

THE HOLIDAYS

The Angel's Survival Guide

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YOUR SURVIVAL GUIDE

Welcome, my friend, to the Angel's Survival Guide for The Holidays—a collection of spiritual tips and techniques for sensitive souls navigating their way through the busy holidays and festivities.

While we love this time of year, at times, it can feel stressful and overwhelming. Just going to the supermarket becomes an activity you need to prepare yourself for, and the thought of finding a parking spot causes anxiety.

You know that's not what this time of year is about, but it's easy to pick up on the chaotic energy of everyone rushing around. So that's why I've created this guide to help you.



As you journey through the holiday season, remember to make time to pause, go within, and attune your heart to the loving guidance of your angels.

Within these pages, you'll discover nurturing practices and uplifting spiritual wisdom to help keep you calm, positive, and shining with Divine light during the season of joy.

I'll share meditations, prayers, flowers to help you through the holidays, and a special holiday shielding method.

And, while I celebrate Christmas, I know not everyone does. But, the spiritual tips and techniques within this guide are suitable for everyone of every faith.

May the angels shine their light upon you this holiday season, and may it be filled with serenity, peace, joy and love.

Angel blessings,

Robert



Four Flowers To Help You Through The Holidays

The holidays are a time for sharing joy and love with supportive people in your life. No matter how you spend this time of year, we can agree that spreading happiness and peace benefits us all. This is our true intention for the holiday season.

However, when making that last-minute dash to the mall, and trying to find a car space, you may temporarily slip out of this joy-centered attitude. I find flowers, in particular, the four I share below, can be so good at helping us to stay on track.



Every flower has healing energy around it, as well as angels. By bringing flowers into your home, you also welcome the angels of nature into your life. The beauty of working with flowers (aside from the obvious beauty of the blossoms) is that friends and relatives won't even know they are a part of your spiritual practice.

Chances are if I have white roses on display then I'm clearing away lower energies and attracting peace, but my friends and family simply admire their beauty.

Allow me to share four flowers that will help you (and your loved ones) to have an enjoyable, peaceful, and enriching holiday season.

How To Work With Flowers

There are two main ways to work with the healing energies of flowers: fresh blossoms and photos.

Fresh Blossoms

Bring fresh flowers into your home and display them in beautiful bouquets. You can include them as part of your table setting, or even give them as a gift to your friends and family. Simply having the flowers in your home is enough to bring in their potent healing energies.



Photos & Pictures

A photo of a beautiful flower carries the same energy as the fresh bloom. Its essence has been captured in the picture, and it comes through as powerfully as a fresh flower.

Display photos of the flowers mentioned above in your home to help encourage a loving, and harmonious holiday season. You might get creative and make placemats using the flower images, or even craft your own Christmas cards!

I love having the flowers displayed on a digital photo frame, so their energy is continuously coming through as each picture is shown.

POINSETTIA

The poinsettia is a classic Christmas flower – the bright red colours on the dark green leaves make it the perfect holiday mascot! They attract happiness and laughter by helping you to focus on what brings you the most joy.

It's an excellent flower to work with at the end of the year as it helps you to refocus and re-centre. You'll find that the New Year will greet you with exciting new opportunities.

Poinsettia reminds you of your true, life purpose, and that you needn't spend your days doing things you don't love. Remember, you're meant to enjoy this wonderful life experience!



LAVENDER

Lavender is a beautifully soothing flower that calms anxieties and melts away stress. When you become stressed, it can be much harder to hear your intuition or the voice of your angels.

When working with lavender, Archangel Michael is sure to be by your side. Every flower has angels that surround it, and lavender calls in Archangel Michael. He clears away stress, fear, and negative energies of all kinds. By working with lavender, you're also working with this powerful angel.

Lavender essential oil is one of my favourite ways to work with this flower. Place two or three drops of high-quality lavender essential oil on a tissue. Inhale the delicate fragrance throughout the day, and you'll find your cares and worries disappear.



DAISY

At this time of year, it's easy to get caught up in a never-ending list of constant tasks. If you're a sensitive or empathic person, this can feel completely overwhelming! That's where the daisies come in.

They help to simplify your life by bringing focus back to jobs that matter most. Yes, certain tasks can seem important, but when you pause for a moment, you may find that they really don't matter in the grand scheme of things.

For example, getting your carpets professionally cleaned before your guests arrive may have zero impact on how much fun you're able to have over the holiday period.

The daisies help you to take some time for yourself so that you get to enjoy this magical time of year as well.



