

# ANGEL CONNECTION JOURNAL

A practical guide to receiving angelic support in everyday life

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## Welcome! - your angel is waiting patiently for you to connect

This journal is your invitation to slow down and build a relationship with the loving presence that walks beside you - your Guardian Angel. If you're completely new to the notion of angels, or have some experience of these beautiful beings of light, this journal can help you discover, or deepen your connection.

Inside, you'll find space for gentle practice, reflections and affirmations to help you open your heart to angelic guidance in a way that feels safe, easy and deeply personal.

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## **Firstly, what does it even mean to ‘connect’ with angels?**

Connecting with angels is about leaning into their presence. It means opening yourself to the simple truth that you are never alone - that there is always a loving divine energy around and within you, gently guiding you. It's less about dramatic visions or mystical experiences and more about quiet reminders, inner nudges, and feeling safe and supported in everyday life.

Angels see your inner light - they recognise you on a soul level, and know your soul gifts and purpose. They want to help you with everything, so angel connection is a invitation to sense them and experience yourself how they always see you; as worthy and loved unconditionally. They reflect your highest self - the part of you that already knows you're divinely guided and capable of receiving all the abundance you desire in life.

Angels can help you find and feel the magic of your soul, and guide you towards what truly matters, rather than being driven by fears or external demands. You start to shift towards your true life path in a way that feels right for you. Once you start to communicate with Angels, they can offer insight, clarity and direction, especially if you feel alone or lost in life.

## **How do you know if angels are trying to connect with you?**

You don't need to force, or chase messages and signs. In fact, the harder you push for them, the further away they become. Angel connection is about quiet listening, trusting and becoming receptive to the signs and synchronicities. Guidance often arrives as a soft knowing or a peaceful nudge. There's no perfect way to connect, it's unique and personal, like building a friendship. Follow what feels comfortable and right for you. Angels know what way is best for you to receive their energy. They'll work through your strongest senses.

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You might be unsure if your guardian angel is with you as it's not always obvious. And believing in a higher power of divine love and light to guide you may not be easy at first. Opening your heart and trusting yourself to receive their *subtle* guidance is worth the effort. When you give yourself time, the signs, intuitive thoughts or feelings filter down. You can then respond to life in a way that honours your true self.

When angels connect it's always done through peaceful presence, never pressure. You shouldn't feel fearful, anxious, or confused. They contact you in a way that feels calm, loving and gentle. This special divine relationship is based on co-operation - your angel works with you (not for you), and co-creation - a deepening of your connection to allow for a spirit-led, soul aligned life to unfold.

Angels don't just appear during fancy rituals, or near-death experiences, they meet you in *daily life*. In every day, ordinary moments with a comforting thought, an internal whisper of knowing, a sense of warmth, feelings of peace or deep love, clarity, song lyrics or an image at the right time, a symbol or sign, a moment of ease, a breath of reassurance, a wave of joy, someone unexpectedly offering words of inspiration or reassurance to you when you need them most.

If you open your heart and quiet your mind, you begin to sense a supportive presence that helps you feel lighter, calmer, and more sure of your path. You feel safe and loved. It's a gentle relationship built on trust, stillness and everyday moments of awareness.

### **Let's begin!**

Take your time. There's no rush, no right or wrong way to do this. It's a personal journey of discovery through moments of simple awareness. The angels are already with you - this journey simply helps you notice. And noticing can be fun!

The journal is designed to help you connect with your Guardian Angel. I recommend starting this process in the morning so you have all day to practice awareness and

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reflect on your experiences. However, you can use it in whatever way fits your lifestyle best. To develop a meaningful connection you do need to tune in, to notice, and this usually takes regular practice. It's easier if you approach it with a sense of joy and playfulness. Celebrate the wins - all the little moments of magic soon add up. Please don't give up if you're not noticing any connection immediately. It can take time, especially if there's been no awareness or communication with your angel before. Trust that your angel's right there with you. Ask them to show you, and receive with an open heart.

When setting your intention it doesn't need to take a lot of time, just give yourself some privacy. You don't need a fancy 'angel altar', complicated ritual or sacred space. It can be as simple as lighting a candle, sitting in nature, or having your favourite relaxing music playing. Take a slow breath and let yourself relax. Remember, there's no need to search for the "right" answer, message, or sign - just have calm awareness and accept that the signs don't always come in the way you expect!

### **1. Morning intention:**

(what do I need - what am I looking for today? - what messages of love, healing, insight or guidance might be helpful to me?)

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**2. Angel Prayer or affirmation:**

(write a short prayer or angel affirmation. For example, “Dear angel, I welcome your presence into my life. In love and light only, I ask for your guidance throughout this day. Help me receive the signs that I need most, thank you”)

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**REFLECTIONS**

**3. Signs I noticed today:**

(e.g. any symbols, feathers, numbers, orbs/light, intuitive ‘nudges’, song lyrics, words of comfort delivered when I needed it most)

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What signs comfort me the most? Why is this?

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**4. How I felt:**

(what did I notice - thoughts, feelings, physical sensations, mental 'images' or impressions, sounds)

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**5. Angelic Support:**

(What one small way did I feel supported, reassured or comforted today)

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**6. Gratitude to my angel for being with me:**

(Note gratitude for their presence - any signs, messages, guidance received, or moments of joy. Expressing gratitude opens the heart to receive angelic presence more easily.)

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***Note to self - The connection with my guardian angel isn't a one-time experience. It's a relationship that grows through practice, simple moments of awareness and opening my heart and mind to their beautiful presence. Every intention, prayer, or thought of gratitude strengthens that bond. Even on days where I feel distant, I trust my angel is still beside me, always ready to remind me of their love and support.***

When you open your heart and quiet your mind you can be more receptive to gentle angelic guidance, wherever you are in life. As you reflect, notice any moments where you felt calm, reassured or lovingly guided, even in small ways. This is the quiet whispers of connection already at work. Consistency builds clarity and trust.

When connecting with angels, you are surrounded by light and the unconditional love frequency of Source . You are always safe when holding this intention.

**Affirmations:**

*"My angel walks beside me, reminding me that I am safe, supported, and never alone"*

*"I am always guided and supported by my guardian angel"*

*"I open only to the divine light"*

*"I trust myself to receive the clearest and highest guidance of my Angel"*

*"I trust the angel light guiding my path"*

*"I am guided by divine love in all things I do today!"*

*"Thank you angel for guiding me today"*

*"Thank you angel for supporting me with....."*

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***Ask yourself: If I trusted that angels were walking beside me today, what would I do, or think differently?***

As you complete this journal, know that connection doesn't end here - it continues with every intention big, or small that you make to receive angelic communication. Return to these pages whenever you're in need of guidance, or to remember you are supported. You can build a regular practice with this journal over several days to track your experiences, and reflect on your progress.

I trust these pages have brought you some encouragement, comfort or clarity. You're welcome to stay connected and explore future offerings, or join me for a 1:1 angelic healing & guidance session when you feel called. I also hold monthly remote group angelic healing sessions which are a great way to start experiencing the energy of Archangels.

**May your path ahead be blessed by the angels,**

With love,

Ula x

Find more at [www.ulaboyle.com](http://www.ulaboyle.com)

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