

# Angelic Thinking

## Book One

### Angelic Guidance Series

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First Kindle Edition

Dedicated to my three angels:

Becky, an exceptionally loving wife,

and Ciara and Sarah, my wee cherubs.

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### **Introduction**



Have you ever considered that angels exist? I imagine you have or you wouldn't be reading this book. But here's another thought to consider. Do you believe the angels love us enough to care what we're thinking? Do they care what thought patterns we develop?

This is what this book addresses: the negative and destructive thoughts and thought patterns which affect our behaviour and our lives. Ones which have developed over time can be identified and, if asked, the angels can help us be rid of them. Simultaneously, we are replacing them with healthy thought patterns. Obviously there is leg work involved on our part, but we don't walk this journey alone. Our angels are there to guide and protect us through the process. This involves them affirming, confirming, comforting and healing us. Their loving reassurance leads us forward to an abundance of emotional and psychological freedom.

This is a process which takes time and effort but the rewards far outweigh the former, and the results begin to occur speedily. My mum used to say, “Son, God gives you the spade, but you do the digging.” How true that is. Thankfully, though, I’d like to add: the angels help us know how much digging to do, where to dig, how deep to dig and where to put the dirt. In other words, we’re not handed the spade and told to get on with it while God and his angels twiddle their thumbs, halos and whatever else they fancy.

This book is also founded on the sound principles of neuroscience I studied as a psychiatric nurse. Additionally, the spiritual aspects contained in these pages have helped shape and bring to life this book. In other words, the content of this book wasn’t plucked out of the ether and shaped into some kind of candy floss. It’s solid stuff used to help you identify the areas of thinking you need to change and of which to be healed.

The angelic material helps to direct it and makes it more meaningful to the spiritual person, enabling the receiver to change and become more like God and his angels. It is hoped that you too, in turn, will be a light-bearer to those around you. Seeing you change, and being aware of the healing love you manifest as a result, it is my belief you will help others take advantage of the opportunity to change, grow and heal, too.

So, read on, dear friends, and enjoy putting into practice what you find in these pages.

## Chapter 1

### The Story of My Thinking



I don't want this book to be all about me. It's about you, but, what can I say? I have a story of my own and telling some of it will help set the scene for what follows. So, please, bear with me.

I was born and brought up in Glasgow, but had a difficult childhood in many ways. I survived sexual abuse by a neighbour as a child, and by a doctor when I was a youth. And just a little side note. If anyone thinks that you can't be healed of childhood abuse, that's not true. I'm living proof that you can not only survive and be healed of child abuse, **you can also thrive.** I'll repeat that:

**YOU CAN ALSO THRIVE!!!**

#### The Gollum Years

Nothing, **absolutely nothing** is impossible for God and his angels to heal. I suffered for years from depression because of so many childhood issues. I was also diagnosed with Post Traumatic Stress Disorder and God alone knows what else. I've forgotten. I was seeing psychiatrists, psychologists and counsellors for years. Although they did their best to help me they couldn't block out the past and how it had affected me. Additionally, I found it extremely difficult to let go of it. It clung to me and affected me in so many ways.

Despite this, I had spiritual experiences as a teenager and tended to think of it as God's way of making up for my crappy childhood. My giftedness was interrupted though because of the toxic thinking traits which infected me like a merciless disease. I was shaped and moulded

into one with a victim mentality, one who hid and isolated himself a lot, but this was to change. And thank God it did.

In the meantime, I experimented a great deal with alcohol and, to a lesser extent, drugs. I also used copious amounts of food and television to block out the pain, numb my emotions and help me live in the real world. I experienced reality as something unbearable – not just challenging. I was depressed and suicidal at the age of nineteen and only God alone knows why I didn't kill myself.

God intervened on such occasions and I would find relief, but the hardest period of my youth was definitely between the ages of nineteen to twenty-one. I was suicidal every day and used to bang my head off the wall repeatedly to try and stop the pain. Imagine, the psychological pain I was in if I thought such unhealthy, drastic actions would help. Loneliness and despair were my constant companions at the time and I didn't tell anyone how I felt. I didn't think they would care and at that time I didn't know anything about depression or the available treatment for it.

Mind you in the 80's there wasn't as much emphasis on counselling and psychotherapy as there is now. Likewise, there's now less of a stigma concerning depression and other mental health issues. Thankfully, professions such as psychotherapy are more readily accepted, and are available to help increasing numbers of people. I believe the angels have played a part in this development – God recognising the need we have of this and our willingness now to receive it.

