



The
Angel
Therapy®
Handbook

Also by Doreen Virtue

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The
Angel
Therapy®
Handbook

DOREEN VIRTUE



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*To God, Holy Spirit, Jesus,
the archangels, and the angels.*



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Introduction



The Beginnings of Angel Therapy®*

As a child, I connected with angels whenever I felt lonely, sad, sick, or afraid. They appeared as dancing colored lights, similar to large Christmas-tree bulbs, which would gracefully move around me. I'd feel their presence as other-dimensional, and I'd hear beautiful otherworldly musical tones. The only thing I understood about angels was that they were comforting.

I was raised in a nontraditional Christian household where we combined the study of Jesus's healings described in the Bible with positive affirmations and visualizations. My parents used these tools for help with everyday living. For instance, when we needed a vehicle to replace our existing old clunker, they asked my brother and me to visualize that we had a new family car parked outside in the driveway. My dad even bought a small toy model of the one that he wished to manifest (which he covered in brown

*Angel Therapy, Angel Therapy Practitioner, ATP, Angel Intuitive, and Angel Therapist are internationally trademarked terms. Only those who have been certified in Dorren Virtue's Angel Intuitive or Angel Therapy Practitioner courses are licensed to use these terms.



paint, because that was the color he wanted). Shortly thereafter, we *did* have that new brown car exactly as we'd visualized.


I remember my mother using prayer to heal our childhood illnesses and injuries. She'd also pray over our broken washing machine and car until they worked again. These prayers were solely directed to God and Jesus. Angels were only part of our vocabulary during Christmas and Valentine's Day, and even then they played minor roles.

The angels introduced themselves to me throughout my childhood. In addition to the comforting dancing-light visitations, I had vivid dreams that I recall to this day in which a wise man toured the world and other planets with me. My strongest memory was when the sage took me to a place that he called the equator and showed me a big river of bright fiery lava flowing through it.

Then when I was about six or seven years old, I was walking along the sidewalk in front of my family's church, on my way to attend Sunday school. Suddenly, the other-dimensional angel energy seemed to whoosh through my body. I felt myself fly high above the sidewalk, and I was shocked to look down upon myself! I saw my body standing still below me. Time seemed to stop momentarily, and a disembodied male voice asked me to observe myself. Then he said:

"This is your purpose, this separation of mind and body."

Just as suddenly, I was back in my body, feeling confused as to what had just occurred.



Throughout my life, I had visitations from angels. I also clearly saw people who others said weren't there. I now know that I was mediumistic at a young age.



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I was teased for being weird and different. A shy, sensitive child by nature, I rarely shared my odd experiences with others, in order to avoid additional ostracism.

I had lots of private conversations with my guides, though. As an example, when I spent too much time partying as a young adult, they clearly told me that I was wasting my life as if I were throwing it into a trash can. That had a big impact upon me and caused me to clean up my act. When I resumed drinking wine a few years later, I heard a voice clearly say to me, "Quit drinking and get into *A Course in Miracles!*" I followed this advice, to my benefit and pleasure.

During times of trouble, my guides would step in with lots of help. For instance, as a young mother, I struggled with finances. Yet each time I needed money for bills or food, it would magically appear. I'd either find \$100 on the ground or I'd win contests, always in the nick of time to feed my family or pay the rent.

The angels helped me adjust my life so that I felt fairly healthy and happy. Still, I only told my closest family and friends about the visions and Divine guidance I received.

I put myself through college part-time, while working as an insurance secretary during the day and raising my two sons. It was a lot of hard work, but I felt guided to study psychology. So I persevered. Eventually, I graduated from Chapman University in Orange, California, with a B.A. and M.A. in counseling psychology. While going to college, I began volunteering at a CareUnit alcoholism and drug-abuse inpatient center in Palmdale, California. Eventually, the CareUnit hired me for a full-time counseling position.

I left the CareUnit to become a director at the Teen Alcohol and Drug Abuse Center (TADAC) in Lancaster, California. But since my passion was eating-disorder counseling, I eventually left TADAC to work under Dr. John Beck, a local psychiatrist. Dr. Beck helped me open an outpatient eating-disorders center called Victory Weight Management. There, I developed a successful practice

helping compulsive overeaters lose weight through counseling, visualization, and affirmations. I also gave my clients “readings,” but didn’t let them know that I was psychically receiving information for them.

I compiled my case studies into a book called *The Yo-Yo Diet Syndrome*, which my William Morris agent sold to HarperCollins Publishers. This set me on the busy path of giving media interviews and talks about eating disorders. Eventually, my tour schedule got so full that I no longer had time for my practice and the center. A therapist who worked with me took over the latter; and I spent my time writing, researching, and lecturing.

I continued authoring psychology books and articles about eating disorders and relationships. I also frequently appeared on TV and radio talk shows such as *Donahue*, *Geraldo*, *Ricki Lake*, and others of that genre. I traveled so much that the people at the LAX United Airlines ticket counter knew me by name when I’d walk up, which is remarkable considering they see thousands of customers daily.

Yet despite my apparent worldly success, inside I felt hollow. It seemed that I was missing the mark of my life purpose. Sure, I was helping people. But it wasn’t “it.” I worked at a couple more hospitals and clinics, but felt like a hamster running on a wheel who never could catch up with myself. I felt out of sorts, but unsure of what to do to feel better.

I thought that maybe a private practice would better suit my disposition. I left the clinics and hospitals, and began conducting my sessions over the telephone and in person. I did feel somewhat happier, but the emptiness persisted. I recognized the feeling as one of “existential angst,” where you’re searching for a sense of meaning and purpose . . . reassurance that what you’re doing is meaningful.

I kept receiving the inner guidance to teach spiritual topics, which I resisted because of childhood memories of being teased



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for being weird. So, I compromised by incorporating some spiritual principles into the books and articles I wrote. But generally, I kept up the appearance of “normalcy,” while privately dealing with my increasingly anxious feelings that something was missing from my life.

Well, some people need to “hit bottom” in dramatic ways as a wake-up call to listening to their inner guidance. At that time in my life, I was one of those people! On July 15, 1995, I got *my* wake-up call, which forever changed my life.

I was getting dressed at my home in Newport Beach, California, when I heard a loud and clear male voice speaking into my right ear. It said: “You’d better put the top up on your car or it will be stolen.”

I knew what the voice meant. My white 325i BMW automobile sat in the garage with its black cloth roof down, exposing the white upholstery of the interior. With its top down, the car was flashy and attention getting. But with its oxidized top up, no one looked twice at it.

I never second-guessed the voice’s reality or thought it odd to have a conversation with a disembodied voice. Instead, I told the voice that the electric motor that controlled my car’s top was broken. So I had no way of putting it up.

Instead of arguing back, the voice simply repeated itself: “You’d better put the top up on your car or it will be stolen.” When I again told the voice that I couldn’t pull the top up manually, it simply said, “Then have Grant do it.”

I was stunned, and suddenly felt like I was in a fishbowl. The voice, the angel, knew that my then-14-year-old son Grant was in his bedroom at that moment. And truthfully, Grant probably could have dragged the top into the up position.

But the whole thing made me feel fidgety, and besides, I was running late for church. So I said good-bye to Grant and ran out of the house, saying silent prayers of protection along the way.

While driving to the church, I visualized my car surrounded by white light. I now know that this invocation is a way of asking the angels to protect you, since angels *are* intelligent and living beings of white light.

As I drove along Lincoln Boulevard in the city of Anaheim, I felt a heavy negative energy, as if someone had poured toxic paint over me and my car. My first thought was *I've been spotted!* exactly like prey in the gun sight of a hunter. I prayed harder as I pulled into the church parking lot.

I parked my car; grabbed my keys, purse, and a tape recorder I'd brought to record the church messages; and stood up. I then heard a loud male voice behind me scream expletives and demand my car keys and bag.

I turned to face a scowling man, pointing what looked like a gun at me. Behind him another man stood beside a car with its engine running.

I quickly noted that the man closest to me was significantly shorter than I was. His eyes were wide with fear. I intuitively knew that when he first spotted my car, he hadn't expected me to be so tall (I'm nearly 5'9" and wore high heels that day), and that he already felt anxious about what he was doing.

I also realized that if I gave him my keys as he was demanding, I'd suffer financially. You see, my car was fully paid for, so I only carried liability insurance. I didn't have any coverage to reimburse me for theft of the vehicle, so I was determined not to lose my automobile!

The voice of the angel who had spoken to me earlier returned. It said, "Scream with all of your might, Doreen!" This time, I didn't argue with it, and I screamed as loud as I could, with a sound emanating from deep in my belly. It felt primal, as if I'd accessed an inner cave woman. I watched the man's eyes grow wider as he backed away from me.

I thrust my tape recorder at him, and continued screaming



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until a woman in the parking lot sitting in her car looked up and noticed the situation. She leaned on her horn to attract help, and hearing this, people ran out of the church. As the parking lot filled with witnesses, the men leapt into their getaway car and sped away.

I fell to my knees in shock and gratitude. I was still alive. I still had my car and my purse. My head spun as I realized that the disembodied voice had known, one hour before, that I would be threatened. How did it know this?

Kneeling in the parking lot, I profusely thanked God for protecting my life and my possessions. I felt humbled that I'd needlessly walked right into a life-endangering situation after ignoring the angel's warnings. I vowed to listen to my guidance from then on! My guidance was clear: teach as many people as possible, as quickly as possible, that the angels were real.

The next day, July 16, 1995, I was scheduled to give a brief talk and sign my book *Constant Craving* at a health-food convention in Las Vegas. Instead of wearing my then-typical business suit, I donned one of my favorite "goddess gowns" and wore a crystal necklace. I was ready to come out of the spiritual closet publicly and show who I really was!

I also began speaking about angels to the clients in my private practice and to the editors of my magazine articles. I told media producers that I could only appear on their television and radio shows if they'd let me talk about God and the angels. The producers of the Leeza Gibbons, *Donny & Marie*, Roseanne Barr, and *The View* shows agreed. Everyone else seemed to remove my name from their Rolodexes. Nonetheless, I stuck to my agreement and followed my guidance to teach about angels.



My clients seemed to move through their emotional issues rapidly with the help of the angels. A woman named Martha was particularly memorable: I'd been trying to help her (with traditional counseling) to overcome compulsive overeating for nearly a year. A Southern California elementary-school vice principal originally from Northern California, she was the first college graduate and administrator in her family, which was a real source of pride.

One day, Martha fell at work. Her doctor recommended back surgery, which she tried to delay due to fears about anesthesia and health repercussions. Martha tried chiropractic, massage, and Reiki to heal her back, but the pain continued, to the point where she was bedridden and could only walk with a cane.

After the attempted carjacking, I started to bring angels into my sessions with every client, and Martha was no exception. Days before her scheduled back surgery, I said to her, "If you could hear your angels talk to you about your back, what do you think they'd tell you?"

I'd already heard her angels' messages, but they had guided me to teach Martha how to hear them herself. They said to me, "If you tell her our message, she won't believe you. But if she hears it herself, she will believe and follow it."

Martha balked, and protested, "Oh, I don't think I can hear my angels!"

I was guided to gently coax her: "Martha, if you *could* hear your angels, what do you imagine that they'd say to you about your back?" The angels told me that couching the question as an imaginative venture would help Martha relax, even though the message would be quite real, *not* imaginary.

Martha sighed and whispered her reply: "I think they're saying that I'm in the wrong job, and I live too far away from my family."

Now it was my turn to sigh, because that was exactly what I'd also heard! I felt, heard, and saw the angels applauding both



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Martha and me. I'd helped someone hear her angels!

The message was quite valid, as Martha had complained about the harsh political climate of the school where she worked. Yet, she was terrified of quitting, since everyone in her family was so proud of her career!

She obtained a release from her doctor, which allowed her to fly home for a visit. The minute she stepped off of the airplane, she was able to stand upright and walk without the cane, which she'd previously depended upon. Martha felt so good in the company of her family that she decided to look for work in the neighborhood.

She submitted a résumé to the local elementary school, and within two weeks, she was hired as the principal! This was a promotion over her previous vice-principal position. Martha happily accepted the job, canceled her surgery, and moved near her family. To this day, she's happier and healthier because she followed her angels' guidance.

Similar positive outcomes occurred with my other clients as we received and followed messages from their angels. I also received angelic instructions about healing methods, which yielded remarkable results for my clients and me.

I began writing about these angel messages and decided to ask my publisher, Hay House, if they were interested in publishing this material. Up until that time, I'd submitted lengthy proposals to formally ask the company to please consider a new book of mine. This time, I was guided to just send a one-paragraph e-mail description of the new book with the title *Angel Therapy*. Amazingly, Hay House's president, Reid Tracy, immediately agreed to publish the book, although neither he nor I knew what it would comprise.

As I was writing *Angel Therapy*, though, I experienced terrible headaches, which is a symptom I normally never have. As had become my new custom, I asked the angels for guidance. They told me that because I was channeling high-vibrating angelic



messages for the book, my low-vibrational diet was causing a clash of vibrations similar to a weather-system storm.

The angels showed me that my high consumption of chocolate every day was keeping my vibrations particularly low. They explained that my cravings for this substance were actually an indication of an appetite for love, but that I could only receive true love energetically and not through food.

I didn't know what to do, though, since I had daily cravings. So I appealed to the angels for help. Archangel Raphael, who is the angel of healing, appeared before me and held his stubby index finger between my eyes. I felt and saw bright green light waves being absorbed into my forehead. It was pleasant, like a very gentle massage.

The next day, I had no chocolate cravings. That was in 1996, and I haven't desired or eaten chocolate since. To me, this was a miracle, since I'd consumed it daily most of my life! (And P.S., my previously chronic acne cleared up as a result of my chocolate-free diet.)



Each time I learned a new angelic healing method, I'd use it to help my clients. Although I'd once feared public ostracism for so openly speaking about angels, the reverse happened and my schedule became jam-packed with clients and speaking opportunities. My reading calendar got booked up nearly three years in advance! I realized that unless I took control of my schedule, my calendar would become progressively filled—indefinitely into the future.

So I went for a walk to the beach and prayed about the situation. I turned everything over to God and said, "I trust that You know the perfect solution to balancing my schedule." I immediately got a





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vision, and the knowingness of what to do: I was to start teaching *other* people how to conduct angel readings and therapy.

My courses were originally called Certified Spiritual Counselor workshops, and then later I changed the name to Angel Therapy Practitioner® workshops. I also initiated a modified program called Angel Intuitive®, which I only teach in Australia.

So, this is a handbook covering the methods and messages that I teach in my courses. Some of the material in these pages is extracted from my other works in an effort to make sure that this is a thorough overview of Angel Therapy. My prayer is that this book will be a resource to awaken you to your clear connection with the Divine and lead you upon the path of your life purpose.

With love,

Dorzen Virtue



CHAPTER 4



Talking with Angels

Since you (like everyone) have guardian angels, and because scientific studies show that intuition is an inherent human characteristic, you *can* have clear conversations with your own and other people's angels. The first step is to address any fears so that they don't hinder your Divine connections.

In my experience teaching angel-communication classes worldwide since 1996 to thousands of people of all ages and backgrounds, I've found that being afraid is the main factor that blocks us. Instead of ignoring the fears, though, it's best to acknowledge and confront them. That way, they won't have power over us.

Here are the most common fears (posed in the form of questions) that people face when they decide to speak to their angels. As you read the following information, notice if it triggers any bodily reactions within you, or any recognition of "This sounds like me!" Give any fears you encounter to Heaven by imagining that each one is surrounded by a ball of light, which you pass to the angels who circle you now. Feel the release





as you hand over these concerns. (We'll work with other fear-releasing methods later.)

1. **“Is it blasphemous to talk to angels?”** This fear stems from some organized religions' interpretation of spiritual texts. If you truly believe that you should only speak with God, Jesus, or some other spiritual being, then don't violate that belief. To do so would cause unnecessary anxiety, and we certainly don't want to add to that negative emotion.

However, do consider this: The word *angel*, as stated earlier, means “messenger of God.” Angels are gifts from above who act like Heavenly postal carriers, bringing messages to and from the Creator and the created. They operate with Divine precision in delivering trustworthy guidance to us. And just like with any gift, the giver (the Creator) wishes us to enjoy and use it. The Bible and other spiritual texts are filled with positive accounts of people talking to angels, and this natural phenomenon carries into the present day.

2. **“What if I don't receive a message?”** The number one reason why people become blocked with respect to angelic communication is that they try too hard to make something happen. Usually, that strain comes from the underlying fear that they won't be able to hear their angels, or that maybe they don't *have* any guardian angels.

When you contact Heaven, your experience will be influenced by your underlying beliefs. Holding fear-based thoughts will block you from clearly hearing your angels. However, maintaining an optimistic outlook will sharply enhance your angelic connections. The bottom line is: Don't push, strain, or try to force anything to happen. Let God and the angels do all the work of sending you Divine messages. Your job is simply to be receptive and to notice all of the impressions (thoughts, feelings, visions, or words) that come to you.





3. **“What if I’m wrong or just making it up?”** True Divine guidance is uplifting, inspiring, motivational, positive, and loving. Angel messages always mention how to improve something: an outlook, one’s health, relationships, the environment, the world, and so on. Angels generally repeat the directive through your feelings, thoughts, visions, and hearing until you take the advised action. If you’re unsure if a message is real or not, wait a while, as true Divine guidance occurs again and again, while false guidance eventually fades away if ignored.

Watch out for the very common “impostor phenomenon,” in which the ego tries to convince you that you’re not qualified to talk to angels and that you don’t have intuitive or psychic abilities. Know that this message is fear and ego based.

4. **“Isn’t it better for me to learn life’s lessons on my own?”** Some people feel that they’re “cheating” by requesting Divine intervention. They believe that we’re supposed to suffer in order to learn and grow, and that we’re responsible for getting ourselves in and out of jams. Yet the angels say that while we can grow through suffering, we can do so even faster through peace. And our peacefulness inspires others in ways that suffering cannot.

The angels won’t do everything for you, though. They’re more like teammates who ask you to pass the ball as you collectively move toward each goal. As you ask them for assistance, the angels will sometimes create a miraculous intervention. But more often they’ll help you by delivering Divine guidance so that you can help yourself.

