

CELESTIAL *realm*



Angel expert **Tina Marie Bertoli** answers your questions with angelic advice. Email your question or issue to tinasangelcolumn@gmail.com

ANGEL ANSWERS...



Beyond the veil

Q My wife's brother recently committed suicide, which was devastating. Strange thing is, since his passing, family members have been finding feathers in odd places about their homes, seemingly left as messages: white and grey for my wife (his sister), black for his young daughter. In fact, the little girl has amassed a collection of black feathers that "Daddy gives to me." What is going on? Is this coincidence or communication?
Confounded Skeptic

A This is spiritual communication at its finest, with multiple signs proving the existence of the afterlife. Once in spirit, the soul can come through in many different ways to let the family know that he is not only OK, but that he is looking out for everyone from the other side. When it is a suicide, it is often their way of apologising for their actions with a strong desire for forgiveness so they can move on. They can make coins appear, move objects around, flicker lights, and yes, leave feathers as a beautiful message. Children can see so purely and confirm who is there and what is spoken. It is important to listen, believe and support them so that this Divine gift isn't lost. We are all born with this ability, but often, through life experience, doubt creeps in. I see your wife's brother reaching out to his family in an attempt to console them. I hear music in his aura and I see many angels around him helping him heal on a deep level from the suffering he experienced while in a body. Although devastating, it's important to take note that his life continues in spirit, that this is not an ending but a new beginning. As painful as it is, this is an opportunity to understand that every soul has a path and purpose. The biggest gift you can give him now is to hold him in loving prayer and look after his precious little one who lives on carrying his essence and memory.

Keeping the faith

Q I recently went through a really hard time. It made me lose faith in my angels as I couldn't understand how or why they let me get into that situation when I thought they were protecting and guiding me?
Nikki, email

A Sometimes we go through experiences that make us question everything we know or think we know in our lives. We question if God is real, if the angels really exist, and we can completely lose our faith. Believe it or not, this is all part of the

spiritual process. And it is our perception or change in perception that will lift us higher, and help us see through the 'tragedy' or upsetting circumstance, to the blessing and soul lesson. Everything we go through is about the evolution of our soul and it is only as human beings that we label these experiences as 'good' or 'bad'. The soul is here to have a full and rich journey, the joy as well as the sorrow, the happiness as well as the pain. And it is through the seeming darkness that we are able to more fully embrace the light. It's easy to blame God and the angels, but as hard as it

may be to hear, it is always our free will and choice. Yes they are always guiding and protecting us, but sometimes the soul has Karma to balance, a deep wound to heal, or an inner conflict to resolve in order to become whole. Often it is through the loss, betrayal, and even suffering, that brings us to a deeper part of ourselves, so that we can truly learn the gift of forgiveness, acceptance and non-judgment. It is definitely not easy, but when we can take responsibility for our role, however big or small, then and only then can we truly be free with restored faith and compassion.

Can the angels help me meditate?

Q I'm having a hard time meditating, can the angels help?

Diana. email

A When our meditation becomes challenging, this is usually the time we need it the most! Let go of any expectations of how the meditation should look, feel, or even how long it should be. Accept that at times our mind is going to race, we will have trouble sitting still, and it can be more of a frustration than a peaceful experience! But this is why it's called a spiritual 'practice'. It's not meant to be enlightening every time, even though we may want it to be. Yogi Bhajan says that if you're in bliss throughout your entire meditation, then it's probably not

the right meditation for you! In other words, we meditate to clear out the subconscious; the endless cycle of thoughts, negativity and limiting beliefs, so that we can be clear, free and develop a neutral mind. If you are uncomfortable, fidgety, or distracted... good! Keep coming back to the breath, the mantra, the music, or your intention and know that this is where the work lies; this is how you master your mind, create space, and find peace. Also, remember that there are many ways to meditate, and it may be time to switch up your practice. Try a walking or guided meditation, chant a mantra for a period of time, or even do a breathing exercise. Then you will be more likely to sit in silence longer and achieve deep relaxation.



Angels, protect me!

Q What angel can I call on to help me with protection?

Jennifer

A Call on Archangel Michael keep you safe. He is known to carry a sword and shield, however the sword isn't for fighting. It's a sword of light to transmute lower energy. His chief purpose is to rid the world of fear, so he can help cleanse your energy field of low-thoughts and concerns, and raise your vibration so you can feel his strength and protection. Call on him and feel him standing behind you with his hands on your shoulders and powerful angel wings wrapped around you. Visualise his white and blue light surrounding your aura like etheric armour. Ask him to guard and guide you. He will be your bodyguard as well as your best friend.

What are they telling me?

Q I am having trouble picking up on messages from my angels. What am I not doing or missing? I try to talk to them every day and I can't get any clarity.

Barb Podtepa

A I see your angels surrounding, comforting and guiding you, but rather than relaxing and feeling their loving presence, you're trying too hard and missing the messages they are sending you. Don't worry, the angels never give up and they keep working with you and through you until you receive their guidance. Release the expectations of how they should come through so that you can open up to how they really are communicating. Shift your focus from your mind to your heart. Turn within and spend a few minutes breathing slow and deep as you relax. Visualise white and gold light around you and bring your awareness into gratitude. Thank the angels for the clarity that already is, and then listen from your inner most being. Have angelic music on to help set the tone and affirm that this connection is part of your every day experience. Ask for a sign in the physical realm from your angels and after a few consistent days of doing this, you will receive it. They are working with you right now for you to learn trust, patience and commitment.



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