

# How to Facilitate an Angel Healing Circle



Dori DeAngelo, Founder of the Angel Healing Circle

Prepared by

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## History of the Angel Circle

The Angel Circle was started in 1969 by a woman named Dori DeAngelo. Dori facilitated Angel Circle meetings in Carmel California until she passed away in the late 1980's. Dori was a very powerful healer. Whatever she asked the angels for on people's behalf happened. Because of this, people from all over the world would call Dori and ask her to pray to the angels for them.

Dori wrote a book called *Angels, Angels, Angels* which I believe you can buy from a metaphysical bookstore in Carmel called Pilgrims Way (<http://www.pilgrimsway.com/>). I can't find it on Amazon. I lost my copy in Idaho way back in 1996.

My first spiritual mentor was Lyndall Demere. Lyn has a Ph.D. and D.D. in religion and psychology. Lyn used to work in a hospital as a counselor. She now runs her own private spiritual counseling practice in Carmel California. In the late eighties, Lyn attended Dori's Angel Circle. Dori died in 1987. Lyn assumed leadership of the Angel Healing Circle in Carmel.

Lyn grew up in Washington D.C. She travels there about once a year to teach psychologically based spiritual healing. One of her students, Martha Bramhall, took Lyn's classes and started an Angel Circle of her own in the late 1980's. The first Angel Circle I ever went to was in Martha's apartment and Lyn was there. My angel story is about how the angels guided me to Martha for my first Angel Circle meeting.

Coincidentally (or not so coincidentally), Lyn was visiting that day. I picked up one of Lyn's fliers and took it with me. Two years later I ended up working for a software company in Monterey California and started going to Lyn's Angel Circle. There's more

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to the story, and it is filled with extraordinary coincidences, but I'll put that at the end and get on with explaining how to run one of your own.

### **The Purpose of the Angel Circle**

The purpose of the Angel Circle is to help people connect and heal with the angels. To do this, the Angel Circle format includes angel stories, prayers addressed to angels, hands on spiritual healing, and I later added angel readings and angel messages to the format.

The Angel Circle is designed to create a loving and tender space where people feel safe and can heal. The format also establishes a set of guidelines to keep the spirit of the group spiritually and angelically focused.

What impressed me the most when I went to my first Angel Circle meeting was the love and compassion in the hearts of the people who participated. I did not realize that what I was sensing was the presence and energy of the angels pouring through these people's hearts and minds. Over time while participating myself, I became a channel of angel energy, thoughts and healing as well.

When I participated in the Angel Circle at first, I was in need of tender lovingness and compassion. I did a lot of inner healing work at the circle and healed depression without antidepressants. Now the Angel Circle is a forum where I am not only giving people spiritual guidance but am also encouraging people to open up to receiving messages themselves. You can modify the format and intension of your Angel Circle to suit the theme of what you are inspired to teach.

## **A Safe Place to Heal, Part 1**

It is very important to tell people at the beginning of the circle that whatever they choose to share will be kept confidential to the group and will not be discussed or gossiped about outside of the circle. Some people have no other place to talk about what troubles them the most. Some people are having affairs or are thinking about it. Some people who come are prostitutes. As a facilitator and reader it is very important that you use discretion. If you end up using readings in your format and the angels show you that the person is a prostitute or is having an affair, I would encourage you not to say this out loud, rather give them the healing message about the pain they are experiencing which will help them move on to the next phase of the issues they are working through.

## **Make the Circle Your Own**

I had a lot of respect for my teacher/healers and mentors. I wanted to do everything exactly the way they did it. I have two students now who substitute for me when I can't be there. They of course have their own style but stick to the format we have been using together so as to make the people who come regularly feel comfortable.

## **Physical Preparation**

The Angel Circle is, well, a circle. There are two reasons for that, one simple, the other esoteric. Small groups are intimate as is a group of people joining together to share a common experience in a circle. So when you set up, put chairs and couches in a circle shape. Put a chair or stool in the center. The chair or stool in the center is where people receiving healing and readings sit when that starts.

After introductions and angel stories, people are asked to stand and hold hands while the facilitator calls on the angels and archangels and other spiritual beings to join

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the circle. I have modified this to be a ritual based on ancient mystery school traditions. The ritual I use creates a sacred space for the healing to take place in. I explain the ritual in depth later.

Incorporate an altar in the circle. You can use a chair or a table for the altar. Placement of the altar depends on the room I'm working in. Sometimes I put the altar in front of the group, to the side, or incorporate it into the circle. I like to put the altar decorated with angel figurines or pictures covered with a cloth next to me. You will use a taper and central candle in the ritual. A central candle is a symbol of the inner flame, the one spirit, the divine. I highly encourage you to use a candle.

### **Atmosphere**

Do all the typical things that people do to create a spiritual atmosphere: lower the lights, burn incense if it does not irritate your or other people's noses, leave your worried thoughts at the door. You may also enjoy using flowers.

### **Facilitator Preparation**

I really do only one small simple thing. I ask the angels to allow me to be a clear channel and vessel of healing, nothing more. If you like, meditate, pray and set intentions before hand.

### **Letting Go of Fears**

I was so nervous the first few years I facilitated Angel Circles. If you are nervous, it means that the work is important to you. No matter how many people show up, no matter how often people return, no matter how much money you make if you decide to charge, you are helping people. You are doing your lightwork. There are no accidents.

