

Angel letters are a simple and powerful way to improve any relationship. They work on the energy or soul level of the person you are struggling with. I can attest from personal & client experience that these letters work every time! Follow these steps to create an angel letter:

- Get centered. Be in a private place where you feel safe. Take a few deep breaths & focus on the person that you are having a problem with.
- On a clean piece of paper, address the person's angel that you intend to reach. For example: "To the Angel of _____". If the word "Angel" is one that you are uncomfortable with, you could replace it with "Energy", "Soul", "Spirit", "Higher Self"
- The following 2-3 sentences are designed to describe what it is that you are longing to experience with this person that you are currently having difficulty with. For example, if you are dealing with someone that is not honoring you, supporting you, or treating you with respect, you could write something like "*I am so grateful for your amazing level of respect & understanding of me. I love how supportive you are when it comes to ____.*" *I feel your love & honor that you hold for me in your actions and words.*" These words should come from your heart. Basically write out exactly what you would like to experience in the relationship. But keep it short because you will be making 10 copies of this letter.
- Sign the letter in as loving a way as possible; "*In loving gratitude, ____ (Your full name)*"
- Once you have a final draft that you feel good about, copy the letter 10 times. You can fit as many as you want onto a page to save on paper. Hand writing the letter is important. No copy and pasting here! As you are writing out the letter, hold the person in mind. The first few copies of the letter may feel a bit like bullshit. That's normal. By the time you are done you will most likely be able to feel a decent amount of love for this person.
- Take your completed letters, fold them up, put them into an envelope & seal it. If you are comfortable with writing on the envelope, then write on it who you have addressed the letters to; "*Angel of __, Spirit of __*" etc. If you live with the person that you are reaching on an energy level, then you should probably keep the envelope blank.
- Place the envelope someplace special to you; in a book, under your pillow or mattress, in a jewelry box, really anywhere that is special to you. If the person lives with you, then you may want to put it somewhere that the person will not find it. This letter is not for their human self to read.
- After 30 days, or sooner if you feel that the message was well received beforehand, you can burn the letters. If burning is not an option, then you could shred them but burning is ideal. All the while thanking the energy of the recipient.

The person will always get your message on a soul level. Their angel will see to it that the message is received loud and clear. It is your job to be on the lookout for the message to be received. It may not turn up immediately or at the exact level you intend at first, but it will show up. You may find that the person that you are having trouble with has softened a bit in how they treat you. You may find that they are more open. As you look for the positive result, it will manifest. Be on the lookout for a shift in the relationship. In extreme cases, it may come to be that the person that you are struggling with will simply move on. If it is a co-worker, they may be transferred or perhaps you will find a new job. That is okay! In most cases, especially in romantic or family relationships, the relationship as a whole improves dramatically.