

may the angels be your guide

May the Angels Be Your Guide: Embracing Divine Support in Everyday Life

may the angels be your guide is more than just a comforting phrase; it is a heartfelt wish for divine presence and protection to accompany you through life's journey. Whether you are facing challenges, seeking clarity, or simply wanting to feel a deeper connection to the spiritual realm, inviting angels to guide you can bring peace, insight, and hope. In this article, we'll explore what it means to have angels as guides, how to recognize their presence, and ways to cultivate a relationship with these celestial beings in your daily life.

Understanding the Role of Angels as Spiritual Guides

The idea of angels as protectors and messengers has existed across various cultures and religions for centuries. These beings are often viewed as intermediaries between the divine and human realms, offering assistance, encouragement, and protection. When someone says, "may the angels be your guide," they are expressing a desire that you receive such divine guidance and support.

Who Are the Angels?

Angels are typically described as benevolent spiritual entities that watch over humans. They do not interfere with free will but offer subtle guidance and comfort, especially during moments of uncertainty or distress. Different traditions name various types of angels, such as guardian angels, archangels, and healing angels, each with unique roles.

How Angels Offer Guidance

Angelic guidance often comes in gentle forms—through intuition, signs, dreams, or synchronicities. They may inspire you to make certain decisions or provide reassurance when you feel anxious. Paying attention to these subtle communications can open up a new dimension of support in your life.

Recognizing Signs That the Angels Are Guiding

You

One of the most exciting aspects of inviting angels into your life is learning how to recognize their presence. The universe often sends messages through symbols or feelings that can feel deeply personal and comforting.

Common Signs of Angelic Guidance

- **Feathers:** Finding white feathers unexpectedly is a classic sign many associate with angelic presence.
- **Repeating Numbers:** Seeing number sequences like 111, 444, or 777 on clocks, license plates, or receipts can be a gentle nudge from angels.
- **Sudden Warmth or Light:** Experiencing a sudden sensation of warmth or a soft glow, especially during prayer or meditation, may signify angelic energy.
- **Messages in Dreams:** Vivid dreams where you feel comforted or receive clear advice often come from the angelic realm.
- **Feeling Protected:** An inexplicable sense of calm and safety during turbulent times can be a sign angels are near.

How to Tune into These Signs

To become more aware of angelic messages, practice mindfulness and slow down your daily pace. Meditation, journaling, or simply sitting quietly in nature can heighten your sensitivity to these subtle signals. Over time, you'll develop a personal language of signs that lets you know the angels are guiding your steps.

Ways to Invite Angels to Guide Your Life

Inviting angels into your life isn't about demanding help but creating space for their support. Here are some practical ways to open your heart and mind to angelic guidance.

Prayer and Affirmations

Prayer remains one of the most powerful tools to connect with angels. You can use traditional prayers or create your own heartfelt requests. Affirmations like “May the angels be my guide” repeated with intention can help set the tone for divine connection.

Meditation and Visualization

During meditation, visualize a loving angelic presence surrounding you with light and protection. Imagine asking for guidance on specific challenges or decisions. This practice helps reinforce your openness to receiving help.

Keeping an Angelic Journal

Writing down your experiences, dreams, and any signs you notice can deepen your relationship with angelic guides. Reviewing your journal can reveal patterns and insights you might have missed in the moment.

Using Angel Cards or Symbols

Many people find angel oracle cards helpful for receiving intuitive messages. Additionally, wearing or displaying angelic symbols like feathers, wings, or certain crystals may serve as reminders of their presence.

The Impact of Angelic Guidance on Personal Growth

Having angels as guides isn't just about protection from harm—it can profoundly influence your personal development and emotional well-being.

Building Trust and Faith

When you invite angels to guide you, you cultivate a greater sense of trust in the universe and yourself. This faith can alleviate anxiety about the unknown and help you face life's uncertainties with courage.

Enhancing Intuition

Angelic guidance often manifests through intuitive insights. As you become more attuned to their presence, your own intuition sharpens, making it easier to make decisions aligned with your highest good.

Encouraging Compassion and Kindness

Angels embody unconditional love and kindness, and their influence can inspire you to express these qualities toward others. This ripple effect not only improves your relationships but also creates a more harmonious environment around you.