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Everything has a purpose, a reason, a design. Trust that the people there are there for a reason.

In my early Angel Circle days, themes emerged. The themes were common experiences shared by participants. Even if people don't speak up or don't get a chance to get a healing or reading, they are learning and healing from the shared experience. Trust that the timing of events is divine.

### **Introductions**

The Angel Circle traditionally starts out by asking the group to introduce themselves to each other. At Martha's Angel Circle we were asked to state our name and what state of heart we desired most at that time. At Lyn's Angel Circle we were asked to state our name and what city we lived in. You will need to vary the introduction for people out of town and ask them to tell you what state or country they live in.

### **Angel Stories**

Next people are encouraged to share angel stories. An angel story is any time you feel that God or the angels have been there for you. This can be angelic intervention, protection from danger, an angel sign or guidance, synchronicity, a voice with an important message in it for you, spiritual insights, or a story about spiritual growth. I love listening to angel stories. It helps me and my students remember that the angels are alive and real and working in our lives. It helps us remember that there are no accidents and that everything has a purpose, there is a bigger picture, we are being taken care of and guided, there is a plan.

Encourage people to repeat stories they have shared before. Encourage them to share second hand stories. Most people will be shy to start either from too much

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excitement of participating in a group of strangers. Encourage them to start by saying, “Who would like to share the first angel story?” If you look someone in the eyes, they will feel like you are asking them to be first. Using your intuition you will know how many people want to share.

### **A Safe Place to Share**

Please be sure that people are given time without interruptions to share their angel stories. If you have a long talker, feel free to cut them off kindly. Say something like, “In the interest of time, I think it would be best if we let another person have a turn.”

### **Keeping the Vibration Lifted**

When I participated in the Angel Circle at first, I was so hungry for spiritual energy, that I could not stand chit chat. I wanted the focus to be on the stories, on the healing, on the prayers. Try as best you can to keep the focus on the spiritual. Keep people on track. If the sharing gets off track from an angel story, feel free to refocus the person.

### **A Safe Place to Heal, Part 2**

When I was younger, I did not like getting advice from people I did not know, but most people who are coming have healing hearts and they inclined to help. Even during angel stories, healers will interject with advice. It may be frightening for people who have never participated in a support group to share their experiences for the first time in public. Again, feel free to let people know by example or with words that a story stands on its own and does not require editorializing. Some of us just need to share to heal. We don't want advice. Example by leadership is the most powerful tool in this way.

## **Modification of Emphasis**

My Angel Healing Circles are now intensely focused on giving and receiving readings. We tend to run out of time. So I have collapsed the introduction part to combine personal introductions with angel stories. When we go around the room for the first time, I ask people to introduce themselves and either share why they are there or to share an angel story. A part of me is disappointed that we don't have more time for angel stories because I love them so much, but I had to do something to fit it all in.

Angel Circles can be intense. People want to share their personal stories. The exchange is wonderful. As a moderator, you will need to develop diplomacy skills and know when it is time to cut someone off.

## **Invocation**

After the introductions and angel stories, ask people to stand up and hold hands and call upon the angels. Say something like this:

*"Holy angels, we invite you to participate in this healing circle. We ask for the presence of the holy angels and the holy archangels, including Michael, Gabriel, Uriel and Raphael. We invite the presence of Jesus and Mary, queen of the angels."*

Please insert other spiritual beings and guides you are working with into this invocation. The possibilities are numerous (star beings, ascended masters, goddesses, you name it!) The first seven years that I did this prayer, my body heated up and my mind was filled with the words to speak. When this happens, the angels are gathering. Expect this to happen to you as well.

## **A Modification – A Ritual**

As my intellectual brain has filled up with more knowledge of spiritual practices, I modified the invocation to be a ritual based on ancient mystery school traditions. The ritual I use creates, through symbolic gestures, a sacred sphere of energy to work and heal in. The sphere is created by acknowledging, through gesture, seven points. Three of the points are on a vertical axis going through the center of the sphere. Each point on the axis represents a realm. The point at the top represents the angelic, archangelic, star, and ascended master realm. Traditionally this realm is referred to as the OverRealm. The point in the middle represents the realm of the nature spirits, often called the fairies. This realm is referred to as the MiddleRealm. The point at the bottom represents the realm of the gods, goddesses, deceased loved one, and ancestors. This realm is called the UnderRealm.

Cutting the sphere across a horizontal axis are four points. One in the east, one in the south, one in the west, and one in the north. If you are an old spiritual soul and study a lot like me, you have probably recognized what I'm describing as the Shaman's Tree of Life. It is a symbolic representation of the map of the inner spiritual world. The four directions are portals of spiritual energy. Through the ritual you open up these portals and tap into the energy of each of the portals. You can use many things to represent each of the four directions. Since this is the Angel Circle, I use the Jewish interpretation of the Tree of Life from Kabbalism and put the four primary archangels in each of the directions.

