2. I believe we each have a God Part within. _____

3. I believe we each have free will and that free will prevents the angels from interfering in our lives. _____

4. I believe before we are born we gather with a group of angels, guides and teachers of the angelic realm who agree to help us throughout our human existence – I refer to them as our angelic entourage or crowd of angels.

5. I believe that in every moment of our lives this crowd of angelic beings is with us to help us when we ask and comfort us as spiritual beings. _____

Who are the angels?

Angels are _____

Guides and teachers are _____

The key to connecting with the angelic realm is _____

Why Communicate with Angels?

Our angels have ONLY our highest good at heart: to help us make decisions to produce the highest possible outcome.

How do angels see us? _____

What do I do if I get a message that is negative or fearful? _____

God helps those who help themselves. How can I help myself? _____

Our Mission

What is our mission here on Mother Earth? _____

Distracted Concentration

What is “distracted concentration”? _____

What are you doing when your brain is in “distracted concentration” and the angels communicate with you? _____

Mind Chatter

Do our angels communicate with us all the time? _____

What is an “imagination moment of love source”? _____

The Four Clairs

Four of the “clairs” are:

Clairvoyance – _____

Clairaudience – _____

Clairsentience – _____

Claircognizance – _____

Working with our angels give us:

~ the “eyes to see” _____

~ the “ears to hear” _____

~ the wisdom _____

Experiential Class Exercise

Name of your Angel

Left shoulder: _____

Right shoulder: _____

Section THREE

Angel Writing

LOVE Meditation – Class Exercise

Dear Angels, _____

Dear _____

Section FOUR

Angel Journaling for Guidance

How does journaling with our angels help us? _____

Date: _____

Prayer: Father Mother God, Creator of All That is, I ask that only those of the light be allowed to communicate with me. I ask you to help me open my heart to heal this life situation, event or relationship.

In gratitude,
Amen

(or prayer of your choice)

Today I ask my angels to help me _____

_____ Amen

Life situation, event or relationship I wish to understand & heal: _____

I anchor healing this resistance by writing: I'm willing to look deeply within to heal this life situation, event or relationship from this SAFE place: _____

I step outside the emotions of this situation and ask: Angels, please show me the root source of the pain/resistance I feel within me regarding this life situation, event or relationship: _____

Angels, please show me all life events that feed the energy of this resistance/fear: _____

Who was involved in my earliest experience with this energy of resistance? _____

I affirm my healing by writing: *I am safe now – I am in a safe place to heal this resistance:* _____

Angels, please help me to disconnect from this wound of my heart, please show me the disconnection: _____

I forgive those involved, knowing forgiveness doesn't condone behavior. Forgiveness is a gift I give myself, disconnecting me from the pain of the experience: _____

I forgive myself for my part in the experience: _____

I send love to myself and to others involved to heal the wound within my heart, shifting my energetic vibration to love source. I have changed within – my without reflects this change:_____

I am grateful for this healing experience. I embrace the gratitude:_____

Thank you, angels, for your help. I write about the experience:_____

Section FIVE

Fully Supported!

Fully Supported Class Exercise

The key to everything is our _____.

Our thoughts are _____ and they create our _____.

Notes:

You will find journal pages from this class pages 11-16 and BONUS Prosperity Journal pages 17-20.

May you be profoundly blessed in this moment and in every moment after...

In love and light,
Kate

Additional Tools:

Help forgiving: **Give Yourself the Gift of Forgiveness class**

Help disconnecting the cords that tie you to the wounds of your heart:
Disconnect the Cords to Heal the Wounds of Your Heart class

Help writing to your angels: **Angel Writings Journal**

Additional Journal Pages:

Date: _____

Prayer: Father Mother God, Creator of All That is, I ask that only those of the light be allowed to communicate with me. I ask you to help me open my heart to heal this life situation, event or relationship.