I would describe my years of early adulthood as the 'Gollum Years'. Gollum, you know, that gangly grey creature in *Lord of the Rings*, he was consumed by the power of the One Ring. He coveted it so much that he called it *My Precious*. That's how I viewed copious amounts of alcohol, endless T.V. viewing and masses of junk food. They were so precious to me!

If you've seen the film, you'll know that Gollum hid way up in the Misty Mountains to be alone with the ring where it tortured and changed him beyond all recognition. The same happened to me. I hid under a drunken haze in front of the television screen or was stuffing my face. That was my reality. How sad. But I don't look back at that person with disgust, neither do I judge him. When the time was right for me, divine timing, I was to leave all that behind me, one step at a time. I still struggle with binge eating on occasion (at the time of writing this book), but I know that too is being healed. And this is what this book is about: God's healing through how and what we think.

Physically, Gollum turned grey and lost his hair. Mentally, he became deranged and murderous (he previously murdered his best friend for the ring). He talked with the ring as though it were a real friend. Spiritually, he was left bankrupt and in a state of despair. He both loved and despised the ring. That was also true of me. I both loved and detested the grip alcohol and food had on me. I also felt like such a slob spending hours watching T.V. What a waste of my life.

Needless to say, my thought life was diseased. I was at *dis-ease* with myself. Thoughts of self-hatred were common as was the dark mist of poor self-esteem and lack of self-worth. There was no sense of self-acceptance or confidence, and I was still depressed and intermittently suicidal. I could see no way out, no light at the end of the proverbial tunnel.

Time marched on though and, with several divine and angelic interventions, I realised my giftedness again. As I gradually woke up to the futility of my existence, I reached out for help. When I did so the angels were there to help me. Several good people were put in my way. Other help came from books and tapes that were put in my way, and I also went to spiritual places and connected a lot with nature. Gradually, oh, so gradually, I changed for the better. I received so much help and healing to live my life's purpose: being happy and helping others, including through my work with the angels.

## **The Victim Mentality**

My thinking though was still affected a great deal by the victim mentality. This way of thinking is common in today's society and it certainly had me by the throat at that time. Poor me, dominated my thinking. Life was so unfair and treated me badly. It also resulted in a passive way of living, as though waiting for something, life (anything!) to change. But it was my attitude and way of thinking that needed to change. This was how I was to change the way I related to myself, others and God.

I knew the victim mentality was associated with my childhood issues, that I was still affected by them. Don't get me wrong. I had had several counsellors which helped – but only to a certain extent. I just could not shake the *poor me* attitude. I did not realise it at the time, but my toxic thinking was very much connected with my immature emotional life: it was very much linked to the pain of the past. In other words, I was living my emotional past in the

present, so much so, if somebody hurt or challenged me, I would experience the pain greatly exaggerated and go into crisis mode! I became exhausted from all this and became a psycho-emotional prisoner.

Practising the Mental Cleansing and Refurbishment Exercise has truly helped a lot with this. This practice is the main content of this book which will bring you so much healing, as it has me. Pretty soon after beginning this daily exercise I began to see my worth, while self-acceptance and a healthy self-love dawned on the horizon. My self-talk improved; the way I related to myself and others, and my whole world view, began to alter for the better. I had stopped drinking alcohol, quit smoking (30 cigarettes a day) and watching so much T.V. several years previously. This had obviously helped me tremendously – but this mental cleansing... wow!

More pieces of the puzzle emerged when the angels entered my life with more insistence. It was either that or I had enough healing achieved to enable me to listen. Either way, as I responded to the angels, I began to learn so much about myself in relation to them and God. I saw how much I was loved and how they wanted me to be like them: to love unconditionally, and to serve others. Don't get me wrong. I'm not there yet, not by any manner of means, but I'm trying, and it will be a lifelong practice.

The last piece of the puzzle was put in place when I participated in a special hosting of the Archangels. I invited several archangels to my house for a week (invited to do so by a friend). I prayed for their help while they were with me. The heaviness that remained to me left me; the depression and difficulty in doing everyday tasks vanished. The sense of aimlessness and despair was replaced with hope, vibrancy and a sense of purpose.