CHRYSANTHEMUM

The energy of chrysanthemum feels like a warm, comforting hug. It helps all family members to get along harmoniously. The flowers work by dissolving conflict and jealousy, healing those heart-centred connections.



SPREAD PEACE

I hope that with the help of these four healing flowers, you will have a truly wonderful holiday season. Take care of yourself, and your loved ones, be safe and let's do our best to spread peace on Earth.



How To Protect Your Aura For The Holidays

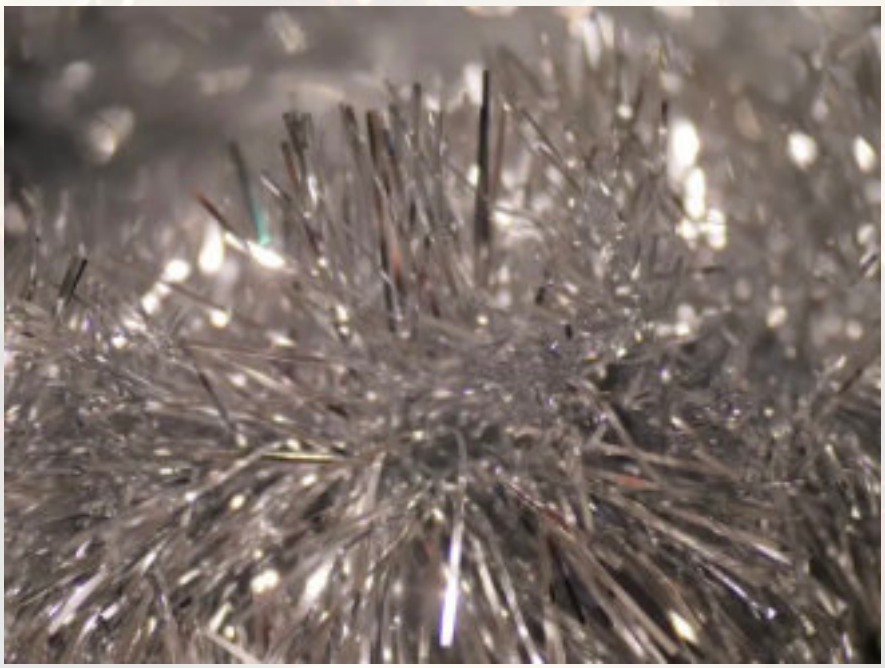
I'll admit that I was hesitant in sharing this with you. When the angels showed it to me, I kind of laughed at first!

But, as always, when I listened and followed their guidance, amazing things happened.

I had to go to the shopping centre, and the whole experience was stressful and overwhelming. Going anytime near Christmas is intense, but I thought that 10am on a Monday morning would be okay… There were a million people, no parking, and everyone was rushing here there and everywhere!

I needed to protect my energy! I was starting to feel all the stress of everyone else, and as a sensitive spiritual person, you may find that you too pick up on other peoples energies.

Just as I was about to shield myself with a strong golden light, the angels stepped in and showed me something different.



At first, I laughed and thought it was ridiculous! But I've learnt to just listen. So I shielded myself with… tinsel! Yes, sparkly, glittery, festive tinsel!

I took a few seconds to imagine silvery tinsel gently wrapping all around my aura, and you know what? It worked!

I no longer felt as overwhelmed, AND it made me really feel the holiday spirit!

So if you have to leave the house, visualise yourself surrounded by silvery tinsel. Maybe visualise red and green tinsel for Christmas Day!

You'll feel energetically shielded and full of Christmas spirit.



