

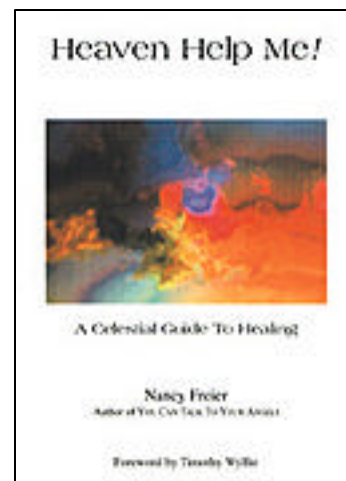
Light and Life EXPRESS

ONLINE EXPLORATION OF THE SPIRITUAL UNIVERSE

From: Nancy Freier

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The following are excerpts from “Heaven Help Me! A Celestial Guide To Healing” by Nancy Freier, spirit communicator. (ISBN 1-930126-02-6). The angels tell us that in order to heal ourselves, sometimes all we need is a higher thought to create a new experience. This book is a guide to lift you up to the higher realms and begin to understand the meaning why things happen in life. Then, with that divine wisdom, you are given options to let the thing go and live in joy. This book includes 190 questions and answers we have all wondered about, plus over 25 inspirational prayers that will help you change your life.



Q. (from page 3) What role do Guardian Angels play in our wellness prescription?

Ask your angels for guidance and it is given you in the same way God says, seek and you will find. Call on us and we are at your side. We assist you in any and all goals wherein you ask for Light. We are ready to take you higher.

We talk to you. We walk with you. We place highly creative, life-giving ideas in your mind. We open your heart to Love. We are patient and wait for you. We are here to let you know Love is a choice for you to make.

A few short years ago people were not as aware of their angels as they are now. We say that there has been much new awareness given us and we are pleased. There is a celebration all across Heaven when one in Earth joins with us.

There is a great new awakening sweeping through hearts and minds across the planet. We are now able to reach straight through the density of your realm and pull you up into a glorious state of being whenever you ask us to, and whenever you are ready. This is the role we play.

We invite you to call on us, but it is your choice which way you will live your life. We wait by the side of the road until you call on us to unite your journey with ours.

Q. How does the healing process take place? (from page 4)

We say unto you that we are the vibration of Love. Healing is inspired from the angels, as we emanate a higher, more refined energy from this Love that we are, that instills healing into whoever we touch, simply by touching them.

This higher vibration, the speed at which this Light and Love energy radiates outwardly into the world of form, must heal simply because it is a higher vibration than the target it is aimed at.

This energy cannot be lowered to your density, but will always raise a lower vibration up to its level. This is what you call 'healing,' a raising of vibration. When a healing occurs, the lower vibration is actually swallowed up into the higher, faster one, and then it disappears, taking the physical manifestation of illness with it. In other words, the higher vibration will raise any lower vibration up to its level, thus healing and releasing it.

Darkness is lower in vibration than Light. Illness IS darkness! The act of extending healing from one being to another is an act of love, an act of sharing light and an act of healing. Humor (from page 128)

Q. How do you suggest we lighten up and not take life so seriously?

Well, that is an easy question to answer. We say simply, Lighten up and do not take life so seriously! You do have a choice!

As soon as your gaze gets fixed on something, pain instead of humor, for instance, pain becomes so real to you that you see nothing else. Then you forget that you have options and could choose to see the bright side. Remember, two things cannot co-exist in the same space at the same time, nor can two opposing thoughts simultaneously exist in the same mind. Choose the humorous view of life. It is a splendid choice that will serve to invigorate healing and joy in both your spirit and your body.

Focus your thoughts on all the things that bring you joy even if it is for just a moment of the day. Restore your minds to seeing only the blessings of a beautiful, fun-filled day. Leave the dark toys of pain, guilt, sin and sadness go. May the awakened joy that is stirring in you extend into all your affairs and gladden the world.

Fill your life with laughter! Learn to see the humor in life around you. It will make your joy multiply. Let your hearts be forever open to the glorious laughter that abounds in Earth, if you look for it. It is, indeed, the best medicine.

Imagination and Healing (from page 129)

Imagination is the chosen vehicle on the Earth plane that you use to explore the subtle worlds not normally known to you while you are still in the flesh. Did you know you can travel anywhere, on any dimension, and see anything you wish to see just by rendering it in your imagination? Think of being somewhere and suddenly, you're there! This is how powerful your imagination is. Here is a practical exercise you can do and people will think you have some sort of magical, 'otherworldly' powers. Go outside on a partly cloudy day and choose a small cloud that is by itself in the sky. Ask the Creator, If it be Thy Will and within Divine harmony with the rest of Creation, I ask for that little cloud to disappear.

Then look directly at that cloud and say, With the power of the Universe, I demand that you disappear right now. Then watch it disappear. You will realize just how powerful your thoughts and words really are. If you are able to make clouds disappear, what else are your thoughts creating? We say unto you, wake up your sleepy imagination and become conscious of what it is you are thinking.

Start a daily routine of creative visualization to take you places your mind needs you to go. Your eyes need to occasionally feast on other realities for this refreshes your soul and keeps you vibrantly alive.

Develop a habit of daily meditation. Begin to imagine your life as you want it to be. If you are unhappy, imagine yourself to be happy. Create what real happiness looks like in your imagination. Feel how it would feel. We cannot wave a magic wand over you to change your life entirely around to where you want it to be, but you can.

We say use your imagination to get yourself there, and have fun creating with it.

Heaven Help Me! A Celestial Guide To Healing

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About the Author:

Rev. Nancy Freier is an intuitive spiritual communicator and teacher of You Can Talk To Your Angels workshops. She is also an Essential Feng Shui" consultant in the San Francisco Bay Area and publisher of The Inner Voice.

Heaven Help Me! A Celestial Guide To Healing is a powerful book of God's loving guidance for everyday problems. It is an answer to prayer ... any prayer! Replete with life-changing wit and wisdom, more than 190 commonly asked questions are addressed. The answers will open your heart to a renewed sense of peace and understanding of life's challenges. This book gives you new ways to respond to life's crises, and more than 25 inspirational prayers that can change your life and how you view it. If you are like oother readers, you will find yourself referring to this book again and again - whenever you need to know why something is happening in your life, or to feel the cmfort of God's Grace.

Reviews:

I loved Heaven Help Me! It is easy to understand, filled with beautiful thoughts and expressed in a very loving way. -Meredith Young-Sowers, author of Agartha and the Angelic Messenger Cards

I highly recommend this book for everyone... to read and re-read. - Rebecca Mercille, Spiral Journey Magazine

Heaven Help Me! is a valuable tool for those reaching out for angelic guidance in these turbulent times. The Voice is strong, trustworthy, always compassionate and carries the limitless encouragement of the angelic perspective. -Timothy Wyllie, co-author of Ask Your Angels

This book offers practical, yet profoundly spiritual perspectives of our earthly circumstances... What a gift to our spirits! -Judy Guggenheim, co-author of Hello From Heaven!

About the Author: Rev. Nancy Freier is an intuitive spiritual communicator and teacher of You Can Talk To Your Angels workshops. She is also an Essential Feng Shui" consultant in the San Francisco Bay Area and publisher of The Inner Voice.

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Thank you for your time considering my book and perhaps linking with my website. I look forward to hearing from you, Nancy Freier <http://theinnervoice.com>

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