These beautiful archangels also did something marvellous. It took a few days for me to realise it, but they had cut the cords which linked my mental pain involving past events from those which occurred in the present. My past had its grip on me in this respect. What a relief. A miracle had truly happened which allowed me to hear and see the angels better and be of service to others more freely. It also meant I was no longer as worried about others hurting me; I was now free to learn how to deal with hurt as it happened so I could forgive and let it go.

I was launched into my life's purpose with a bang and a fizz of fireworks. I started reading people's angel cards with ease and accuracy. I also began drawing people's guardian angels. The meaning of the symbols present in the picture together with how the angel is related to

his/her charge are always given to me. Most of the time I'm given the name of the angel too. I have to add though, the angel I'm given to draw is not usually the principle guardian angel I make contact with: it's another. In other words, it's a guardian angel other than the one(s) who accompany us into this world when we are born.

I believe it's important to point out that several angels usually end up accompanying us through our life's journey. Some we acquire along the way may leave us again when there's no longer a need for them, while others remain for the rest of our lives together with our primary guardian angels. Then there are others that come and go throughout our lives; they visit whenever their help is required. I have one such angel, *Simon*, one of Archangel Raphael's healing angels. The thing I like about him is he's such a chatterbox, a bit like myself. He also knows how to take a compliment.

Another thing I started to do was hold angel parties in people's homes, including praying with people; amazingly, the angels began to heal them, especially emotionally. The strange thing was none of this shocked or disturbed me in any way. It all seemed to come so naturally. Admittedly, I initially thought I was a charlatan, a phony. I thought God and his angels couldn't possibly be using me. But they were, and still are a year later. I've had so much positive feedback that I can't deny the truth of it all. It's truly a humbling experience and great privilege to serve others in this way.

I now know I am to serve people every day of my life until my Maker calls me home. No matter how difficult that may be, I've not to shrink from the task. Like the angels, I've to approach people in a non-judgemental way and – as I said before – with unconditional love in my heart. The angels told me to be *love in the heart of society*. No doubt I'll be learning to do that until I leap into eternity, but I'm happy to do it and can forgive myself for my human foibles.

### **Put to Death the Niggles**

I love the angelic dynamism of life, and think how they operate without demanding our thanks or recognition. They work away quietly and tirelessly. Lord, the average person is annoyed at not being thanked for making a cup of tea. But the angels love unconditionally, long to serve us and please God. Although they don't demand our thanks, they are

appreciative when it is given. It's one of my daily activities: to spend a few minutes thanking my angels for their presence, their love, their friendship, guidance and protection. And they do so much more of which we'll never be aware.

It's only fair if you're asking at this point, 'What's all this got to do with my thought life?'

It has everything to do with it. Like me, you have thoughts and thought patterns which affect your daily lives and relationships. And, if you're honest, not all that goes on in your mind is pleasant or comfortable. Your self-talk can, at times, leave you feeling deflated, guilty or shame-filled. Perhaps it's worse. Does anxiety and negativity claim much of your thinking? If, like me, you want to heal your life and relationships, develop a happy and peaceful thought life, you've come to the right place. Read on and fear not; we're getting close to the nitty gritty.

I'm finally putting to death the niggles. That's what I call negative thinking. You know, the mental tape that can switch on in the head and tell you a pack of lies about yourself, ranging from 'I'm no good', 'I'm useless' to 'Why would anyone bother with me anyway?'. You know what I'm talking about. Every human being has an internal dialogue and it's not always pretty. The problem is, if negative thoughts are allowed entry, they can begin to grow, fester and spread. Eventually more negative thought patterns influence our daily lives and relationships.

Although positive thinking is a useful tool to help change this, I believe today's world needs something more. The great thing is this 'more' is based on how we learn: listening, thinking, writing and applying. The method I adopted, and still use to this day, has helped me overcome many negative thought patterns. It has helped heal the way I relate to myself, others and God. This change and progress is ongoing. It's a lifetime's work (he mops the brow) and I'm glad I'm on board with it. I shudder to think of what would've happened if I hadn't taken the necessary help and made the changes which I did. Thank God for his healing love and his angels.

The decision to put the niggles to death was the starting point for me and, I believe, is for you too. Whether you abhor negative thinking or take some kind of twisted pleasure in it (I know I did some of the time), you will need to reach the decision that you don't want it in your life anymore.

That means you no longer get to play the victim, whine and dine, manipulate or control others, gossip, criticise or blame yourself or others for life's woes. All that stuff is illusion and fear based! Okay, life might throw us curve balls, but is it better to meet these situations with serenity or with moaning, resulting in our unhappiness? Isn't it better to see life's challenges as opportunities to grow in love of self, others and God? Isn't it better to be more angel like?