HOLIDAY PRAYERS

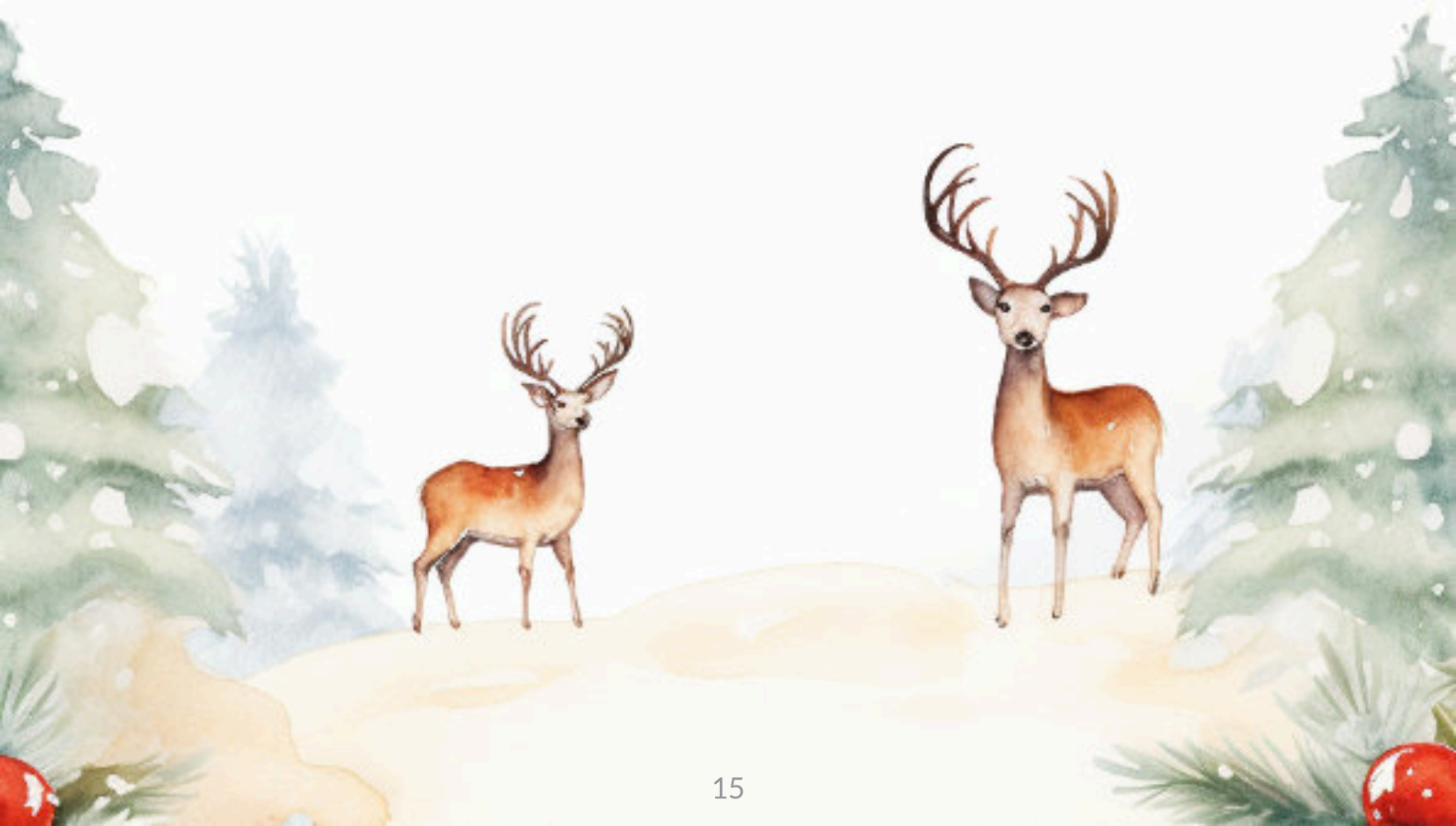
The power of prayer helps you stay positive and connected to your angels. Here are a collection of short prayers to inspire you these holidays.



Dear Angels, please surround me with your radiant light this holiday season. Please lift my spirits and keep me focused on joy so that I can truly enjoy the season of light.
Thank you!


Dear Angels, please help me to stay calm and peaceful. I ask you to please send me extra energy to help me stay positive and loving through any challenging situations. Thank you!

Dear Angels, I ask you to please surround my loved ones and friends and help them in any way they need. Bring them comfort and peace, for the highest good and freewill of all.
Thank you!




Dear Angels, may everything go smoothly on Christmas Day. Please allow everyone to get along, have fun, and share in the joy of the day. Thank you!

Meditation for Positive Thoughts

This is a great meditation to help refocus your thoughts and feel more positive. The holidays can be an overwhelming time and we can slip into frustrated thinking. Take a few moments for yourself to listen to this meditation and remember the joy that fills this season.

Listen to the meditation here >



Angelic Flower Therapy Meditation

One of my classic meditations that invites the healing of your angels with the uplifting energy of flowers. Welcome the angels of nature into your life as you clear your energy and feel empowered!

Listen to the meditation here >



MERRY CHRISTMAS & HAPPY HOLIDAYS!

I hope the spiritual tips and techniques within the Angel's Survival Guide for The Holidays will serve you well and help you to have the best holiday season possible!

I can't wait to share more guidance and healing with you in the New Year!

Take care, give yourself a chance to rest and recharge, and take a moment to reflect on the blessings you received this year.

May the angels shine their light upon you this holiday season, and may it be filled with serenity, peace, joy and love.

Angel blessings,

Robert