Healing Emotional Wounds

Many people turn to angelic guidance during times of grief or emotional pain. The sense of comfort and understanding they offer can accelerate healing and bring peace to troubled hearts.

Integrating Angelic Guidance Into Your Daily Routine

Incorporating angelic support into everyday life helps maintain a steady connection and enriches your spiritual journey.

Morning Intentions

Start your day by silently or aloud asking, "May the angels be my guide today." Setting this intention invites awareness of their presence throughout your activities.

Mindful Moments

Pause during your day to check in with yourself and your surroundings. Notice any signs or feelings that might be messages from angels.

Evening Reflection

Before bed, reflect on any guidance you received during the day or any challenges you want help with. Releasing worries to your angels can promote restful sleep.

Creating a Sacred Space

Designate a corner in your home with angelic symbols, candles, or crystals that help you feel connected. This space can be your sanctuary for meditation and prayer.

May the angels be your guide as you navigate the complexities of life, offering you light in dark moments and clarity when you feel lost. Embracing their presence is a gentle reminder that you are never truly alone on your path. With open hearts and minds, we can all invite a little more divine grace into our lives, one step at a time.

Frequently Asked Questions

What does the phrase 'May the angels be your guide' mean?

The phrase 'May the angels be your guide' is a blessing or wish for someone to be protected and guided by angels through life's challenges and decisions.

Where does the expression 'May the angels be your guide' originate from?

The expression is rooted in various religious and spiritual traditions where angels are considered messengers and protectors, offering guidance and support to individuals.

Can 'May the angels be your guide' be used in both religious and secular contexts?

Yes, while the phrase has religious origins, it is often used in a secular way as a heartfelt wish for someone's safety and well-being.

How can one interpret 'May the angels be your guide' in everyday life?

It can be interpreted as a positive affirmation, encouraging someone to trust

in divine or spiritual support when making decisions or facing difficulties.

Are there similar phrases to 'May the angels be your guide' in other cultures?

Yes, many cultures have blessings or sayings invoking spiritual beings or forces to offer protection and guidance, such as 'May the ancestors watch over you' or 'May the spirits guide your path.'

Is 'May the angels be your guide' commonly used in literature or media?

Yes, this phrase is often found in literature, movies, and songs as a poetic or comforting expression of goodwill and spiritual guidance.

How can someone incorporate the sentiment of 'May the angels be your guide' in daily affirmations?

One can use it as a daily prayer or affirmation to invite peace, protection, and guidance from higher powers or inner wisdom.

What are some symbolic representations associated with the phrase 'May the angels be your guide'?

Symbolic representations include angel wings, halos, light, feathers, or other imagery that signifies protection, purity, and spiritual guidance.

Additional Resources

May the Angels Be Your Guide: Exploring Spiritual Guidance and Its Modern Resonance

may the angels be your guide is a phrase steeped in tradition, spirituality, and cultural significance. Often uttered as a blessing or a prayer, it evokes images of divine protection, celestial guardians, and a comforting presence during times of uncertainty. But beyond its poetic charm, what does this phrase signify in contemporary contexts? How does the notion of angels as guides intersect with modern spirituality, psychology, and even popular culture? This article delves into the multifaceted dimensions of "may the angels be your guide," investigating its origins, interpretations, and the broader concept of angelic guidance that continues to captivate individuals worldwide.

The Historical and Cultural Roots of Angelic Guidance

The idea of angels as protectors and guides is not confined to a single religion or culture. Across Judaism, Christianity, Islam, and other spiritual traditions, angels are often depicted as messengers of God, intermediaries between the divine and humanity. The phrase “may the angels be your guide” echoes this enduring belief that ethereal beings watch over human lives, offering direction and safeguarding travelers on both physical and metaphysical journeys.

Historically, angelic figures have appeared in sacred texts such as the Bible, the Quran, and the Torah, each attributing unique attributes and tasks to these beings. For example, in Christianity, Archangel Michael is frequently portrayed as a warrior against evil, while Gabriel serves as a messenger delivering divine revelations. These roles have shaped the collective imagination, embedding the idea that angels are actively involved in the human experience.

Evolution of the Phrase in Popular and Spiritual Literature

While ancient scriptures provide the foundation, the phrase “may the angels be your guide” has evolved into a common benediction in various spiritual and New Age communities. It’s often used in meditation, healing practices, and spiritual counseling, symbolizing a wish for divine assistance. The phrase also finds its way into literature, greeting cards, and even music, underscoring its widespread appeal.