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For the ritual, light a taper candle and have a central candle prepared. Know which direction is east, south, west and north. Ask people to stand and hold hands. Stand in the center. Here is how to do the ritual:

1. Light the taper candle
2. Hold the candle aloft at arm's length above your head and slightly in front of you and say, "I call upon the angels, archangels, star beings, and ascended masters"
3. Hold the candle below at hip height slightly in front of you and say, "I call upon the ancestor spirits, our deceased loved ones, and gods and goddesses of Atlantis, Lemuria, and Avalon."
4. Hold the candle chest height with your arm outstretched and say, "I call up on the nature spirits."
5. Now turn and face east holding the candle in front of you and say, "I call upon Archangel Raphael. We visualize your emerald green light flooding the circle."
6. Turn and face south holding the candle in front of you and say, "I call upon Archangel Micheal. We visualize your cobalt blue light flooding the circle."
7. Turn and face west holding the candle in front of you and say, "I call upon Archangel Gabriel. We visualize your golden white light flooding the circle."
8. Turn and face north holding the candle in front of you and say, "I call upon Archangel Uriel. We visualize your purple reddish light flooding the circle."
9. Hold the candle chest height and say, "Blessed be the seven of the seventh ways where all comes forth and returns in Peace Unending."
10. Now light the candle on the altar and extinguish the taper.
11. Ask people to sit down.

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You and everyone else should be open spiritually now and prepared to receive healing and heavenly messages.

### **Modification – Vision Journey**

Because I now use the Angel Circle to teach people how to receive angel messages themselves, I created a guided meditation CD with nine tracks that help people receive messages themselves. After the ritual, I ask my students which of the tracks they want to hear. The CD is called *Angels, Fairies & Goddesses: A Collection of Vision Journeys*. I was inspired by one of my other teachers, Mara Freeman, an expert in Celtic spirituality to create the CD. She creates her own vision journeys.

Vision journeys are like guided meditations but fashioned after shamanic journeys. The shamans and teachers of ancient mystery schools used them repeatedly to help spiritual students learn how to journey into realms that were considered to be challenging to journey into unless you were a very serious spiritual student. The vision journeys or quests were practiced and the shamans were expected to learn how to journey into these places on their own after several years of practice. I have lightened this up by creating journeys that are easy to follow and help people hear and see and feel their guides themselves. My speaking voice is celestial and is accompanied by harp music. People literally are swept up into the angelic realms listening to the CD. The CD mixes practical instruction with the mood of celestial meditation making it unique. You can read all about the CD on the cover of my website: [www.anagelfairygoddess.com](http://www.anagelfairygoddess.com) Clicking on this link you can listen to the most popular track: *A Vision Journey to Release You from Blocks and Fears*. The track has moved many people to healing tears. The other two most

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popular tracks are *A Vision Journey to Sense the Angels around You* and *A Vision Journey with the Archangels*.

I have a link to purchase the CD for people in the US, UK and AU. You can use your own CD and use your own angelically inspired meditations to help people as well.

### **Everyone Is a Healer and a Reader**

The reason I developed the Vision Journey CD was to show people that once they got in touch with the angels' energies, they too could hear and see their angels. Before the healing work begins, I explain to people that now that they are tapped in, they can expect to have all those experiences Doreen describes in *Divine Guidance* plus a set of my own which I added to the list. Here's a recap for you:

1. Symbols
2. Aura colors
3. Angel lights
4. Mental images
5. Color behind the eye lids
6. Voices
7. Celestial music
8. Angel messages
9. Feeling other people's feelings
10. Feeling other people's physical pain
11. Feelings in the solar plexus, heart, throat
12. Symbolic smells
13. Angel chills

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14. Heat, cold
15. Tingling, pressure
16. Bliss, waves of love
17. Touch on the shoulder

Tell your students they can expect the same. Most people are incredibly shy and don't believe it's possible, even the most powerful healers feel this way. Be sensitive to people who feel pressured. I tend to get so excited I encourage people and need to back off.

### **Start the Healing**

In the tradition that Martha and Lyn taught me, the healing work began after the invocation. Once the invocation, ritual, and/or vision journey/guided meditation work is done, put a chair in the center. The chair in the center is again practical and esoterically symbolic. In the center everyone can focus on the person who has the stage and see them. Symbolically, the chair is at the center of the spiritual realm and is the focus of the spiritual energies you called up earlier. The healing energy will be most intense in the center. The chair can either face the crowd or face the altar, whichever suits you the best.

Now invite "anyone who would like to sit in the center of the circle. Share what is on your heart and what it is that you would like the angels help with." Tell people they can be brief. You can do this to save time or to give people the freedom of confidentiality. Once that is clear, ask "Who would like to go first?" Same rules as before apply. Most people are either so excited they are terrified or are shy. People who are new don't know what to say and ask for coaching. Simply tell them to state publicly what kind of help they are looking for.

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Another cautionary note. If you choose this time to give and receive readings, tell people that readings come through the filters of our personalities. If a reading does not fit you, then I tell people to chuck it. Sitting in the center people feel vulnerable. You need to give them protection if they need it.

Most people understand what readings are. Fewer people ask their angels for help regularly. Many people skip right past asking their angels for help into “I want a reading please.” That’s okay but I try very hard to stick to the purpose of the circle, to work with angels. If people don’t learn how to ask for help, they won’t practice it nor will they learn how to rely on it. To manage this I say, “Let the group know what you would like the angels help with and I will call on them and clarify it with a reading.” That one usually works.

Welcome people to sit in the center for loved ones, world peace, etc. Most people will ask for help for themselves. At some Angel Circles, people came with lists they prepared so they wouldn’t forget.

