

*What Happens
When You
Talk to Angels*



By

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Printed in the United States of America

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Introduction

Each of us is born with an internal guidance system. Some refer to it as intuition, instinct or sixth sense. Perhaps input comes through a flash of insight, through a hunch, through an image that appears on the screen of your mind during silent contemplation, meditation, or through a dream. Your inner guidance system also includes the capacity for *spiritual listening* that can yield a dialogue between you and friends in non-physical realms. This two-way exchange of information can be with any of God's conversationalists, including guardian angels, your soul, deceased relatives or friends, and other spiritual mentors from Beyond. It is intrinsically human to receive guidance from heavenly friends that love and support you.



For many years, I have been devoted to facilitating the translation of messages from angels. Sometimes I am the one who receives messages. Sometimes I teach students to receive for themselves. Since 1988, I provided hundreds of classes and seminars on the topic of spiritual listening, enabling students to obtain conscious communication from their allies in the skies. The diversity of challenges presented by my students contributed to the evolution of my spiritual listening course. I thank them for being open, questioning students so that I could continually improve my instruction, now compiled in the form of this book.

I help seekers uncover a connection that already exists with their angelic helpers. In a way, it is similar to a treasure hunt. I teach people what to look for, how to look for it, and where to start. Then it is up to the student and his heavenly friends to unearth the precious contact. The treasure might be a verbal message. It might be a vision. Or it might be a feeling. Guardian angels can produce a diverse array of effects including reassurance of their palpable presence, tranquility, release of emotion, enhancement of desires, courage, vitality, and recognition of unshakable kinship with any aspect of Creation. The benefits compel me. One person might receive some insight or encouragement from her angels, helping her reclaim a positive self-image. Another may learn something that helps her let go of bitterness, or let go of fear that keeps her from progressing. Yet another might gain more comfort and clarity of insight than he would experience anywhere else.

I am not gifted with any unique power. I do not have any favored status among angels. I am neither saint nor sorcerer. Quite simply, I believe it is part of the natural order of earthly human life to communicate with heavenly spirits.



What Actually Happens When You Listen To Angels?

As you reflect on the frequently mocked theatrics of fortune tellers wrapped from head to toe in colorful exotic fabrics, babbling and hovering over crystal balls, you might seriously question the wisdom of developing your own extra-sensory perceptions. Perhaps you have a pre-conceived notion of cryptic messages received as hands shuffle tarot cards, or as hands float along with a Ouija planchette. Perhaps you have read about séances where objects purportedly levitate, accompanied by knocking, rapping and table tipping. Spiritual listening is a simple, stand-alone process. Everything needed is contained within you. It does not require mystical objects, adornments, or tableaux that are stereotypical of seers and other paranormal intermediaries. For most, it is a quiet, sedate experience.

Essentially, spiritual listening looks like this: close your eyes - set clear, confident intentions - still your body and mind - listen for phrases or sentences that arrive via thoughts that are separate from your own. In its basic form it is quite simple. Some students access messages with little practice. Yet many need to apply themselves over time before they hear anything. Reception improves with experience even if a beginner has immediate success. A novice who practices regularly will eventually facilitate a finer quality of messages.

What is it actually like to receive verbal communication from an angel? Despite the universality of the aptitude to listen spiritually, the particulars of reception can vary from person to person. You might hear words that enter your mind like a subtle, fleeting thought. Initially, a message could be so subtle that you might not be able to distinguish it from your own mind. Some people experience angel messages in a steady stream similar to prose, or similar to a lecture from a scholar. Some people get sentence fragments. You might hear a message while simultaneously seeing an image on the screen of your mind. A written message might move in a line across the screen of your mind like words on a computer screen saver. Some receive a feeling similar to a flash of insight, a gut feeling or a hunch. In a subsequent chapter, I further delineate experiences that are common in the beginning stages of spiritual listening (*Experiences Which Are Common Among Beginners*).