Modern spiritual authors and practitioners emphasize the personal connection one can cultivate with angels, viewing them not merely as distant celestial beings but as accessible guides in everyday life. This transformative perspective reinforces the phrase’s relevance, encouraging individuals to seek angelic guidance for clarity, comfort, and moral support.

The Psychological and Emotional Implications of Angelic Guidance

From a psychological standpoint, the invocation “may the angels be your guide” can serve as a powerful coping mechanism. Belief in guardian angels can reduce anxiety, foster hope, and promote resilience during challenging situations. Studies in the psychology of religion suggest that spiritual beliefs, including angelic protection, contribute positively to mental well-being by providing a sense of control and reassurance.

Angel Imagery and Mental Health

Therapists and counselors sometimes incorporate angelic imagery in guided visualizations or mindfulness exercises. These practices utilize the symbolic power of angels to help individuals manage stress, grief, or trauma. For example, clients may be encouraged to imagine an angelic presence providing safety and guidance, which can aid in grounding and emotional regulation.

However, reliance on angelic guidance is not without its critiques. Skeptics argue that overdependence on supernatural intervention might deter individuals from taking active steps in problem-solving or seeking professional help. Balancing spiritual belief with practical action remains crucial to harnessing the benefits without potential drawbacks.

Angelic Guidance in Contemporary Culture and Media

The motif of angels guiding humans pervades contemporary media, from films and television series to literature and music. Characters such as guardian angels or angelic messengers often symbolize hope, redemption, and moral clarity. This cultural representation reinforces the phrase “may the angels be your guide,” embedding it deeper into the collective consciousness.

Comparative Analysis: Angelic Guidance vs. Other Spiritual Guides

While angels are prominent figures of guidance, other spiritual traditions emphasize different guiding entities, such as spirit animals, ancestors, or deities. Comparing these beliefs reveals common themes: the human desire for connection, protection, and guidance beyond the material world.

- **Angelic Guidance:** Typically associated with purity, protection, and divine intervention.
- **Spirit Animals:** Emphasize personal traits and strengths, often reflecting natural wisdom.
- **Ancestor Guidance:** Connects individuals with familial lineage and collective memory.

Understanding these varied sources of spiritual guidance broadens the appreciation for the phrase “may the angels be your guide,” situating it

within a global tapestry of belief systems.

Applications and Practices Centered Around Angelic Guidance

Many individuals incorporate angelic guidance into their daily routines through prayer, meditation, or rituals. Angel cards, similar to tarot, have gained popularity as tools for receiving intuitive messages believed to be from angels. Workshops, retreats, and online courses also teach how to connect with angelic beings, underscoring the sustained interest in this form of spiritual interaction.

Pros and Cons of Angelic Guidance Practices

- **Pros:**

- Provides comfort and emotional support.
- Encourages mindfulness and self-reflection.
- Fosters a sense of hope and purpose.

- **Cons:**

- Potential for avoidance of practical problem-solving.
- Risk of misinterpretation or reliance on subjective experiences.
- May conflict with certain scientific or secular worldviews.

Despite these considerations, the phrase “may the angels be your guide” continues to resonate due to its universal message of goodwill and protection.

SEO Insights: Keywords and Search Trends Around

Angelic Guidance

In the digital age, interest in angelic guidance remains robust, as evidenced by search engine data. Keywords such as “angel blessings,” “guardian angels,” “spiritual guidance,” “angel signs,” and “how to connect with angels” frequently appear alongside “may the angels be your guide.” These LSI (Latent Semantic Indexing) keywords contribute to a richer understanding of the topic and enhance content visibility for users seeking spiritual support or information.

Google Trends analysis reveals periodic spikes in searches related to angels around holidays like Christmas or during times of global crisis, suggesting that people often turn to spiritual phrases like “may the angels be your guide” in moments of collective anxiety or reflection.

Optimizing Content with Angelic Guidance Themes

For content creators and spiritual bloggers aiming to capture audience interest, integrating “may the angels be your guide” with related terms can improve SEO performance. Using natural language that respects the phrase’s spiritual significance while providing value—such as historical context, practical advice, or psychological insights—can foster engagement and trust.