If you choose to use prayers instead of readings, you have a choice. One or more than one person can say prayers. Most people are intimidated by being asked to do prayer work. Practice helps. Use the format that works best for you.

### **Calling on the Angels**

Once the person is sitting in the chair, stand up behind them, lay your hands on their shoulders and pray to the angels like this, “Dear Angels, I thank you for (name of person), I ask you to (repeat what they asked for). Please give us clear messages that will clarify their question. We affirm that they are healed (fill in specifics). We affirm that they receive what they are asking for (fill in details).” Again, please go with the flow

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allow the angels to give you the words to say. Use the prayer style you are most comfortable with.

Sometimes when I do this prayer I get answers immediately.

Once I'm done with the prayer I stand in front of the person and give them a reading. Then I sit down and go around the room and ask others if they too received messages.

### **Hands on Healing**

In the Dori-Lyn-Martha tradition, during prayer work, people laid hands on the person in the center of the chair channeling healing energy this way. This is a wonderful feeling to have hands on your body while you are listening to prayers spoken on your behalf. Since my circles have drifted from prayer work to readings, this doesn't happen spontaneously anymore. I don't know why really. Encourage your group to do it. Or lift your hands off while other people are giving messages and do energy work more in line with Reiki healing. Spiritual healing with energy feels wonderful. I want more people at the circle to practice this.

### **The Box of Tissues**

Always have a box of tissues with you.

I usually keep a box of tissues underneath the stool in the center in case of tears. Occasionally, someone, who is in need of emotional healing, will sit in the center. There is something incredibly powerful about the format for someone in need of emotional healing. First, the format makes people feel comfortable and safe. Second, the focus of the circle is on the angels. The angels are there doing the healing. When we ask for help, we turn inward and expose our soul. This makes us spiritually and emotionally

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vulnerable. The angels love will intensify. People in need of spiritual love will feel this and will open up and release their pain of not having felt this spiritual love in their lives. When people in need of emotional healing sit in the center, they usually begin to cry before they speak. If they cannot collect themselves enough to speak, I stand up, lay hands on their shoulders, and say a healing prayer. A healing prayer is a prayer spoken with a healing intent.

### **Hugs**

Once work has been done on a person, invite them to give a hug to each person that helped them either with prayer, energy healing or a message. Most people love hugs. Make sure they know hugs are optional. If the crowd is mixed gender-wise, make sure sexual boundaries are clear.

### **Closing**

There is a reverse ritual to close. You need to go in the opposite direction and close all of the four spiritual centers and thank the members of each of the three realms. It goes like this:

1. To shut down, do the opposite.
2. Standing in the east, face West, approach the altar, light the taper candle using the central candle which is already lit and say “It is ended. Peace to All Powers.”
3. Face east; facing outward of the circle; hold the lit taper candle and say “We ask Archangel Raphael to close the gate in the East” or “Let the gate in the east be closed.”
4. Walk ceremoniously to the south.

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5. Turn and face South, face outward, hold the lit taper candle and say “We ask Archangel Michael to close the gate in the South” or “Let the gate in the south be closed.”
6. Walk ceremoniously to the west.
7. Turn and face West and say “We ask Archangel Gabriel to close the gate in the West” or “Let the gate in the west be closed.”
8. Walk ceremoniously to the north.
9. Turn and face North and say “We ask Archangel Ariel to close the gate in the North” or let the gate in the north be closed.”
10. Return to the east.
11. Face the altar and extinguish both flames and say “May the Undying Light shine forth forever.”
12. Using the unlit taper candle do the following:
13. Hold the candle in front of you and above. “We give thanks to the angles, archangels, star beings, and ascended masters”
14. Hold the candle below toward altar. “We thanks the gods, goddesses, ancestor spirits, and deceased loved ones”
15. Make a horizontal line, left to right, with candle-lighter to form a cross. “We thank the nature spirits”
16. Make a circle the cross in a sunwise (clockwise) direction. “One circle of Being”, place the candle on the altar, “In Peace Unending.”

Alternatively, you can simply ask people to stand up and hold hands while you say, “Holy angels, we thank you for your love and healing work. We send love and light

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to our friends and family (ask people to speak the names of people they love out loud). We ask that you give each of us a very special guardian angel to watch over guide and protect us until we meet again (on this plane or on another). And so it is.”

Dori used to close her circles with an angel song. If you have a singer, do this. It lightens up the energy after heavy healing work.

### **Time**

It takes me three hours to run an Angel Circle. We usually start at 7 p.m. and go until 10. I cut us off at 10 promptly to be kind to the hostess and to myself. I usually spend one hour prepping (introductions, angel stories, guided meditation, ritual) and two hours on prayer, healing and readings. Sometimes we run out of time and not everyone gets a turn nor wants one.

### **Managing People**

If you choose to start an Angel Circle of your own, you must be prepared to handle a variety of personalities. Homeless people have joined the Angel Circle and insisted that they are saints. When I did invite people to join me in prayer, a few would channel messages that did not make sense to the person in the chair creating disruptive energy in the circle. People in need of healing will cry. You must have the courage to help and assist them emotionally without invading their privacy in a public setting. Overall, people who participate are very spiritually minded and the experience is a very rewarding one. If you choose a format where you do all of the speaking, you can expect others to depend on you to keep the energy spiritually clear throughout the entire ceremony.

