

## The Game of Life for the 21st Century BONUS

### *Angel Journal Pages from With Love from Your Angels ~ a guided Workbook & Journal*

Note: This section of the *With Love from Your Angels* workbook and journal has been updated for the Game of Life for the 21<sup>st</sup> Century program.

These journal pages will guide you to work with your angels to rewrite neural pathways of belief (subconscious records), as well as face, neutralize and heal past painful experiences, relationships and events.

Date:

Suggested Prayer to set your intention (or prayer of your choice): 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

Today I ask my angels to help me with:

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.*

## The Game of Life for the 21st Century BONUS

Now ask your angels a series of questions and allow yourself to take in what is shared with you. You may be shown an event from a previous life, you may “see” an image or movie trailer vision in your mind’s eye, or you may hear the whispers of your angels outside or inside your head, or you may simply have a knowing in your heart of the information you seek. You may have all three or a combination. Simply allow yourself to take in what comes to you and write it down.

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 Resistance Energy?

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

## The Game of Life for the 21st Century BONUS

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 those involved:

I forgive myself for my part in the experience:

## The Game of Life for the 21st Century BONUS

I send/infuse love to myself and to others involved to fully heal my wounds. My energetic vibration shifts to love source. I have changed within – my external reflects this change. This is how I feel now:

I am grateful for this healing experience. Thank you, angels, for your help. This is what I experienced: