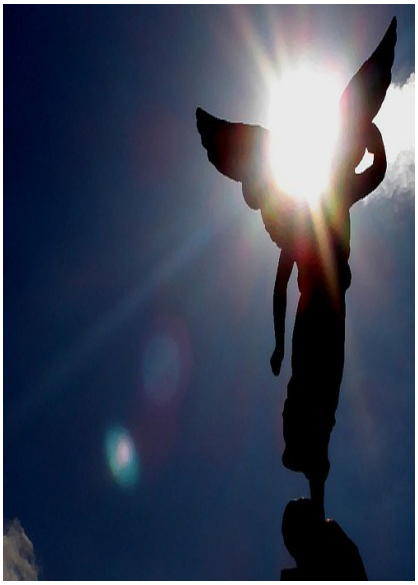
Why are angels like marmite?



They don't crop up that often in conversation, but when they do angels are a bit of a marmite test. My family and friends either gush or go distinctly quiet. It's one thing or the other, it's not often I come across someone who does not have a prior position. Could be the company I keep! Or it could be something about angels.

It's likely that culture plays a part. If I travel in Europe people seem to be comfortable about angels say in Italy or Spain…there are angels in shops, on buildings, the centrepiece of restful squares in busy towns or cities. There they add to the peace and bring a sense of depth. Something other, something which is not just about commerce and a pervading message that says 'I shop therefore I am'.

There are one or two angels I can think of in London, Eros or the angel at Islington. It's possible I've wandered around with my eyes closed, I have heard this comment before, but even with the public angels that I am aware of, where do they fit and what function do they play. Why are they here?

Angels pop up in all major religions that I know of, and loads of artwork which was inspired by or paid for by religion. If I go to church, and I may do at Christmas or Easter, angels pop in to talk to Mary about the huge shock she is to receive with news of her impending pregnancy, or pop in to talk to Mary and Joseph about the travails of being the parents of a formidable prophet. But I don't pick up a sense of inclusion, like angels are being invited in to the church, into the service, or into the awareness of the congregation. It's like they are an historical artefact or a family embarrassment that we don't talk about.

But if this is the case why are they popping up in modern spirituality where it's not necessary to be parents of prophets to connect to angels? Have angels got something to say of relevance to us in our current lifetimes or about depths which lie in the worlds we don't see?

I suppose the true test is what do angels taste like. What's the experience that they bring, do they have something to say?

Here's a test if you will: find a quiet space and time. Switch off all phones - a time when we do this is a blessing in and of itself. Find somewhere comfortable to sit or lie. Close your eyes. Direct your body to relax. If you're not sure how to do this the knowing and practice of this could seriously change your life - if that's something you want to do.

Bring your awareness into yourself. Centre your energy in your body. Direct that the back of your legs relax. Direct that your lower back is relaxed and that your shoulders and neck relax. Direct that your scalp relax so that every single hair follicle is refreshed.

You are now completely relaxed. Ask that your guardian angel move in closer so that you might know him or her. If this feels comfortable, and angels encourage you to trust your intuition and inner knowing, if this feels comfortable ask your angel to express their presence by embracing you in their wings. And rest a while and become aware of connecting. And let the experience you have be your experience, i.e. don't rush to interpret it, or look to me or others to tell you what you are experiencing.

As you can imagine, this is a fabulous test to do just before going to sleep at night. If it's not time for you to drift into sleep you'll want to bring yourself back into physical consciousness. So bring your attention to your breathing and breathe deeper. Tell yourself gently but firmly you are coming back into the physical space around you. Wiggle your fingers and toes and in your own time open your eyes. Have a drink of water.

And may the peace of the angels be with you

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Author's note: Declan Kerr is the author of "How to Heal with Angels" and "Namasté".. He runs workshops on angels, on how to connect with angels and allow inspiration and joy into our life, as well as workshops in which we can experience how it is to bring together our material and spiritual selves. He is a healer, and works with theta healing for the release of deep-seated beliefs and fears which otherwise block energies and are at the root of ill-health. More details about Declan can be found at www.aaahpublications.com