



 *The Spirit of Maat*

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Learning AngelSpeake

with Trudy Griswold

by Julia Griffin

When I speak of an angel, I am speaking about masters, spirit guides, angels, teachers — all those who are on the other side. They have similar emanations, as they are in the angelic realm — a place of good, a place without polarity — and they all wish to help us attain our greater good. The guidance system can consist of many of these beings.

—Trudy Griswold

Trudy Griswold and Barbara Mark are the sisters who originated the AngelSpeake books and seminars. Their wonderful work has received international acclaim and has been featured on network television.

Here, Trudy Griswold tells us how it's done — including an effective 21-day program for learning to receiving clear messages from our guides on a daily basis.

Julia: How do we begin to open to the angelic or divine realms and experience our higher consciousness?

Trudy: This begins with willingness. The beings in this realm want to help us. Most of us can't see, feel, or hear the angels. However, simply understanding or knowing that they are there is the first step. The angels can teach us to align with our higher consciousness when we begin with this first step.

Once we have attained this knowing that the divine realm exists and is there to help us, there are four steps that can be followed for angelic guidance. These four steps have literally changed my entire life. I have a partnership with my divine group and a true guidance system. My life is so much better. I worry less, and I am so much happier.

The formula for divine guidance is as follows:

1. **Asking is the first step.** The angels want to help us, but they cannot help unless we first ask. Learn to ask for what it is that you want or for guidance in whatever problem you need help with. Be very specific. Write down as many details as possible.
2. **The second step is timing.** The angels have their own timing. A problem will be resolved at the correct time. Answers always come at the right time.
3. **Letting go is the third step.** Let the problem go completely. Let it happen, let the angels flow through.
4. **Saying "thank you" is the fourth step.** An attitude of gratitude keeps the flow moving. When we are grateful, the energy moves on this wave of appreciation.

The first step comes through the intellect as it forms the question and specifies the details.

The second step comes through the heart — we trust with our hearts that the answer comes at the right time.

The third step comes through the solar plexus as we let go of the emotions surrounding this center.

The fourth step is gratitude for the help that completes the process and lets it flow into action.

Julia: I'm curious. When we ask, how detailed should we make the request?

Trudy: You should be absolutely specific. For example, if you want a new car, don't just request "a new car." There are many, many cars in our Universe, and when you ask for a new car, the angels aren't sure which one you want. Ask for something specific; e.g., "a red 6-cylinder BMW with black upholstery."

You may wonder why I used a BMW as an example? This is because I wish to deal with the fact that many of us believe it's selfish to ask for good things, things that make us happy. We've been led to believe that we don't need material possessions. But God and the angels want us to have every single thing that is good.

We can have material possessions without being greedy or selfish. It's proper to ask for love, a wonderful job, and material possessions. It's not selfish to want good things for ourselves. God and the angels want to share these wonderful things with us.

At the end of your specific request, you should always add that you are asking for "this or something better." The Universe may have a better person, car, or job in mind for you, and adding those words to your request leaves the door open.

There is so much goodness in the Universe. It's just waiting for everyone, but we cannot have what we do not ask for. Learning how to ask is such an important step!

It's also important to remember that God never gives half of a gift. If you ask for a job in San Francisco, and the job comes, then you need to realize that you will be taken care of as you make each step. God will help you relocate, move, and find new friends. Each step that we make forward will be held in place by the support we have asked for and been given.

Julia: In your books, you say it is very effective to learn how to receive messages through the angels by writing. Can you explain that technique to me?

Trudy: First of all, you can say a prayer before you start the exercises, and ask the angels to be with you. Prayer wraps us in protection.

The angels also tell me that when we breathe deeply after asking for their presence, they come to us through our breathing. We become open when we breathe deeply, and the angels can actually come through every part of our bodies.

After doing this, "see" your guidance group gathered around you, and now start writing a letter to yourself from the angels:

Your letter might start, "Dear Julia, We love you and _____." You would just start writing the words that come into your consciousness or heart. The message is in your inner knowing. It will not come through the intellect.

We have found that most people are not clairvoyant or clairaudient, but that many are clairsentient. They will have a sensation of knowing that becomes more and more frequent. It is matter of "knowing what you know."

If you find yourself thinking that the information is something you have known deeply within yourself for a long time, that is correct. We plan our lives in great detail before we ever arrive on Earth. We choose our parents, our siblings, and the time that we arrive and depart — and then we forget it all. So we've created this wonderful plan we can no longer remember.

Those who are in spirit, like the angels, can see the bigger picture and share it with us. The angels are not limited by a third-dimensional body, as we are. When we pray or commune with the angels, they help us to align again with our own plan. So it is natural that the messages should seem familiar.

Julia: How can one discern between "making up" the messages

and knowing that they are messages of the Higher Self or the angels?

Trudy: First of all, practice is important. We ask that everyone in the beginning will write the letters for twenty-one days. It takes twenty-one days to establish a habit. That's the reason for the stipulation.

As you become accustomed to asking for guidance, you will begin to notice a difference in the phrasing of the words and sentences as they come through the angels. There is also the resonance or inner knowing that I spoke of earlier. You will begin to develop an awareness of the difference in the messages.

Julia: Should we ask for the names of the angels who are helping us?

Trudy: You may ask for an angel's name, and you may feel that the name you receive is familiar to you. There are groups of angels that guide us through our entire lives and stay with us all the time, so it's not surprising that you would feel a sense of familiarity.

The names are sometimes unfamiliar, too — they may be comprised of syllables and be representative of a group of angels that is helping you.

If you feel that you need a name and that it this would be helpful to you, then you should ask for one. But you don't always need a name — it is possible to receive the guidance that you need just by feeling the presence of the angel.