Final Reflections on the Enduring Appeal of “May the Angels Be Your Guide”

The phrase “may the angels be your guide” embodies a timeless appeal, blending faith, comfort, and hope into a succinct blessing. Its enduring presence across cultures, media, and personal practices highlights a human yearning for connection to something greater. Whether interpreted literally or metaphorically, it invites contemplation on the sources of guidance that individuals seek in navigating life’s complexities.

As society continues to evolve, the invocation of angelic guidance remains a poignant reminder of the spiritual dimensions that many hold dear—an emblem of care and direction amid uncertainty. In a world saturated with information and distractions, the gentle wish that “may the angels be your guide” offers a moment of solace and an invitation to explore deeper realms of meaning and support.

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may the angels be your guide: Tune into the Magic Within Jane Voneman-DuPerow, 2018-06-15 After having a near-death experience in 1991, author Jane Voneman decided to pursue her magic within by tapping in to her psychic abilities and paying attention to synchronicities and events that helped her to heal after many years of struggling with health. She saw an angel, and this was the first among many experiences that made her realize that there was more to life than this earthly existence. After having psychic dreams and seeing people in the spirit world, she decided to make a living as a psychic and medium. She had a vision quest, Native American style, that opened her up to a whole realm of paranormal activity. Her constant reminder in this book is that you can experience magic in your life and manifest your dreams and goals by thinking and watching how you speak. Jane realized through many life experiences herself that there is some inner kind of magic that we all are capable of tapping in to.

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may the angels be your guide: *Your Guide to Self-Discovery* Georgina Cannon, 2025-08-05 Getting to know yourself has never been easier. With practical introductions to twenty New Age modalities, this book will help you discover all your many facets. Each chapter offers a concise summary of a single topic written by an expert in that field. Explore your emotional intelligence with Beryl Comar and your Akashic Records with Maureen St. Germain. Find the meaning behind recurring dreams with Dr. Kelly Sullivan Walden and examine your emotional DNA with Judy Wilkins Smith. Other contributors like Dr. Paulette Kouffman Sherman, Lisa Greenfield, and Richard Webster will kickstart your self-discovery with insightful passages and tutorials on: • Birth Order • Numerology • Dreams • Emotional Intelligence • Palmistry • Karma • Astrology • Creative Superpowers • Family Constellations • Animal Guides • Past Lives • Archetypes • Face Reading • Enneagrams • Relationships • Personal SWOT Analysis • Akashic Records • Neuro-Linguistic Programming • Angels • Auras

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may the angels be your guide: *The Complete Idiot's Guide to Past Life Regression* Michael R. Hathaway, D. C. H. Hathaway, 2003 Judging by the more than 2 million web pages dealing with past lives and past life regression (PLR), people aren't only - seeing dead people, - they're interested in finding out whether or not they were some of those dead people in a previous life. Going way beyond a belief in reincarnation and karma, 'regressionists' want to know who they were and what their lives were like - and reputable psychiatrists are using hypnosis to reveal the past life issues that are keeping their patients from living better lives today. In CIG to Past Life Regression, a board-certified past life regression therapist reveals the ins and outs of PLR. Is past life regression for real? Are children really closer to their past lives than adults? Can I be hypnotized

- and can I trust the hypnotist and what he/she tells me? What will a session be like? Is one session enough? And what about self-hypnosis? How can knowledge of past lives make my life better today?

may the angels be your guide: Ask Your Guides Sonia Choquette, 2021-01-05 The New York Times best-selling author of *Soul Lessons* and *Soul Purpose* We're all spiritual beings with a spiritual support system on the Other Side that oversees and helps guide our lives from the moment we're born to the moment we leave our physical bodies and return to Spirit. Not knowing this fact is a severe handicap, as the Universe is designed to care for and nurture all its creatures and help make our life's journey easier and more successful. When we learn how to connect with our angelic guides, our lives naturally fall into a pattern of ease and flow during which we grow our souls, fulfill our life's purpose, and make our time on Earth endlessly entertaining. This fascinating and inspirational book by Sonia Choquette provides all the information you need to help you connect with your spirit guides so that you can enjoy all the love, abundance, and joy you're entitled to.