Occasionally, I have heard a person say he heard his name called when no one else was physically present. The name was heard in an auditory way - via physical ears rather than a thought in the mind. Each heard his name only one or two times over the course of many years. The source of each call could have been angel guides or a deceased relative/friend. Angels might use your name (not always) as a way to improve their connection with you. Deceased friends might use your name to let you know they are contented and doing well. However, based on my extensive experience with training students, I contend that the majority of verbal messages from angels will come as thoughts in your mind not via your physical ears.

Guardian angels are frequently communicating with their assigned humans. Just because you are unaware of the text of your angels' transmissions does not mean you are missing out. Your psyche benefits in a way similar to listening to subliminal audiotapes. However, angels are not looking to turn you into a puppet. It is possible for them to influence you regarding your personal progress without controlling your actions. I knew a woman who, for a very long time, got suggestions from her angels to leave her full-time job. The suggestions came through her dreams rather than through spiritual listening. She had been confining herself to the belief that she was stuck in a certain grueling full-time job indefinitely. However, a couple of years after the dreams began she found a more desirable job. Throughout those two years, her spiritual guardians were influencing her without any coercion. Think of dreams as well as daytime messages from angels as respectful forms of coaching.

One last tidbit about what happens during spiritual listening – guardian angels do not take over your body when they speak to you. They have less intrusive ways to facilitate the connection that allows their thoughts to be exchanged with yours. Your angelic guides do not want you to be overwhelmed or distressed by the exchange. They are eager for you to receive input comfortably so they can assist you through the complex matrix of earthly drama.



Words, Pictures and Feelings

In the previous chapter, I suggested that messages are perceived in a variety of ways. Perception comes through psychic senses. Sometimes, two or three psychic senses converge simultaneously. You might hear a message while a visual image is presented on the screen of your mind. A written message might be delivered like words streaming across a computer screen saver. You might receive a clear flash of insight, a gut feeling or a vague hunch, alone or with other senses.

We have spiritual senses that correspond to our physical senses. I cite three of them that are the primary modes for perception of messages from spiritual realms -

1. Clairaudience – (words) Hearing thought impressions or mental words from a disincarnate spiritual friend, such as a guardian angel or a deceased relative.
2. Clairvoyance – (pictures) Images appearing on the screen of your mind. Some describe the screen of your mind as “the mind’s eye”. These images are often hazy, like seeing people and objects in a dimly lit room.
3. Clairsentience – (feelings) Sensing the existence of a person, creature, event, feeling, situation, or other condition that is present outside of your own physical self.

Each time that I listen for angel dialogue, I receive something via each of the above-listed modes of perception. They are sometimes referred to as “the clairs.” Many people receive information exclusively by means of only one of the clairs. If you currently access only one of them, you can expect to open to the other two eventually. This occurs when you repeatedly listen, watch or feel, expecting access during time spent with your angel guides.

Each of the following illustrates reception from angels using all three modes.

Example #1 – A client asks me about his unhappy relationship with his wife. I see an image of her and sense that she has not revealed to her husband what is bothering her. As his angels elaborate using words, I sense her anger over his unwillingness to participate in any of her pursuits. Then I have the distinct feeling that she is fanning the flame of this resentment so much that she is giving herself headaches and compromising her health in other ways. I see dark areas around her colon and liver. I verbalize my feelings and images to the client. Her angels offer verbal suggestions to help the husband improve the relationship.

Example #2 – A client asks me about her mother’s health. While I relate a verbal response from her angels, I am shown an image of some of the mother’s sluggish lymphatic vessels. Simultaneously, I receive a feeling that the mother is mildly depressed and that she cannot motivate herself to exercise her body. The client’s angels offer verbal suggestions.



Experiences Which Are Common Among Beginners

If you see how your experience is similar to that of many other novices, you can recognize that you are making progress. If you recognize that you are making progress, you are more likely to practice. Practice builds confidence in your abilities. Practice develops a finer quality reception. (Remember that you may hear your angels without ever having experienced any of the following.)