Julia: You spoke of your guidance group. How do they differ from the angels? Is this a group of angels?

Trudy: When I speak of an angel, I am speaking about masters, spirit guides, angels, teachers — all those who are on the other side. They have similar emanations, as they are in the angelic realm — a place of "good," a place without polarity — and they all wish to help us attain our greater good. The guidance system

can consist of many of these beings.

People who have passed on often can help those of us who remain on Earth. They are very much with us in spirit, and often work with family members to share their larger perspective of freedom and love.

Julia: I have noted that in working toward higher consciousness, it is not uncommon to find blocks within the self that hold us in an old, negative position — and yet it is painful to encounter them, and easy to become discouraged when this happens. What do you advise?

Trudy: Finding and achieving balance is one of the most difficult and important tasks on this planet. We all construct or assemble our reality in accordance to the happiest and saddest times in our lives. When we move toward happiness, we encounter the parts of us that are enmeshed in the sad times.

Unhappiness simply teaches us what we don't want. For instance, if you were born into a family that was unloving, then you will want to create love in your life. If your job makes you feel unhappy, then you need to create another job. This is the way in which we identify the direction in which we should flow.

Yet our consciousness often tends to gravitate on unhappiness. People may tell you all day long how beautiful you are — compliment your makeup or hair or clothes — and then one person comes along and tells you that your hair looks terrible, and for the rest of the day you "play" that one negative comment.

We tend to focus on negativity instead of the good. You have to let goodness flow through you and walk in the knowledge that you are an integral part of God's plan.

These experiences of happiness and unhappiness, of good and bad, are reflections of polarity — the state of movement between opposites on this plane. When we leave negativity behind, it means moving through the blocks that have caused our unhappiness. It is difficult, because we are trying to flow

toward being positive and yet we are experiencing the negativity underlying the old situation.

It is essential to realize that these challenges are part of spiritual growth. This difficult learning is vital in opening the doors to our good. People often think that spirituality is magic. It's not. It involves real work on the physical plane.

The angels say that as one door is closing we are walking toward a door that is opening — but it can be hell waiting in the hall for the new door to open. We simply have to trust that the door is going to open. We have to be patient and let go.

While we wait, we should get busy and do what we love. Create joy in whatever way we can.

Also, the angels say that if we really want change, we should clean our house. And I do mean this literally. Physically clean your house!

Julia: Do you have any tips on patience and waiting while living through challenges? These are difficult soul qualities to develop.

Trudy: Sometimes, we need help with our challenges. We have to ask, "How can I let go of this challenge? How can I make my mind stop thinking about this?" The answer is to ask the angels for help, while knowing that we are being supported through the challenge.

You go through the four steps that I outlined, and ask, "What do I really want in a new relationship? What I do really want in a new job?" You ask for help, and you write down everything you can think of that you want in the relationship or job.

After you have called the angels in, you become patient. When the time is right, the plan will unfold precisely.

It's like sending a letter. You write the letter, putting all of your passion and hopes in the letter, and you put it in an envelope and mail it. But after you mail it, you don't stand there and wait for the postman. You don't demand that the postman guarantee

that the letter be delivered, or worry about whether the letter reaches its destination. You simply trust that it will.

It works in the same way with the angels. You have to trust that the angels will take care of your challenges.

Another important point is to know that you will be given work in the physical world each day. We have to do our work, because we live in the physical world, and we can only work one day at a time.

It's important to stay out of the future. When we look at the future, our fear starts to build. Instead, we take one step at a time, let go, and say thank you.

So the secret to a spiritual life is staying present, doing the physical work, and remaining patient while having faith that the angels are helping.

Julia: Much of the advice you have received from angels seems practical, involving day to day matters. Is this true?

Trudy: Yes, it is. We can only live one day at a time. That is absolutely the most any of us can handle.

So you may receive information about bills or cleaning your house or exercising. The angels are highly practical and may give you information about your house or children.

The angels have to teach us how to live in each day more fully and wholly. We have to learn how to live correctly in the physical body and the physical world. Living in this way teaches us balance, and it brings clarity, spirituality, and joy into our lives.

Whatever we are living from day to day is our lifework. This is the way in which we develop a spiritual life. It is the way that life unfolds.

Julia: Do you have any thoughts in closing?

Trudy: In the beginning, the angels told me that the most

important thing was love. I thought, "Oh, this is easy. I love my husband. I love my children. I love my friends. I can do this."

But then the angels told me that self-love is the type of love they meant — developing a capacity for loving yourself more fully. Through learning to love ourselves, we learn to love each other more. Through love of self, we change our physical habits, such as food or exercise. We establish boundaries. We learn to listen to our greater truth and our inner guidance.

This is the real lesson we have come to learn. I say to myself each day, "Thy will be done." I try to feel God's flow for me in each day. And I take it one day at a time and remind myself that the best is yet to come.



Trudy Griswold and her sister, Barbara Mark, are the co-authors of the widely acclaimed *Angelspeake: How to Talk with Your Angels*, *The Angelspeake Storybook*, *The Angelspeake Book of Prayer and Healing*, and *Heaven & Beyond: Conversations with Souls in Transition*. They are internationally known teachers, spiritual counselors, and angel experts.

Their Angelspeake seminars have been featured on many national television and radio programs including ABC-TV's Good Morning America, CBS-TV's Leeza Show and Entertainment Tonight, and The Cristina Show on Univision, the Spanish speaking network.

Trudy Griswold may be reached at Trudy@AngelSpeake.com or by calling 203-319-1903. For more information about Angelspeake, visit their website at AngelSpeake.com.

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