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may the angels be your guide: *Interpreting the Signs* Sergio Rijo, 2023-09-05 In a world filled with signs and synchronicities, *Interpreting the Signs: A Guide to Understanding Messages from the Spirit World* is your essential companion on a transformative journey. This comprehensive guide takes you by the hand and leads you through the labyrinthine world of spiritual signs and messages, offering profound insights, practical exercises, and personal anecdotes to illuminate your path. Discover the profound significance of spiritual signs in our lives and witness the incredible power they hold. Through the lens of personal stories that have brought about life-changing encounters, this book demonstrates the immense impact that recognizing and interpreting these signs can have on our journey of self-discovery and spiritual awakening. Awaken your innate psychic

abilities and hone your intuition with exercises designed to enhance your spiritual awareness. Delve into the mysteries of the spirit world as you learn to differentiate between spirits and other energies, gaining clarity on the unseen forces that influence your life. Create a sacred space where spiritual connection thrives, equipped with tools and rituals for protection. Explore the importance of self-awareness and delve into techniques for deepening your connection with yourself, laying the foundation for a profound connection with the spirit world. Nature enthusiasts will find solace in the chapter on Signs in Nature, where animals, plants, and their symbolic meanings come to life. Real-life case studies showcase the power of nature-related signs, reminding us of the profound wisdom nature has to offer. Unlock the secrets of the dream world with techniques for dream analysis that unveil messages from your subconscious mind. Explore meaningful coincidences and learn to keep a synchronicity journal to uncover the profound guidance that the universe provides. Embark on a journey through the realm of numerology and angel numbers, where numbers take on new dimensions of significance, offering insight and guidance in your everyday life. Dive into the elements—fire, water, air, and earth—as messengers and learn to interpret their signs. Discover your spiritual support team in Spirit Guides and Guardian Angels and establish a profound relationship with these benevolent beings who watch over and guide you. Contacting Deceased Loved Ones offers methods for connecting with those who have crossed over, fostering healing and closure through communication. Venture into the realms of mediumship and channeling, developing your abilities safely while learning to channel messages from the Other Side. Dive into the world of divination tools like tarot, runes, and pendulums, and master the art of interpretation. Automatic Writing and Spirit Communication opens the door to channeling messages through writing, while Deciphering Symbolism teaches you the language of symbols and provides practical exercises to enhance your interpretative skills. Embrace your unique personal signs and unlock the hidden messages within them, tailoring your spiritual journey to your life. Navigating life's crossroads with Signs for Guidance and Direction becomes second nature as you learn to make decisions based on received guidance. Signs for Healing and Inner Transformation offers solace and growth through spiritual signs, while Signs for Service and Purpose helps you uncover your life's purpose through spiritual messages. Trust your intuition, embrace your role as an interpreter of signs, and emphasize the importance of faith and trust in the process in the chapter on Trusting Your Intuition. Integrate spiritual awareness into your daily life and maintain an ongoing connection with the spirit world in Living a Spiritually Connected Life. As you journey through this profound exploration of spiritual signs and messages, you'll find a valuable resource in Resources for Further Exploration with recommended books, websites, organizations, workshops, and courses to deepen your spiritual development. Lastly, clarify your understanding of spiritual terminology with the Glossary of Spiritual Terms, and put your newfound knowledge into practice with a range of worksheets and exercises designed to enhance your spiritual abilities. Interpreting the Signs: A Guide to Understanding Messages from the Spirit World is more than a book; it's a transformative roadmap to unlocking the wisdom of the universe and forging a deeper connection with the unseen forces that shape your life. Embrace the signs, trust your intuition, and embark on a journey of self-discovery and spiritual enlightenment.

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may the angels be your guide: Spiritual Harmony Tamara L. Lesley, 2002-08-06 I have searched for the truth of our very existence to find it quite simple. I have studied many religions, including Darwin's theory. Through the years I have read and studied many thoughts and beliefs of others. I have found my own thoughts true for me that help me find the world more reasonable in a spiritual way of existence. I believe that God does reside in our heart and gives us many guides and Angels to help us along the way. A simple request of them and God is all that is needed. I reveal ways that you will find quite simple to believe in and that will not ruin your faith in God, but enhance it. I offer you an alternative way of living happily within yourself and knowing the God source resides in you through life, death and beyond. Let me take you on a journey of my life. You will see how my God source has shown me the way of living a fruitful life of love. I invite you to share my thoughts of love and come away with a better understanding of our Universe. I impart my love to you.