In other words, you have to try and let go of all the junk, all the negative thoughts and behaviour concerning others and situations, for this does not serve you well. If you do let go, or at least keep trying (I've not yet perfected this myself!), the upside is you experience so much peace and happiness, an abundance of wellbeing and joy. And I don't mean the fleeting kind you get from munching away at ice cream and doughnuts. I'm talking about deep and lasting spiritual happiness which makes the good times better and the challenging times easier to work through.

My thinking has changed so much that I've began to think of difficulties/hardship as growth opportunities. It may be painful at times, but they're great opportunities to learn and mature. If you're raising an eyebrow of scepticism I have to say, 'Okay, okay.' There are times it's difficult to see it that way. Like you, I'm human, still learning, but I know I can work through the emotional storms and am confident that all will be okay, so long as I don't give in to self-pity. Dear God, that stuff's ugly **and** so, so painful. And do you know what? – it's so unnecessary.

Self-pity never gives. It always, always takes. Actually, it steals. It steals peace of mind, self-worth, self-esteem, a sense of belonging and being wanted. It tells the brooder that he's unloved, and this is such a terrible, terrible lie!

However, you have to want to change. Only you can make that decision and I pray you do. In fact if you're reading this right here, right now, it's my belief that you're ready or nearly ready and just need a nudge through the door. Your angels will help you by doing just that. They can even do it quite literally.

That reminds me of an event a few months before writing this book. I was lying in bed and had remained there longer than intended. I felt this hand grab the back of my neck and give me a good shake back and forward into my pillow. You can imagine the fright I got. No one likes being awakened by surprise never mind in such a gruff way.

I knew it was *Samuel*, one of my angels that woke me. The manner in which he did actually suited his personality. He's the most serious and masculine of all my angels, but definitely every bit as devoted to helping and healing me. It was his way of helping me get ready to meet the day. I certainly didn't fall back to sleep after that rude awakening!!!

### **Angelic Tidbits**

- ❖ Angels help us not just to exist but to thrive!
- ❖ Angels persevere in helping us
- ❖ Angels lead us towards healthy self-love and self-acceptance
- ❖ Angels delight in helping us find our life's purpose
- ❖ Angels help us realise change is possible

## Chapter 2

### Refurbish the Mind



Having made the decision to change the way you think, half the battle has been fought and won. To see it through though you need perseverance, a great quality to have when you are overcoming negative self-talk. It's important at this point that you don't tell anyone what you're doing because the naysayers will have you flying the flag of surrender before you even begin. Keep it to yourself for the time being and make a commitment to yourself to keep doing the daily exercise included in this book.

Before we begin I would like you to join me in a short prayer:

*Holy angels, I thank you for being present to me.  
Holy Angels, I thank you for your loving help and loyalty.  
Just as you persevere in helping me because you love me,  
I too am persevering in loving myself. I see the value of  
who I am as a child of God and choose to change my  
negative thinking into that way of thinking which sets me free.  
I truly believe you are helping me do this, and it is so.*

Be assured, your angels will help you focus on changing your thought life for the better and for the rest of your life. If ever you doubt this, return to this prayer, and always say it meaningfully. Say it with a deep sense of belief, for we breathe our thoughts into reality if we believe enough. Self-doubt is a niggly that's waiting for a chance, so swipe it aside before a war begins with your mind.

### **The Mental Cleansing and Refurbishment Exercise**

My advice to those of you seeking to cleanse your thinking life is to read this entire book before commencing the daily practice of the exercise I have outlined in this chapter. This is to ensure you understand the whole process and don't start half-cocked, otherwise, you may end up discouraged and not see it through. Reading the entire book will also ensure you understand more fully what you are doing and how you will benefit from it. Likewise, a better understanding will help you obtain the maximum effects.

When I was putting pen to paper, I was initially unsure what to call this daily exercise. However, the angels helped me out. While I was meditating the angels showed me the rooms of a house in which they were dusting and cleaning. After this they began moving the furniture around. That which was worn and unable to be repaired, they tossed into a skip outside. New furniture appeared as if by magic, lavish and eye-catching.

The image shown me was very apt and I decided to call the exercise **The Mental Cleansing and Refurbishment Exercise**. That's what I love about the angels. I'm sure they wanted this book written, and this is an instance of the help they gave me while I was doing so.

