





Week 4

E~ ENGAGE in LIFE! Participate in ALL the aspects of your life.
Take the blinders off. Get in there and live your life!

This week the Angels are asking us to get into all the areas of our life that we have been saying “no” to on some level and instead say “yes”. The Archangel that will be guiding us on this journey is Archangel Uriel. Archangel Uriel helps with many things, but one of his main tasks is to help us live in the world while at the same time hearing Divine guidance. In other words, he guides us to live in the world, but not of it.

He can help us make sense of ways in which spiritual understanding helps us on the physical plane. He guides us to understand on a fundamental level the spirit/body connection. In doing so he encourages us to not be afraid of what the world has to offer and to not run away from it, but instead embrace it and know that in many ways it is the gateway to our connection with Source.



As we work with Uriel we begin to see that life on Earth is almost like a grand cosmic game that we can choose to have fun with or ignore. Many times when people are on a “spiritual path” they believe that the things and ways of the world are somehow below them or that if they engage in them they are not being spiritual. Nothing could be further from the truth with Uriel. In many ways he wants us to live a spirited life and not just a spiritual life.

He teaches us that if we truly want to grow and expand our beingness, then we have to live with as few regrets as possible. The way to do that is to participate and engage in the world and not run away from it. He reminds us that denial of our precious gift of life here on Earth can be death to the Spirit.



Pray to him this week and ask him to show you the ways in which you can better understand and feel how Spirit is working in your life. Lean on him when you want to manifest things in your life. He will guide you to be present as a beautiful creature of the Earth and at the same time not forget the you of the you of the you... which is pure Spirit and always connected to the Divine Source.



One of my favorite ways to look at life is summed up by a quote from Abraham-Hicks that says:

“Between the place where you are and where you want to be is called a *Playground*.”

Just like a playground with swing sets, sandboxes, jump ropes, athletic fields, slides, monkey bars and many other areas to play, life is also full of many areas where we can choose to play. When we choose to only play in one, two or three areas of the playground of life then we are cutting ourselves off from the opportunity to be fully alive and restricting our spiritual growth.

Think about your life as a playground. If you always go to the same areas of the playground over and over and do the same things, meet the same people and have similar experiences that go on in those areas, it can become predictable, boring and eventually deadening to your Spirit.

Our Spirits are meant to be creating and changing and seeking new opportunities to experience itself here on Earth. We tend to go to the same areas because that's what our instinct tells us to do and although it can satisfy us in many ways, we have to be aware of when we are becoming complacent and losing our childish sense of enthusiasm and wonder about the world, if we ever had it.

To stay in connection with our Spirit and live in what I call “The Magic of Life”, we have to live spherically, which means living on many levels and saying “yes” to the opportunities in life far more than we say “no”.



When we go to another area of the playground, we meet brand new people who may become friends, have new conversations, experience new skills we hadn't tried before that we may just like and be good at and, most importantly, expanding and growing our body, mind and spirit the whole time.

This attitude of jumping into life sends out a vibration to the Universe and the Angels to rush in and help, guide and create many more opportunities for a more peaceful, purposeful and passionate life.



Your Assignment for Week 4



Look at the diagram on the next page and ask yourself:

“What areas of the *Playground of Life* do I want to play in?”

The areas are just an example of hundreds of areas of life that you could possibly engage in. Say a prayer to Uriel and use your own intuition to discover the places that life is offering you opportunities for growth and expansion.

Then use your Angel Journal to record at least 3 of these areas and ways that you may possibly get in there and engage more significantly.

And remember, playgrounds are FUN!!! Don't make this “work” 😊



CREATING *Heaven* ON EARTH

6 WEEKS OF ANGELIC GUIDANCE





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