5. **“How can I be certain that I’m really speaking to an angel?”** God and the archangels, ascended masters, and angels all speak with loving and positive words. Their sentence constructions involve *you* and *we*, as would those of anyone who was talking to you (while the ego will put the word *I* at the beginning





of every statement). Your departed loved ones will use phrases, words, and mannerisms that are similar to those they employed when they were living.

If you ever hear negative words from anyone, living or passed, stop talking to that being and immediately pray for the assistance of Archangel Michael. He'll escort lower energies away and protect you from negativity.

Talking with angels is a pleasant, uplifting experience. Whether you hear them, see them, feel their presence, or receive new insights, you'll certainly enjoy connecting with them.

Handling and Healing Ego-Based Fears

Occasionally, you may doubt the validity of your angelic messages. When this occurs, the angels can help buoy your faith in your spiritual-communication abilities. Here are some tried-and-true methods for handling and healing these fears and insecurities:

— **Ask for a sign.** Even though you may be unsure about whether or not you're hearing your angels, rest assured that they hear *you*. So when you doubt yourself, ask your angels to give you a sign verifying the validity of their messages. You can convey this request mentally, verbally, or by writing it in a letter. Don't tell the angels how you want your sign to appear—just ask them to give you a clear one that you can easily recognize, to assure you that you've correctly heard their messages.

Then, be extra alert for unusual happenings related to the topic of your angelic communications. For instance, if you asked about a particular person, you may hear songs that you associate with that individual, or you might meet people with the same name.

Generally, if you hear, see, think, or feel a message three times or more, it's a sign.





Talking with Angels

— **Ask for help.** Conversational skills are no different with angels than with living people, in that you must make your needs clearly known. For example, if someone were to talk to you in an inaudible whisper, you'd ask that person to speak up. Or if someone wasn't making sense or was using cryptic language, you'd ask for a clarification of his or her meaning. Don't be afraid to do the same with your angels.

If you can't hear the angels, request that they speak louder. If you don't understand their messages, ask them for additional details.

— **Make sure you really want to communicate.** If you're afraid to communicate with an angel or deceased loved one, then you won't allow it to happen. And Heaven doesn't want to frighten you by forcing messages upon you. Have an honest talk with yourself and your angels to make sure that you truly wish to see and hear them.

— **Turn it over.** Don't carry your doubts single-handedly! Instead, give them to your angels. To do so, you can inhale deeply, and imagine blowing your fears to your guardian angels on the exhale. Or, envision handing over a bubble of fear. They'll take your worries to the Divine light for transmutation, and leave only the lessons and the love. You can also write a letter to your guardian angels about any concerns and ask for their assistance.

Remember: it's not whether you have fears, but how you handle them that counts.

— **Call upon Jophiel.** As explained in Chapter 2, this archangel's name means "beauty of God." One of her roles is to beautify your thoughts so that they're steered away from worry and pessimism, and toward faith and optimism. When you notice your thoughts spiraling into "Ain't it awful" patterns, call upon Jophiel to boost your point of view. Simply think, *Jophiel, please*





help! and she'll immediately come to your assistance. Please note, however, that if you work with Jophiel, she'll also urge you to beautify your living and work spaces as well. So don't be surprised if you suddenly become motivated to organize your closets!

— **Easy does it.** Be sure that your shoulders are relaxed and that you're breathing deeply while contacting your angels. A relaxed mind and body are the gateway to your psychic higher self. Straining, pushing, or trying too hard to hear the angels puts you into the "unpsychic" lower self of the ego.

If you get uptight during an angel reading, take a moment to center yourself: Close your eyes, let go of time worries, and take three very deep breaths. Picture a beam of white light coming through the top of your head and into your body, magnetizing any stressful energy. Mentally call upon your angels to assist you, and then begin or resume your angel reading.

— **Check your lifestyle.** One reason why angels commonly urge us to improve our food choices, sleep patterns, and exercise habits is because lifestyle affects psychic and intuitive awareness. A heavy chemical-laden diet, along with poor sleep and inadequate physical-fitness routines, clouds thinking abilities and lowers energy levels. Eat, sleep, and exercise for optimal mental alertness, and you'll find that your angelic transmissions greatly improve. Typically, this means adopting a predominantly vegetarian, gluten-free diet, drinking lots of water, avoiding chemicals, setting aside sufficient sleeping time, and working out regularly. Your angels will give you details about the best lifestyle for you if you ask for their guidance. And when angels ask you to change the way you're living, their repetitive advice is difficult to ignore!

— **Practice, practice, practice.** Ultimately, as with any skill, practice helps you develop confidence in your abilities to com-





Talking with Angels

municate with Heaven, so don't get discouraged if your first few attempts don't yield immediate success. Instead, take an adventurous attitude toward working in harmonious partnership with your angels.