This mental cleansing exercise is to be practiced daily. And it's only fair to the discipline of neuroscience, at this point, to mention that it's by putting into action some of its principles that make this exercise so beneficial to the way we think. Additionally, science meets spirituality in this exercise which shows how they can work together without necessarily being opposed.

Firstly, though, I'd like to consider two points about the thinking process. Our brain, the organ we use to think and decide, a process which influences our behaviour and actions, stores thoughts physically. Yes, you heard me correctly. Our thoughts are made up of proteins situated inside our brains. Repeated thoughts of the same kind build up these proteins into thought patterns.<sup>i</sup>

If a thought is unhealthy it can be dissolved and removed over the course of three weeks. How? By reflecting on how it's negatively affecting us, writing about this and what needs to be changed in our thinking. At the same time the unhealthy thought is fading, the new healthy thought is replacing it and growing in the brain (proteins again). Repeated use of the positive thinking that has developed will, after a certain period of time, merge the thought with the subconscious so as this thinking happens automatically. After ridding yourself of a particular thought pattern, spend as long as another two months in practicing this new healthy way of thinking. Being thorough, means lasting success.<sup>ii</sup>

Praying with our angels helps us achieve this in a deeper way as they guide us through the process. They can give us the hunch, the idea, the feeling concerning what we need to work on, and also how to change a thought pattern. They encourage us in this change, help us alter the direction of our thinking to what is good, noble and healthy. We only have to ask for their help and respond to it. And if you're not sure, you do your best. You'll find in time any uncertainty becomes unstuck, smoothed out at the right time.

The Mental Cleansing and Refurbishment Exercise is a three week cycle for each thought pattern needing to be changed. It unearths the negative thought being worked on while simultaneously building a healthy thought in its place. This can be completed in 10-15 minutes a day once you're used to the practice, but I prefer to spend a good half hour. You can do this exercise at any time of the day or night, but you're best to stick to the same time once you have established that routine. I like to do the exercise in the morning as I find it helps prepare me for the day.

### **Week 1 of the Exercise**

Use a diary of some sort when doing this exercise. It's a way to help you own the process, the wonderful changes you're making in your thinking, and gives a sense of pride and achievement. Likewise, you can look back on what you wrote previously. This helps you to reflect on the issues arising, the changes taking place in your thinking, or it can help you see what aspects of the thought still need to be worked on.

**FIRST THINGS FIRST:** Each day sit with a lit candle and offer this time to God and his angels. Close your eyes and thank your angels for being present to you and guiding you through this process. On the first day of the three week cycle ask the angels in the quiet of your heart which negative thought you should work on first. Don't worry if nothing pops into your head. That's okay – just pick one you know causes you bother in your daily life or in your relationships. Perhaps you could pick one around fear or one which causes you to feel resentful. We're all afraid of something or someone, and resentment is another common niggly too.

The thought doesn't have to be verbatim as the wording can change in our interior dialogue from one day to the next. That's what can make a specific thought difficult to pin down and

they can hide in a sea of other related thoughts and nuances. Thus, the resulting thought to be worked on may emerge more as a 'theme'. Instead of 'I'm always getting sick' (a verbatim thought) which you know to be exaggerated or untrue, it could come to you as the notion of having unnecessary health concerns. You can then personalise it by saying, 'I have unnecessary health concerns'. This provides or represents the unhealthy thought to be eradicated. Regardless, try to be as specific as you can and stay focused. The angels will help you do this if you ask them.

While doing this, take your time and don't judge yourself. This futile thinking will only cause you to feel guilty and bad about yourself. Instead, rejoice! You're about to be set free of a tiresome, bothersome, toxic thought which has plagued you for weeks, months, or years. With a little time and effort, the ghost will be made homeless and a new and health lodger will take its place.

If you don't feel the angels have revealed a negative thought to you, which one stands out the most? Which one comes to mind that you know causes you the most upset or worry? Just focussing on this can be the way the angels point out what needs addressing. After that, if you still find one hasn't come to you, then it's okay to go ahead and pick one. Perhaps the angels want you to use your initiative more.

