



# THJ *Angel Guidance*

by **Judy LeBeau**

**December 1 – December 7:** Try something new! Something you have always wanted to do and **do it**. This is the time to be open and receptive to new ideas. It is important to daydream as a way to receive inspiration and ideas. Relax and open your mind to receiving. Notice your feelings, visions and ideas. Don't sensor what comes to you, be open to all the new possibilities.

**December 8 – December 14:** Be aware of your thoughts this week. Are they positive or are they negative? Think about what you desire and about others with only positive energy. When you do have negative thoughts you can 'undo' the effects by recognizing them and stating "I now cancel that thought and replace it with the following positive affirmation of my true Divine desires." Take the time to list your positive thoughts and then read them aloud to affirm. You really can change your thought patterns.

**December 15 – December 21:** The more you open your heart to others and to the angels the more love, joy and peace you will feel. Ask the angels to send healing energy to your heart chakra. You can also visualize your heart surrounded by pink light; you can inhale the fragrance of pink roses; or you can hold or wear rose quartz crystal and focus on love. With an open heart you can love and be loved.

**December 22 – December 28:** It is safe to admit the truth to yourself. You are feeling the need for change. The angels will support and guide you through any necessary changes. This is a time of confrontation with your true feelings. What do you truly want? It is healthiest to face any situation with honesty. Others may try to dissuade you. Trust your own feelings even if others don't agree.

**December 29, 2007 – January 4, 2008:** Someone new has or is about to enter your life. This person will be a partner in business, friendship or a romantic relationship. You don't need to go looking for this person, he or she will come naturally into your life. The angels ask that you just be open to Divine guidance and the prospect of having someone new in your life.

**January 5 – January 11:** Your life purpose and a meaningful career will come to you through creative ways. You need more outlets for creative expression. Look for such outlets at work and at home. For example: write, play music, make crafts, paint, sew or redecorate. Take a course or join a club in whatever inspires you. The important factor is to allow your inner artist to enjoy freedom of expression.

**January 12 – January 18:** You have the power to choose your thoughts. You can align them with love, peace and harmony. Frequently through out your day imagine that the situation you want resolved is healed and perfectly manifested. Be grateful for the positive outcome. Complaints and worry only attract more of the same. If you desire love, peace and harmony then focus your thoughts to attract what you desire.

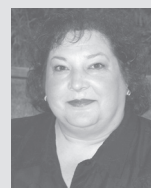
**January 19 – January 25:** This is the beginning of a new phase of your life. Have you noticed that your old ways of living no longer interest you or work for you? You look at the things you do and people you associate with and question the attraction. Some things hold no appeal anymore and

you just don't want to do them. This is the time to reevaluate your life and your intentions. It is time to let go of what no longer serves you. Know the angels are guiding you through this time of transition.

**January 26 – January 31:** The angels want you to be aware that your giving and receiving ratio has been out of balance. If you have been giving much more than receiving you're probably feeling that others are taking advantage of your kindness. Remember, you have free will and you are the one giving. Only you can stop these resentful feelings. If you have been receiving much more than you are giving, you may be feeling uneasy, depressed or even guilty.

It's time to strike a balance. Start today! On a daily basis start to give something like time, money, gifts or compliments, without expecting anything in return. During this same day be a gracious receiver to unexpected offers of help, compliments or other gifts. Bring back the balance of giving and receiving into your life.

**Affirm:** "I now receive good graciously into my life."



**Judy LeBeau is an Angel Therapy Practitioner, inspired, trained and certified by Doreen Virtue, Ph.D. Private sessions, telephone readings, readings by mail or readings-by-email with Judy can be booked through Angel's Expressions at 604-502-0149 and angelsisjude2003@yahoo.com.**