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### **Charging**

The first Angel Circle I attended took place in Martha's home. Martha did not request donations or fees. The Angel Circle in Carmel requested a donation to help pay for the rent of a community room. I began to use the Angel Circle as a means to reach out to others to develop a part-time spiritual counseling practice. I incurred costs doing this. I now ask for \$20 American dollars in exchange for the Angel Circle.

It is always difficult for spiritual people to ask for money in return for their services because they act out of love. Spiritual people believe that love is available to all and desires to help the most destitute people. My experience with the Angel Circle and readings taught me that I was inclined to give away a lot energetically to people in need who deplete me energy. Realizing this, I dropped all fears about stating gently and firmly that my spiritual services are available for a fee. I am much happier now that I am charging people for my services.

### **Location**

I have held the Angel Circle in several different locations. In Idaho, I selected the clubhouse of our housing association. I advertised in local metaphysical bookstores and newspapers. I shared the Angel Circle with people I met at church. In Arizona, I facilitated the Angel Circle at the church I attended. All donations went to the church. In Southern California, I selected an angel gift store called Angels by the Sea in Laguna Beach. The owners loved the Angel Circle and invited nearly everyone who walked into the store to the circle. I loved facilitating the circle at Angels by the Sea. The store closed in 2001. Since then, I moved the Angel Circle to a metaphysical center that charges rent for the room. There I drew advanced metaphysical and spiritual students to the Angel

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Circle. I now hold three Angel Circles at three different spiritual and metaphysical bookstores in my area, Northern California.

The location has a lot to do with the types of people you will draw. How you express yourself and advertise will also determine the types of people who attend. People drawn to the Angel Circle are spiritual, although they may come from a variety of religious and metaphysical backgrounds. You need to be sensitive to this and help everyone feel comfortable and welcome.

### **Expect Miracles**

People ready to heal will heal.

### **Appendix – My Angel Story**

After graduating from college with a degree in economics and math, I moved to Washington D.C. to work at a prestigious think tank called the Brookings Institution off of Dupont Circle. My parents had raised me according to fundamental Christian beliefs. My family attended a bible-based church in Palo Alto, California called the Peninsula Bible Church. I believed in God and prayed to Jesus often for help. My mother read books that explored Christian spirituality from a psychological perspective. She loved to talk to my sister and me about what she read. When I moved to Washington D.C., my mother recommended that I read two books written by a minister of an Ecumenical church name Elizabeth O'Connor. The book were *Our Many Selves* and *Search for Silence* and taught Christians how to master personal suffering with joy and forgiveness. I read the books frequently to help me with my sad feelings.

In Washington D.C., I discovered that Elizabeth O'Connor's church was located off of Dupont Circle less than one mile away from my office. I attended the church, heard

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Elizabeth speak, and signed up for her classes. Elizabeth's classes were based on Bill Moyer's video series *A World of Ideas*. In each class we would watch one of the videos and discuss them. In one class, we studied community. I was only twenty two and very shy. My classmates were middle aged adults, some in their fifties and sixties. I did not speak much in class but after watching this video, I felt compelled to speak. I raised my voice and said, "I have trouble living in community because I can feel other people's feelings." A gruff man in his fifties turned to me and said, "What do you mean you can feel other people's feelings? That's impossible." I answered simply and honestly saying, "I don't know. I just do." Nobody else said anything and Elizabeth continued teaching the class.

After class another middle aged man came up to me and said, "I think you would really like a prayer group called the Angel Circle." I thought to myself, *I'd love to meet other people who like prayer*, and asked the man for the contact information.

At the time I knew nothing about angels, spiritual healing or metaphysics. I wanted one thing - to feel God's love the way people described it in church, as sublime and blissful. I called the phone number the man had given me in class and introduced myself to a woman named Martha. Martha lived in the upper northwest district of Washington D.C. I made plans to attend the next Angel Circle meeting. When I arrived, a woman in her fifties or sixties dressed in soft clothing answered the door and welcomed me with a hug. I melted in her arms. This woman didn't know me and she was already hugging me. I was impressed. Martha walked me over to a window shelf and pointed to a dish that had the original angel cards in them. I bought a deck recently and was amazed to see that they are actually entitled *The Original Angel Cards*. They were created by Kathy

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Tyler and Joy Drake while they spent time at Findhorn Foundation. Findhorn Foundation was created by a family that had a strong psychic connection to the fairies and the Green Realm. The family was able to miraculously grow an enormous organic garden using their intension and will with the aide of the fairies. The story is amazing because the soil conditions were treacherous to plants. The fairies talked to the family and gave them instructions on how to grow the garden. The *Original Angel Cards* are tiny strips of white, protected paper about two inches long and a half an inch wide decorated with little angel caricatures with one word messages on them like *Harmony*. The cards were created as part of a board game to help you focus on the spiritual aspects of your life. *The Original Angel Cards* came out in 1981 before Kimberly Maroony's *Angel Blessing* cards and before Doreen Virtue's angel oracle cards. I picked a tiny white card. I can not remember what it said but I do remember that it was an uplifting message. I wondered what the cards were for and sat myself down on the couch.

Chairs were arranged in a circle. A dozen or more women and a few men were gathered. I recognized one of the men as the man who invited me to the circle. Later I learned that the man was Martha's boyfriend. Martha started the circle by asking people to introduce themselves and to share an angel story. "An angel story," Martha explained, "Is anytime you feel like God or the angels have been there for you. It could be an answered prayer or some event in your life that made you realize that you are loved and protected by the angels." I had nothing to say and I listened carefully.