Once a negative thought has been revealed or picked, make the decision this is the negative thought you're going to work on and eradicate from your life over the next three weeks. Neuroscientists believe it takes this long to melt away an unhealthy thought. Just imagine all that negative protein stuff dissolving in your mind, being swept away by the electromagnetic activity of your brain. If you ask me, the fact this can happen is, in itself, a miracle!<sup>iii</sup>

Every day of week 1, talk to the angels about this unhealthy thought. Ask them how it has affected you in your life. Reflect on this with their help. Here are some questions to ask yourself and your angels which will help you do just that:

- How has this unhealthy thought affected my mind and body?
- Has it influenced how I relate to myself and others?
- Does it make me question my belief in God and his love for me?
- In what way does it have a hold over me and my behaviour?
- Does it help me be negative in other areas of my life?
- Do I take some kind of twisted pleasure in this way of thinking?

- Do I use it to justify how I live, how I treat myself or others?
- Is there a specific person or situation which exacerbates this negative thinking?
- How could I think and behave differently?
- Would I find more meaning in my life and relationships if I did so?
- What would it be like to be free of this thought?

Ask these questions of yourself and the angels slowly, and pause for several seconds before asking the next one. It's amazing what can come up and in what direction the angels can take you. You are embarking here on an exciting journey of self-discovery. Be enthusiastic about the process.

It may seem a bit repetitive to ask the same questions each day but our mental state and levels of awareness varies from day to day. Some days we concentrate better. Other days we're more focused and less distracted. Conversely, we could be tired, agitated, upset.

However, if you want, you can divide the questions up and pick a few questions to reflect on each day of the first week. Additionally, once you're used to doing this exercise, feel free to add more questions on which to reflect. But initially, stick with the questions provided.

The marvellous thing about all this is we can change a thought by bringing it into our conscious mind. It becomes what neuroscience calls malleable, pliable. This means the way we think can be changed. Nothing is written in stone. Once the toxic thought is jettisoned, the healthy thought we have simultaneously been building on over the three weeks has replaced the negative. Again, be aware to use your new, healthy way of thinking as often as you remember until it sinks into the subconscious after another two months. Afterwards, this new way of thinking becomes automatic.<sup>iv</sup>

**WRITE DOWN YOUR THOUGHTS, IMPRESSIONS, ANSWERS:** Take a moment to help process what you're thinking and then write down what comes to mind in your diary. You don't need to write too much. You have twenty-one days to paint the picture. Write what's meaningful and only in relation to what's related to the toxic thought. Don't get side tracked.

Talking with the angels can help you stay focused. Ask them to reveal the truth to you, to help you to be honest with yourself. You can do this without any qualms. After all, it's only you who'll be looking at what you wrote.

While reflecting on the negative has you appreciating its effect on you, writing it down makes it more real. It also helps you focus on what you will be removing from your brain and mind, **AND** what you will replace it with. Nature and super-nature abhor a vacuum. You must replace the toxic thought with a healthy one. That's why some questions you think on are concerned with being free of the toxic thought. This provides hope: **you can think differently and with lasting effects.**

Remember, God has blessed us with a mind. It's our mind that's spiritual, the seat of our personality, our soul. Thus, it's our mind that controls our brain; not the other way round. And this is marvellous. It means our genes and DNA are not written in stone. They can be altered to benefit us. This daily exercise is one such way of doing this, especially if Heaven is involved in the process. So ask the holy angels for help at each step of the exercise.

**TAKE A PEAK:** Now, have a look over what you've written and ask the angels to help you make sense of it. Sometimes, you'll notice this happens fairly naturally; other times you'll find you have to be more disciplined. Each day is different. The important thing is you stay focused and try. The angels will do the rest if you invite them into the process.

I've noticed that certain negative thoughts being dealt with can invoke confusion, uncertainty and sadness – even anger. Don't worry if this happens. Give yourself a hug and imagine your angels are doing the same to you, comforting you. This is a good thing; it means the mental cleansing is working deeply and is involving the healing of memories.

Conversely, there will be days when you're full of joy and excitement as you feel yourself being set free from your toxic thinking. And it truly is a wonderful feeling when you experience God setting you free with the help of his angels. This is a big part of walking with God: jettisoning the negative and adopting the healthy and positive. In other words, being open to changing and becoming more like Him. What a liberating feeling, and God and His angels rejoice with us as we undertake this practice and move forward!

**AFFIRMATION:** An important part of the exercise is finding an affirmation you can use throughout the day. Look over what you've written to help you devise an affirmation ( positive thought) for the day . Angels are great at helping us pick affirmations and they'll help you keep them simple and to the point. So ask them to help you do this. When you have one, say the affirmation as many times as you can during the day, and say it meaningfully like you would a prayer. It's the focusing and meaningfulness that's important.

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