Keep notes in a journal related to your angel-communication sessions. You'll soon notice the accuracy with which your angels predict your future, and guide you in making life-affirming choices. You'll also notice important patterns among your angel messages, which can be a form of Divine guidance in themselves.



CHAPTER 5



The Four “Clairs”

Because you have guardian angels with you continuously, you receive angelic messages every moment of every day. The question isn't *whether* your angels talk to you, but whether you *notice* their communications. That's because angels may speak to you in ways that differ from your expectations.

Angels, along with other Heavenly beings, communicate in four ways:

1. **Through visions:** This applies to things that you see mentally or with your physical eyes; what you see in dreams; signs that appear before you; seeing flashing or sparkling lights; sensing light orbs in photographs; seeing moving objects; or noticing number sequences repeatedly such as 444 or 111. This is called *clairvoyance*, which means “clear seeing.”



2. **Through feelings:** These are emotions that come out of the blue, such as joy, excitement, and compassion; physical sensations disconnected to the physical world, such as feeling suddenly warm or feeling changes in air temperature or air pressure; sensing a spiritual presence; feeling as if someone has touched you; or smelling an essence with no physical origin, such as flowers or smoke. This is called *clairsentience*, which means “clear feeling.”
3. **Through thoughts:** This is when you know something without knowing *how* you know. It can also mean receiving an “Aha!” revelation; being able to fix an item without instructions; having very wise words come through your speech or writings, as if someone else gave them to you; getting a great idea for a new invention, business, or product; and experiencing “I knew that!” thoughts after something occurs. This is called *claircognizance*, which means “clear thinking.”
4. **Through sounds:** This refers to hearing your name called as you awaken; celestial-sounding music from out of nowhere; a warning from a disembodied voice; a conversation or radio/TV program that gives you the exact information you need; a loving message in your mind or outside one ear; or a high-pitched ringing sound. This is called *clairaudience*, which means “clear hearing.”

What’s Your “Primary Clair”?

While the angels talk to us in a combination of the four ways—visions, feelings, thoughts, and sounds—one of these channels is strongest for you. We call this your “primary clair.” The other three clairs amplify and augment this primary means of angelic communication.

You’ve probably heard that some people are highly visual, while others are more auditory or kinesthetic, and so on. This individual style reflects how you take in the material world with your physical senses, as well as how you receive and notice Divine communication.

To discover your primary clair, think about the following scenarios and then answer the question (choose only one response for each):

- 1. When you initially meet someone new, what’s the first thing you tend to notice about the person?**
 - a. The way the person looks, such as clothing, hair, smile, shoes, or general attractiveness
 - b. How you feel around the person, such as being comfortable, amused, safe, and so on
 - c. Whether you find the person interesting, or believe this may be someone who can help you out in your career
 - d. The sound of the person’s voice or laughter



2. Think back on a vacation you took. What stands out most in your memory?

- a. The beautiful sights of nature, the architecture, or something that you witnessed
- b. The peaceful, romantic, restful, or exhilarating feelings associated with the trip
- c. The important and interesting cultural and/or historical information that you learned while traveling
- d. The sweet silence, the crashing surf, the chirping birds, the rustling leaves, music, or some other sound

3. Recall a movie that you truly enjoyed. When you think of that film, what comes to mind first?

- a. The attractive actors and actresses, the lighting, the costumes, or the scenery
- b. The way the movie made you laugh, cry, or moved you in some other regard
- c. The interesting plot, or the life lessons that you or the movie's characters learned during the story
- d. The musical score or the sound of the actors' and actresses' voices

Note your answers to the above questions. Most likely, you've answered two or three questions with the same letter, which signifies your primary clair, or the dominant way in which you process information about the physical and spiritual world.

This is what the answers mean:





The Four "Clairs"

Mostly "a" answers signify clairvoyance. You're a highly visual person and are likely to notice how people, places, and even meals look before you focus on anything else. You're probably very artistic; or if you're not creative in this way, you have an excellent eye for putting together wardrobes, interior design, and such. Visual harmony is important to you, and you appreciate anything that's pleasing to the eye. You probably see sparkling or flashing lights when angels move around you, and you've most likely seen a departed loved one out of the corner of your eye before. You have visions of possibilities, and you have the ability to put these intentions into action.

Your angels speak to you through mental images; signs that you witness with your physical eyes (anything that's meaningful that you see); repeating number sequences (such as 111, 444, and so on); found coins; the sight of butterflies, birds, and colors around people; and other visual means. Trust these visions—they're Heaven's way of speaking to you!