1. *Swirling colors.* This usually indicates that your angels and guides are working on tuning into you while you are listening for them.
2. *Incoherent or broken transmissions.* You might hear a series of incomplete sentences that seem to have little or no connection to each other. Assuming that you practice daily, this condition could last anywhere from several days to several weeks. Regular practice will eventually yield more substantial, coherent results.
3. *Mental pictures in rapid succession.* Images may appear in a quick sequence of seemingly unrelated fragments. There is no need to seek any meaning from this type of imagery. Relax and enjoy the show. This phenomenon is usually temporary. Just see it as a routine blip on the screen arising from your efforts to tune in.
4. *Physical indicators of your angels' presence.* Such indicators include but are not limited to: warmth; tingling; subtle pressure on one side of your head or body; sense of cool or animated space around you; gut feeling that seems to be coming from something wiser than you; illusory sensation of your head expanding or dissolving; sense of someone near you.
5. *Words moving from one side to another on the screen of your mind (or fixed on the screen of your mind).* No, your angels are not working on a screen saver for your computer monitor. This is a valid mode of receiving messages. Eventually, visual words may stop, replaced by reception via thoughts (clairaudience).
6. *Multiple messages received simultaneously.* If you have the impression that several angels are talking to you simultaneously, there is no need to remain overwhelmed or confused. Ask them to speak to you as a singular voice. If you continue to receive multiple streams of messages, it is possible that your mind creates a variety of translations from a single angelic message. If you maintain the expectation that you receive one message at a time, secondary translations will eventually line up behind the primary one so that you can channel one word at a time.
7. *Temporary shutdown.* Periods of high stress could temporarily blur or block your perception of your angel guides' messages. Once the high stress disappears, angel communication should re-appear as you obtain relief from physically held stress. Remember to observe the practices that were fundamental for you as you developed abilities to hear spiritual messages.



The Fuller Story of Angel Communication

For more detailed instruction regarding spiritual communication, you would benefit from my book that is entitled *Born to Hear Heaven's Helpers*. It includes how to tell whether you are ready for dialoguing with angels; guidance regarding preparation; options for recording messages; how to recognize your angel's voice; guidance for challenges and improving quality of results; guidance for interpretation of your successes; and why spiritual communication is an innately human faculty.

Many beginners find it to be quite easy to recognize the voices of their angel guides. However, an equal number need to overcome some sort of hindrance. Perhaps you had difficulties with procedures from books designed to point the way to your first angel dialogue. Did you learn to "dial up" your angel connection, then floundered regarding content and quality? Perhaps you were uncertain whether you actually heard any response at all from your angels.

Whether you are a novice, an accomplished medium, or fall somewhere in between, you should find *Born to Hear Heaven's Helpers* to be helpful. Some tidbit might flip a switch to illumine something that for you was previously vague, confusing, incomplete or troubling about contacting the other side.

Portions of *Born to Hear Heaven's Helpers* serve as an ongoing reference for any student at a beginning or intermediate level of spiritual communication.



About the Author

Debra Taylor learned late in life to communicate with angels and spirit guides. Her work springs from a calling to help people recover their own innate intuitive abilities. Since 1988, folks from numerous religious backgrounds and have received practical insights from their angelic guides through Debra. She has helped actors, ministers, doctors, lawyers, musicians, therapists, engineers, nurses, artists, teachers, carpenters, chefs, day care workers, homemakers, professors, factory workers, students, entrepreneurs, business managers, police, war veterans, photographers, journalists, retirees, waitresses and computer wizards.

Though raised in the Baptist tradition, her spirituality is currently eclectic.

Debra lectures and facilitates training for numerous venues. She conducts how-to workshops in spiritual listening, basic meditation, dream interpretation, and building a private practice. A 30-minute educational video concerning spiritual listening appeared on Suburban Cable TV in Central Bucks County, Pennsylvania in 1998. Additionally, she has shared her experiences in several newspaper, radio and TV interviews.

Contact Debra for information on private phone sessions and tele-parties for co-workers, friends and neighbors.