may the angels be your guide: The Everything Hypnosis Book Michael R Hathaway, 2003-01-01 Getting that promotion at work or losing those last five pounds can be a struggle, but goals like these can be accomplished with self-hypnosis! Whatever obstacles you want to overcome or goals you aim to achieve, this book can help you do it. With this informative resource, you will learn to: break bad habits like nail biting ease severe pain, such as from migraines or labor during childbirth ensure confidence and success in business and personal matters quit smoking for good lose weight and keep it off improve memory retention reduce stress—in relationships, at home, and at work and more! Written by a board-certified hypnotherapist, this authoritative guide can help you create your own self-hypnosis scripts to create the life you always wanted. From tearing down mental roadblocks to making permanent changes, you will be on your way to success in no time!

may the angels be your guide: The Ouija Board: Your Guide to a Safe and Enlightening Journey Pasquale De Marco, 2025-05-02 ****The Ouija Board: Your Guide to a Safe and Enlightening Journey**** is the definitive guide to the safe and responsible use of the Ouija board. This comprehensive book covers everything from the history and origins of the Ouija board to the

different techniques for using it to connect with spirits. You will also learn about the ethical considerations involved in Ouija board use and how to protect yourself from negative experiences. Whether you are a beginner or an experienced Ouija board user, this book has something to offer you. It is full of practical advice and tips that will help you to get the most out of your Ouija board sessions. In this book, you will learn:

- * The history of the Ouija board and how it works
- * The different techniques for using a Ouija board
- * The ethical considerations involved in Ouija board use
- * How to protect yourself from negative experiences
- * How to use the Ouija board for personal growth and development

****The Ouija Board: Your Guide to a Safe and Enlightening Journey**** is the only book you need to learn everything about the Ouija board. It is a valuable resource for anyone who is interested in exploring the world of spirits and the unknown. ****Pasquale De Marco**** is a leading expert on the Ouija board. He has been using the Ouija board for over 20 years and has written extensively on the subject. He is the author of several books on the Ouija board, including ****The Ouija Board: Your Guide to a Safe and Enlightening Journey****. ****Pasquale De Marco**** is also a certified medium and spiritual teacher. He has taught thousands of people how to use the Ouija board safely and effectively. He is a passionate advocate for the responsible use of the Ouija board and believes that it can be a powerful tool for personal growth and development. If you are ready to explore the world of the Ouija board, then ****The Ouija Board: Your Guide to a Safe and Enlightening Journey**** is the book for you. This comprehensive guide will teach you everything you need to know about the Ouija board so that you can have a safe and enlightening experience. If you like this book, write a review on google books!

may the angels be your guide: *The Enchanted Book of Mysticism* William Ubagan, 2025-02-22

The Enchanted Book of Mysticism is a sacred collection of Filipino esoteric wisdom, passed down through generations of healers, mystics, and spiritual practitioners. This book unveils the hidden knowledge of ancient rituals, protective charms, potent love potions, and powerful prayers for healing and safety. Rooted in the mystical traditions of albularyos, babaylans, and spiritual visionaries, this guide serves as a gateway to the unseen forces that shape fate, energy, and destiny. Whether seeking protection from harm, attracting love, or harnessing the natural elements for personal empowerment, The Enchanted Book of Mysticism is a treasure trove of arcane wisdom, bridging the physical and spiritual realms through the rich heritage of Filipino mysticism.

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Our ascension from the old earth to the new earth is a process unique in the universe. Through faith and knowledge, this transition need not be fearful. Spirit generously and lovingly teaches, guides, and comforts in each moment of every life. These discussions of the workings of the earth and the heavens foster understanding, and understanding fosters peace. The old earth has served her purpose well; so too shall the new earth serve. The new earth shall be a place of unity, grace, and love. As heaven begins its return to earth, these words of instruction and inspiration offer comfort and serve as reminders of spirit's love. As these beautiful words from spirit contained in New Ages and Other Wonders pass through the channel to you, may those words that resonate in your heart and your life find their way home. These words came from spirit, but they belong to you.

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May **might** - **may/might** **may/might** **do** **may/might**

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