Mostly "b" answers signify clairsentience. You interact with the world through your physical and emotional feelings. You're highly sensitive and may have difficulty dealing with crowds, which can include driving on busy streets and freeways. You sometimes confuse others' feelings for your own. You're very compassionate, and often feel the pain of those around you (sometimes unknowingly). You may overeat or indulge in other addictions to deal with overwhelming feelings. You want to help others to feel happy, and may become a professional helper or form relationships with people who need assistance. You've been teased for being "too sensitive," yet your sensitivity has made you a delicate receiving instrument for Heaven's messages.



Your angels speak to you through your heart and body. You feel joy as an indicator that you're on the right path; dread as a sign that changes and healing are necessary; and fatigue as a clue that you need to take time for rest, play, and self-care. You can tell whether a person is trustworthy or not, and your gut feelings are accurate. You feel air-pressure and temperature changes when communicating with the spirit world, can sense the presence of angels or departed loved ones, and sometimes feel angels brushing your skin or hair. Don't write these sensations off as being "just feelings"—they're how Heaven speaks to you!

Mostly "c" answers signify claircognizance. You're an intellectual who receives direct communication through ideas and revelations. You often know facts (both trivial and important) without having read or heard anything about a particular subject before, as if God has downloaded the information directly into your brain. You're not comfortable with small talk, and prefer deeper and more profound discussions. You may feel uneasy around people, except in one-on-one situations involving a subject of interest to you. You're able to fix electronic and mechanical items without referring to instruction booklets, and you know how to heal people and situations, too. You've most likely been teased for being a "know-it-all." You may be skeptical about angels and psychic abilities, unless you've had a dramatic lifesaving experience that you can't explain away.

Your angels speak to you through wordless impressions that you receive in your mind. You're able to mentally ask for information or help and receive it as Divine instructions that suddenly appear in your thoughts. You receive brilliant ideas for inventions, teachings, and businesses that shouldn't be ignored. The "Aha" moments are clues to when you're connecting with your angels. As a claircognizant, you tend to assume that your knowledge is





The Four “Clairs”

common information. It isn’t—it’s Heaven’s way of answering your prayers and speaking to you!

Mostly “d” answers signify clairaudience. You’re very sensitive to noise, and you’re the first one to cringe at off-key notes or other unpleasant sounds. You can remember song melodies in much the same way that someone with a photographic memory can recall material they’ve read. It’s best if you use earplugs when traveling, as sensitivity to noise makes it difficult for you to sleep or relax on airplanes and in hotel rooms. For the same reason, you avoid the first few rows at loud concerts. When you use alarm clocks, you prefer waking to soft music on the radio rather than loud buzzing sounds.

Your angels speak to you with words that you hear inside or outside your mind. During emergencies, a loud voice outside of one ear warns you of danger. The voice of Heaven, unlike an auditory hallucination, is always loving, to the point, and inspiring—even when it asks you to do something heroic, or function beyond what you believe are your capacities. You’re likely to hear celestial music and your name being called in the morning. Don’t worry that you’re making it up, even if it sounds like your own voice. As long as the voice is loving and asks you to improve a situation, it’s Heaven’s way of speaking directly to you!

Clearing Your Clairs

Surveys that I’ve conducted throughout the world have shown that most people receive angel messages through their feelings. The second-most-common way to communicate with angels is through visions. Fewer people tend to get angel messages primarily through their thoughts or by actually hearing words.

You *can* open your primary clair, as well as the other three, to a greater degree. Some methods for doing so include stating

affirmations such as: “I am profoundly clairvoyant,” “I easily hear accurate and specific messages from the spirit world,” “I clearly understand my angels’ messages,” and so forth. Avoid using negative affirmations—for example, “I’m just not visual,” or “I never receive any messages”—as these can prevent you from further opening your psychic senses. The rule of thumb is to affirm what you desire, instead of what you fear.

Another way to open your clairs is through *chakra clearing*. This involves sending Divine light to the energy centers (called *chakras*, which means “wheels” in the ancient Eastern language known as Sanskrit) in your body that regulate your psychic abilities. The chakras that correlate to each of the clairs are:

- **Clairvoyance:** Third-eye chakra (slightly above the area between the two physical eyes)
- **Clairsentience:** Heart chakra (in the chest)
- **Claircognizance:** Crown chakra (at the top of the head)
- **Clairaudience:** Ear chakras (above each eyebrow)

For a full explanation of chakras and ways to clear and balance them, please see my book *Chakra Clearing* (available from Hay House in hardcover with an accompanying CD).