When the angel stories were over, Martha invited people to sit in the center of the circle, share what was on their heart and what it was that they wanted the angel's help with. Some people were shy; others eager. Once a person sat in the chair, they addressed

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their concerns and worries to angels. When the person was done talking, three to six women and men gathered around the person, laid hands on them, and spoke healing prayers. I was very impressed. I recognized that the people at the Angel Circle had a sincere desire to help and to heal with love and without judgment. The women who did the healing work were very compassionate and expressed gentle, nurturing energy I did not experience at home. I did not understand why people were addressing the prayers to angels. It made me feel uncomfortable because I was used to addressing my prayers to God and Jesus, but I was so impressed by what was going on that I kept an open mind.

After several people had a turn, I sensed that Martha was closing the circle. I leapt out of my seat and plopped myself on the stool in the center. To my surprise, emotions surged inside of me. I was terrified. I knew I had to speak and tell these people what I wanted. I started with, "I want to thank all the angels in this room..." My voice broke and I started to cry. Then I started to sob. Martha apparently was overwhelmed and unsure of what to do. She directed her attention to a woman who sat behind me. The woman behind me had blonde hair and was dressed in what I know today as goddess-wear. Her clothes were orange. "Would you like to do this one?" Martha said to the woman in orange. The woman in orange stood up, laid her hands on my shoulders and said a simple prayer: "I ask that this young woman's family and friends comfort her." With her hands on my shoulders I felt tremendous heat pass through my body that relieved me of hurt feelings. The woman in orange must have hugged me afterwards but I do not have a clear memory of that. I did not understand what had happened to me. I only knew that it felt good and I felt loved in a way I had never felt loved before. I had found my spiritual home, but I knew nothing about angels. That bothered me. I committed to doing some research.

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After the circle broke up, I wandered into the kitchen and picked up a hot pink flier that advertised classes taught by a woman who lived in Carmel, California. I filed the flier and I attended Martha's Angel Circle regularly.

The two years that followed were very stressful for me. I moved to New York City following the first man I had ever fallen in love with. We broke up and I headed home to California to seek refuge with my parents. My mother did not want me living in her house, so she found me a house sitting job. A few months later, with my father's help, I landed a job with a software company in Monterey and moved to the Monterey Peninsula. Missing the Angel Circle, I took at the hot pink flier I had picked up at my first Angel Circle meeting out of my files and read it. The contact information was for a woman who lived in Carmel, a neighboring city to Monterey. I called the number, introduced myself to Lyndall Demere, Ph.D, D.D., Spiritual Director, and asked her if she held Angel Healing Circles. She said yes and invited me to come.

Lyn held the Angel Healing Circles at the Sunset Center in downtown Carmel. At the first Angel Circle meeting in Carmel, I recognize Lyn as the woman who had laid hands on me at the very first Angel Healing Circle I attended in Washington D.C. "*Wow! What a coincidence.*" I thought. Lyn and I had not exchanged names at my first Angel Circle meeting. The angels had my full attention. I found out later that Lyn had taught Martha how to facilitate Angel Healing Circles and had traveled to Washington D.C., Lyn's home town, to teach classes. But who would have ever thought that two years after receiving spiritual healing from a woman I did not know at my very first healing circle without seeking her, that I would end up in her backyard! This was the first of several

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synchronicities that year that convinced me that a guiding intelligence greater than me was at work in my life.

Lyn held Angel Circle meetings once a week on Friday nights. She encouraged us to come regularly explaining that if we came often, after one year our lives would get better. I believed her and went every week. I was still very shy and the youngest person in the group. I met my first spiritual girl friend there, Shaheen. We are still great friends.

Lyn's Angel Healing Circle was different from Martha's. Lyn made more comments about metaphysics than Martha did. I had a lot to learn and started reading fervently. I also started to pay attention to a higher awareness inside of me that I called my intuition. This intuition would give me deeper and metaphysical understanding without reading books. I did not realize that I was living in a community with a concentration of metaphysical spiritual believers. Carmel is a close second to Sedona for its popularity with New Agers, primarily because of its beauty and a spiritual retreat center in Big Sur called Esalen. Casual interactions with people in the area, like at a grocery store, had a spiritual focus. The spiritual culture is palpable.

Every now and then Lyn would ask me to lay hands on people and say healing prayers (prayer with a healing intent) for them. What I struggled with the most was feeling what other people were feeling. Knowing what they were feeling helped me craft prayers that were meaningful to people. Many people were very sad. Some carried a lot of negativity or density with them, so sometimes the healing work was stressful for me.

