

Getting Ready for Your Angel Session!

Hey there, superstar! You're about to have a super special session with Angels! They're like your invisible friends. Before we get started, here's a quick guide to help you get ready:

1. Find Your Magic Spot

- Pick a comfy place where you can sit quietly. Maybe your favorite chair or a cozy spot on the floor with your favorite blanket.
- Make sure no one will bug you. Tell your family it's your "Super Angel Time!" or you can invite your family to join you during the session.



2. Bring Your Questions

 If you've been wondering about anything—like why broccoli exists or how to have the best dream ever—get ready to ask our Angels! They love answering fun and serious questions, so no question is too silly.



How Do Angels Help?

Angels are like your super cool invisible helpers. Here's what they do:

 They Give Awesome Advice: Angels help you understand stuff, like why you sometimes feel sad or how to make your day even more fun. They give advice that makes you feel like a superhero!

They Send Big Hugs: When you feel worried or scared, our

Angels send you warm, cozy feelings. It's like getting a giant invisible bear hug.

They Help You
Make The Best
Choices:
Sometimes when
you are not having a
session, our Angels
will give you a little
nudge (not too
hard!) to do
something, like
helping a friend or
speaking up.



What Happens in the Session?

So, what happens when you hang out with Angels? Let me tell you—it's pretty cool:

Angels will talk to you through me: I'll close my eyes (but I won't fall asleep, promise!) and let our Angels tell you all sorts of helpful things just for you.



- You Might Feel Something Special: Sometimes, you might feel a little warm or tingly. That's just our Angels saying, "Hey, we're here and we love you!"
- Share Stories and Ideas: You can ask our Angels anything, and our Angels will give you answers. They're full of great ideas, and sometimes they're funny too!
- White it down: Write down some key words that our Angels are saying and draw whatever you like too.



After the Session: After you're done, listen to the recording and then jot some things that our Angles were saying in that notebook that we talked about. You might notice all kinds of fun things happening—like seeing feathers or finding pennies. Those are signs that our Angels are still hanging out with you! You can even draw them a picture or write a note to say "Thanks, Angels!"



Get ready for some Angel fun! They're excited to assist you, and so am I!