In addition, the time-tested spiritual practice of working with crystals opens the chakras. Wear or hold the following crystals to heighten each of the clairs (the crystals can be used alone or in combination with each other):

- **Clairvoyance:** Amethyst, clear quartz, moonstone
- **Clairsentience:** Pink tourmaline, rose quartz, smithsonite



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- **Claircognizance:** Sugilite
- **Clairaudience:** Phantom quartz, garnet

In the chapters to follow, we’ll explore each clair so that you’ll recognize the angelic messages that come to you for yourself and your clients. We’ll begin by exploring the world of clairvoyance—which means “clear seeing” or the ability to see the energy of the angels.



About the Author



Doreen Virtue holds B.A. and M.A. degrees in counseling psychology from Chapman University, a Ph.D. in counseling psychology from California Coast University, and an associate's degree from Antelope Valley College. She is a lifelong clairvoyant who works with the angelic realm.

Doreen is the author of *Healing with the Angels*, *How to Hear Your Angels*, *Messages from Your Angels*, *Archangels & Ascended Masters*, *Solomon's Angels*, and the *Archangel Oracle Cards*, among other works. Her products are available in most languages worldwide.

Doreen has appeared on *Oprah*, CNN, *The View*, and other television and radio programs. She writes regular columns for *Woman's World*, *Spheres*, and *Spirit & Destiny* magazines. For more information on Doreen and the workshops she presents, please visit: www.AngelTherapy.com.

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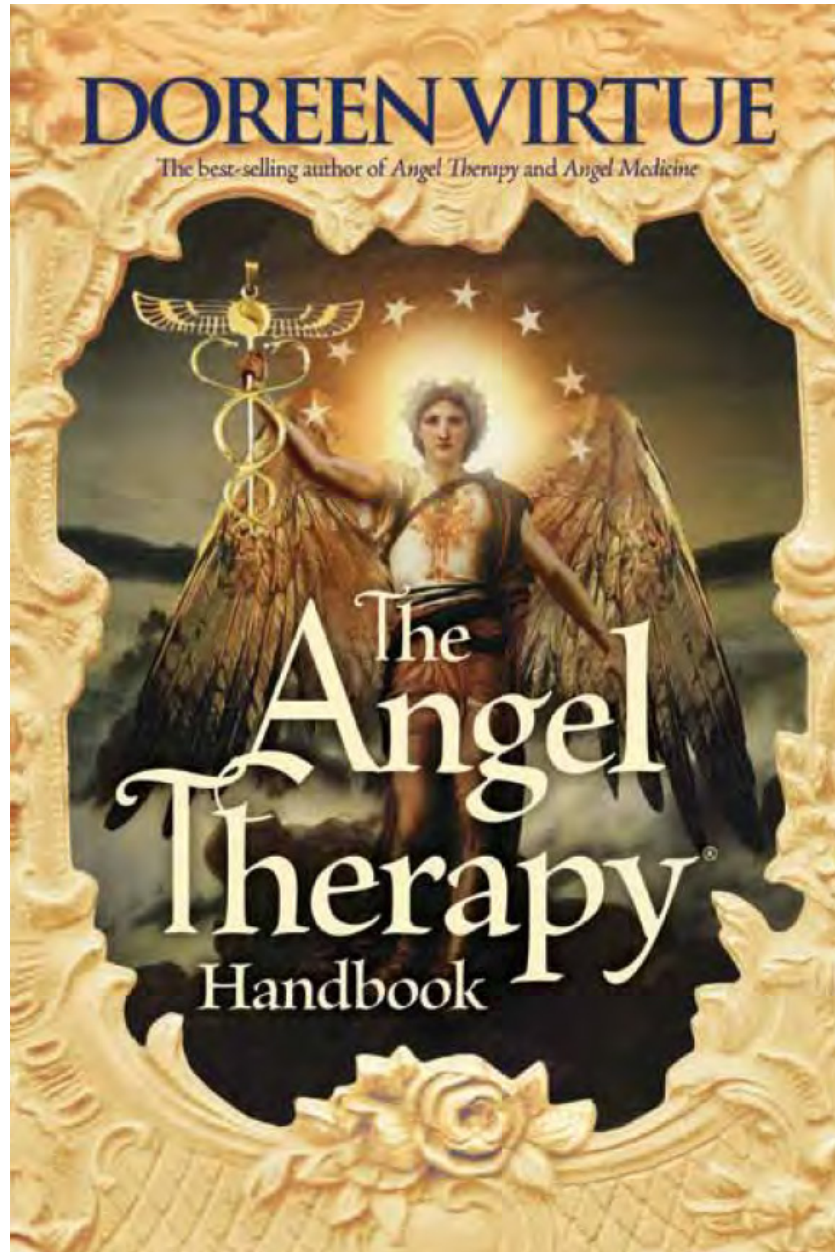
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