After attending the Angel Circle for about a year, shortly after my twenty-fifth birthday, a woman who was very sad, sick and depressed came to the Angel Circle. She spoke of a husband, who was unemployed, three kids she was supporting, and broken ribs

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from coughing too much because she was sick. Lyn turned to me and said, “Would you like to do this one?” I was afraid I could not handle it, but I love a challenge, and I respected Lyn’s leadership, so I got out of my chair and laid hands on the woman’s shoulders. As soon as I did this, I felt everything the woman felt. She was so sad and in so much pain that I started to cry. Two women were standing to my right and left. Seeing that I was crying and could not speak, they started to pray. Suddenly I heard Lyn say in a commanding voice, “Wait! This is what happens to me. Don’t stop! Finish the prayer!” Lyn got up out of her seat, stood behind me and raised her hands above me saying, “I’m right behind you!” I knew that something important was happening but I didn’t understand what. All I wanted for the woman was for her to feel better. I formulated a prayer that expressed my desire and commanded God and the angels: “I ask for all of the healing energy of the Universe to come here right now! There is so much suffering here!” As soon as I spoke, I felt a powerful rush of energy pass through my body into the woman in the chair. When I was done, I was shaking. My energy body had never felt anything like that before. Lyn told me to sit down next to her and pronounced to the group, “Britt is a real psychic. Everyone in this group should learn how to do what she did.” “*What!*” I said to Lyn telepathically. “*I’m not psychic. Psychics read crystal balls and tarot cards. What’s a real psychic?*” I was rattled and confused. And I mentally juxtaposed the image of a psychic with what my parents had taught me to be, a professional in the business and technology world.

When I left the Angel Healing Circle that night, I saw lights in the dark sky that defied space. Headlights emanated filaments of bright white and rainbow colored light that made the headlights look like stars. When my windshield should have cut off the

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beam, the light continued inside of my car as long as my eyes were focused on the source. “*That’s weird.*” I thought to myself. In addition to the tiny star-like beams of light, I also saw what looked like a thicker, more solid, yet softer moonbeam of light extending far into the heavens. “*What is that?*” I wondered. Around the center of each headlight I saw the rainbow spectrum encircling the inner most light. “*Maybe Lyn is right. Maybe I am psychic.*” But I had no idea what that meant.

After my experience, Lyn recommended that I watch a movie called *Powder*. The movie portrays a young man with albino skin who has trouble living in community because he can feel other people’s feelings and thinks that unkindness is cruel. The boy also possesses powerful healing abilities. The movie comforted me but still did not explain analytically what was going on.

Participating in the Angel Circle regularly developed in me the practice of asking my angels for help with everything I was concerned with. Good things started to come to me rapidly. I met, fell in love with and married my husband within two years. We are still together, in love, and committed. Feelings of low self-esteem, abandonment, emotional rejection and depression from my child and young adulthood began to disappear. To my surprise, when I posed questions to my angels, I would telepathically receive answers. Lost in places like downtown San Francisco, I would ask for and receive directions from my angels that got me to my destination with no trouble. I became aware of a heightened sense of awareness inside of me that spiritual people call intuition, divine guidance, or guidance from your higher self. When I trusted this guidance, things worked out very well for me.

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While living in Carmel, I met my husband Klaus. He loves my angel work from a distance and has always been very supportive. Klaus graduated from Ph.D. program in engineering and took his first job with a semiconductor company in Idaho. We married and I moved to Idaho. I took a job with a major company in Boise. One day sitting at my desk typing away on the computer keyboard at the office, I saw a bright, white and translucent light the size of the end of a pen cap scuttle across my keyboard. "What's that!" I mentally shouted jerking in my seat. I was getting used to having strange things happen to me. I craved intellectual understanding of my experiences.

When I left Carmel, Lyn strongly encouraged me to start my own Angel Healing Circle. I had no instruction, just one-and-a-half years of experience under her direction. I was scared but did it any way. A woman at the Angel Circle invited me to a talk by a woman named Gloria Benish who is a miracle healer. Gloria's healing work is so powerful that when she lays hands on people with aids and cancer, it goes away. I was still very shy and skeptical of New Age teachers still believing that the New Age community had a lot of strange people in it. Gloria offered a free Friday night lecture followed by a class on Saturday. I went to the talk and sat in the front row. I have no idea why I was sitting in the front row.

Gloria is what student's of Doreen Virtue's refer to as an incarnated elf. Gloria is short in stature. She has a mischievous nature. She prefers to wear baggy sweatshirts and tights. She radiates love that is palpable. She is a self proclaimed motor mouth. Wearing bells on her pointed shoes comes perfectly natural to her. Her eyes sparkle with radiant mischief. After working with large groups channeling Love energy all day long, she distresses by hugging trees. Does she not remind you of an elf?

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On Friday night, Gloria spoke enthusiastically about her spiritual awakening and lectured us on Love as a state of mind without judgment or fear. Looking at Gloria, I saw myself, an innocent soul passionately in search of God's love, and I started to cry.

Gloria saw me crying and loudly in front of a group of about fifty adults she starts talking to me. "Why are you crying?" She walked over and hugged me saying, "I never let go until I see the Light! You are coming to the work shop tomorrow aren't you?" "Well," I said mentally, "I wasn't planning on it." It was hard for me to avoid her. I was in the front row and she had just made my tears public to the entire group. A few minutes later she asks me again, "You are coming to the workshop tomorrow aren't you?" By the end of the talk she had me convinced. I told her, "Yes, I'm coming to the workshop tomorrow."

At the workshop Gloria taught us her Miracle Healing technique and explained what the lights were that I saw scuttle across my keyboard at work. "If you are seeing tiny white lights that look like sparkles or diamonds, you are seeing the angels." "Oh," I thought to myself. "That's what those are."

