



**IF
YOU'RE ANGRY
READ THIS!**

The Angelic Guides

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Today we would like to focus your attention upon the tremendous control that each of you have when it comes to how you choose to respond to the negative circumstances in your life.

You are living in a world of polar opposites, there are contrasting experiences in every single aspect of your reality. This can of course be seen as a blessing or a curse dependent upon your perspective. Allow us to further explain.

You see, each of you will and do undoubtedly come into contact with negative experiences, there are times when things appear to be falling apart, you may become frustrated and even feel as though you have no control. However, we often say, you are either the creator of your reality or you are not; and we can assure you that you are indeed powerful eternal creators having a temporary physical experience.

When you understand that everything in your reality is a result of your most dominant vibration, and therefore you can only experience what you resonate with, you begin to understand how very much control you actually have even over circumstances that appear to be 'out of your control'. When negative circumstances arise, you have one of two options, you can choose to remain in the vibration which attracted the problem to begin with, or you may choose to shift your attention and perspective elsewhere, preferably onto something that makes you feel much better. Why is this so important you ask?

You see, what you focus upon will always expand regardless of why you are choosing to focus upon it. This may seem contradictory to what many of you have been taught, but you simply cannot solve a problem from the same perspective that attracted it in the first place. Many of the challenges that you face, have not actually manifested yet, rather they are imaginings in your mind of what may happen and often times it is of the very worst case scenario you can conjure.

As we have said before, your imagination can be the greatest tool you have at your disposal, or the greatest enemy you can create. You always have a choice as to what you are choosing to focus upon. Now we are in no way declaring that shifting your thoughts onto something positive when everything feels as though it is falling apart is easy, but it is necessary if you wish to create something different going forward. Otherwise the very attention you give to the problems only gain more speed, more momentum and create larger problems from the power that you have given them.

May we suggest that when you are feeling particularly at peace or in a state of optimism, that you make a list of all of the things you can think of that you find to be peaceful, enjoyable, and inspiring thoughts. It could be different sounds, your favorite song, a walk in nature, going for a run. The activity or thought makes no difference as long as it is something that makes you feel better.

The reason we suggest this activity when you are feeling at peace is so that you access to the thoughts that resonate with the vibrational 'channel' you are choosing to focus upon. This summons more thoughts to you that also perpetuate the current feeling you have at any moment. You literally are changing the channel of your life and therefore you become a new vibrational match to entirely different circumstances. Many of you know this to be The Law of Attraction and it is always at play every waking moment of your life.

Our intention for this message is to offer those of you who are feeling particularly discouraged, frustrated and in a state of worry to relax into the process of allowing the Universe to do the only thing it can do, reflect back to you what you are in resonance with. A shift into a new state of mind will make all the difference in the world for you. As always we are always eager to assist you in every way that we can, all you must do is ask and allow.

We hope that we have served you
in some way.

In love and light we are your Angelic Guides

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