In gratitude,
Amen

(or prayer of your choice)

Today I ask my angels to help me _____

_____ Amen

Life situation, event or relationship I wish to understand and heal: _____

I anchor healing this resistance by writing: I'm willing to look deeply within to heal this life situation, event or relationship from this SAFE place: _____

I step outside the emotions of this situation and ask: Angels, please show me the root source of the pain/resistance I feel within me regarding this life situation, event or relationship: _____

Angels, please show me all life events that feed the energy of this resistance/fear: _____

Who was involved in my earliest experience with this energy of resistance? _____

I affirm my healing by writing: *I am safe now – I am in a safe place to heal this resistance:* _____

Angels, please help me to disconnect from this wound of my heart, please show me the disconnection: _____

I forgive those involved, knowing forgiveness doesn't condone behavior. Forgiveness is a gift I give myself, disconnecting me from the pain of the experience: _____

I forgive myself for my part in the experience: _____

Date: _____

Prayer: Father Mother God, Creator of All That is, I ask that only those of the light be allowed to communicate with me. I ask you to help me open my heart to heal this life situation, event or relationship.

In gratitude,
Amen

(or prayer of your choice)

Today I ask my angels to help me _____

_____ Amen

Life situation, event or relationship I wish to understand and heal: _____

I anchor healing this resistance by writing: I'm willing to look deeply within to heal this life situation, event or relationship from this SAFE place: _____

I step outside the emotions of this situation and ask: Angels, please show me the root source of the pain/resistance I feel within me regarding this life situation, event or relationship: _____

Angels, please show me all life events that feed the energy of this resistance/fear: _____

Who was involved in my earliest experience with this energy of resistance? _____

I affirm my healing by writing: *I am safe now – I am in a safe place to heal this resistance:* _____

Angels, please help me to disconnect from this wound of my heart, please show me the disconnection: _____

I forgive those involved, knowing forgiveness doesn't condone behavior. Forgiveness is a gift I give myself, disconnecting me from the pain of the experience: _____

I forgive myself for my part in the experience: _____

I send love to myself and to others involved to heal the wound within my heart, shifting my energetic vibration to love source. I have changed within – my without reflects this change:_____

I am grateful for this healing experience. I embrace the gratitude:_____

Thank you, angels, for your help. I write about the experience:_____

BONUS: Prosperity Journal Pages

Date: _____

Prayer Request: Today I ask my angels to help me identify, face, disconnect and heal the fear that blocks my prosperity. Amen

Angels, please show me the fear within me that blocks my prosperity:_____

I anchor healing this resistance/fear by writing: *“I’m willing to look deeply within to disconnect from and heal this fear within me.”* _____

Is there anything in my Past Experience Archive that matches the resistance of this life event, situation or relationship?_____

Is there an earlier experience that matches this life event, situation or relationship?_____

Who was involved in my earliest experience with this energy of resistance?_____

I affirm my healing by writing: *I am safe now – I am in a safe place to heal this resistance:*_____

I forgive those involved, knowing forgiveness doesn't condone behavior.
Forgiveness disconnects me from the pain of the experience:_____

I forgive myself for my part in the experience:_____

I send love to myself and to others involved to heal the wound within my heart,
shifting me to love source energy. I have changed within – my without reflects
this change:_____

I am grateful for this healing experience. I embrace the gratitude and open the
way to receive prosperity that is my birthright:_____

I am grateful to others for their part in this *Golden Opportunity* to heal this
resistance/fear within me:_____

Thank your angelic helpers and use this space to write about the experience:___

Date: _____

Prayer Request: Today I ask my angels to help me identify, face, disconnect and heal the fear that blocks my prosperity. Amen

Angels, please show me the fear within me that blocks my prosperity: _____

I anchor healing this resistance/fear by writing: *"I'm willing to look deeply within to disconnect from and heal this fear within me."* _____

Is there anything in my Past Experience Archive that matches the resistance of this life event, situation or relationship? _____

Is there an earlier experience that matches this life event, situation or relationship? _____

Who was involved in my earliest experience with this energy of resistance? _____

I affirm my healing by writing: *I am safe now – I am in a safe place to heal this resistance:* _____

I forgive those involved, knowing forgiveness doesn't condone behavior.
Forgiveness disconnects me from the pain of the experience:_____

I forgive myself for my part in the experience:_____

I send love to myself and to others involved to heal the wound within my heart,
shifting me to love source energy. I have changed within – my without reflects
this change:_____

I am grateful for this healing experience. I embrace the gratitude and open the
way to receive prosperity that is my birthright:_____

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resistance/fear within me:_____

Thank your angelic helpers and use this space to write about the experience:___