I did not like living in Idaho so my husband found a job near Phoenix, Arizona and we moved. For the second time without planning it, I ended up in a location filled with people who believe in metaphysical spirituality. Phoenix is not far away from Sedona. I quit my job in Idaho without first securing a job in Arizona. I spent the first three months in Arizona at home looking for a new job. In the afternoon, I watched Oprah Winfrey. One day she had the cast of *Touched by an Angel* on the show. I caught the tail end of it. At one point Oprah asked one of the cast members, "Do you think that some people were sent here to be angels for other people?" Before the cast member had a

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chance to answer, chills rippled down my spine and through my entire body. “Okay, okay, okay!” I mentally yelled at my angels. “I get it. I get it.” I thought the angels were encouraging me to pursue my angel work. I did not really get it. It took them three tries to get the message through to me.

I started an Angel Healing Circle at a metaphysical church in Phoenix called the Center for Expanding Consciousness. At once circle, I said a prayer for a crippled girl, cried when I felt her pain and the angels love, and channeled a lot of healing energy. When this happened, the girl’s mother saw me in angel form and told me what she saw afterwards. I still didn’t understand the message from Oprah’s show.

While living in Idaho, I had become friends with a woman named Mari who sat behind me at work. One day she had provocatively said to me from the other side of the cubical wall, “Ya know Britt, I think my mom’s psychic!” It didn’t take us long to become friends. Mari was very psychic herself. While living in Arizona, I would call Mari for emotional comfort and support when I struggled. On one call Mari said to me, “I keep hearing, *angel on earth, angel on earth*. I don’t know what that means but its true and it’s you.” I didn’t know that it meant ether.

A girlfriend of mine named Candee came to the Angel Circle regularly. One day at the Angel Circle, Candee handed me a book with the title *Angel Therapy* explaining, “The angels commanded me to give you this book. I was at the bookstore, pulled it off the shelf and thought to myself, ‘What a nice book.’ Then I heard the angels say, ‘Give the book to Britt!’ I was upset and said to them, ‘This looks like a very nice book. What if I want to keep it for myself?’ They said it again, ‘Give the book to Britt!’ So here it is.

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This book is for you. The angels want you to have it.” The angels had my attention again.

*Angel Therapy* is written by Doreen Virtue. In it are channeled messages from the angels on personal topics we all struggle with. I enjoyed reading the messages in the book. While praying for people at the Angel Circle, I had begun to receive thoughts impressed on my mind that were not my own. I knew they weren't my own thoughts because they contained ideas and vocabulary that were unfamiliar to me. The angel messages in *Angel Therapy* felt like the thought impressions I was getting at the Angel Circle while praying.

After one of the services, the Director of the Center of Expanding Consciousness, Judith, introduced me to a woman who had begun teaching classes at the center on angels named Ann Albers. Ann looked at me and said, “Do you get messages from angels?” I shyly answered, “Yes,” thinking that the thought impressions I was getting at the Angel Circle while praying were from angels because I was asking for help from the angels in prayer. “Great!” Ann said, “Because I'm stuck and need some help. Can I call you?” “Yikes!” I mentally thought. “A teacher wants my help!” I said yes anyway and gave her my phone number.

Ann never called, but a week later I got a call from Saks Fifth Avenue asking me to help them with a promotion of guardian angel compacts by giving their customers angel messages. I agreed. I had never given anyone a reading before. I thought I would go to the store, pray and tell people what was on my heart from the angels. I suspected that Ann had referred me and she had.

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I prepared for the event by getting my hair and make up done professionally and dressing up Saks style. When I arrived, the sales people sat me down at a tiny table next to the Estee Lauder make up counter. The first woman sat down for a reading. I asked her, "What do you know about angels?" She said nothing. So I explained the difference between angels and deceased loved ones to her. Then I closed my eyes and prayed, "Dear angels. Please give me messages that would be meaningful to this woman." As soon as I finished my prayer my mind and my mind's eye were filled with information and images which I relayed to the woman verbatim. The messages were filled with helpful personal information and recommendations. When I was done, the woman confirmed everything I said was true and thanked me for being so helpful. I was in shock. I had done my first reading with absolutely no instruction, in public, and I was getting paid. I did not know that I was practicing what is now referred to as angel readings. Several women sat down to get readings. Without me noticing, one woman took her engagement ring off to test me. The first words out of my mouth were, "You are getting married."

Now that I know about past lives, I know that I've learned how to give readings and messages from angels and spiritual guides in past lifetimes. Doing them for the first time in this life with no instruction impressed me.

After reading *Angel Therapy*, I did a World Wide Web search and learned that Doreen Virtue was teaching classes on spiritual counseling. I signed up for the classes and flew to Orange County. I accidentally signed up for the third of a series of three classes. To graduate you needed to take three weekend workshops. The students in this class were graduating. It did not bother me. In her lecture, Doreen confirmed many of the things the angels had already taught me. At the end of the second day, Doreen began

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lecturing on incarnated spiritual beings. She explained that many people are actually spiritual beings in human form. Some of us are angels, some from the stars, and some from the spiritual world associated with nature. Suddenly the messages the angels had been giving me made sense. I was an earth angel. I sat down to practice mediumship with a friend name Bronnie. Bronnie had identified with Doreen's description of star beings and asked me "Are you a star being?" I said "No, I think I'm an angel." As soon as I said that, Bronnie saw angel wings on my back. We were both impressed.