

Dr V's ANGEL WORKBOOK



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www.mysurgeontalkstoangels.com



MODULE 4- DAY 4

HEALING WITH THE ANGELS



Romance Angels.



Archangel Assistance.



Soulmates versus Twin Flames.



Filling up your Love Tank.



Love Circles Exercise.



Clearing Ghosts from the past.



Difficult Times Intervention.



Love Mantra.



Bonus A : Ideal Mate Wishlist; Bonus B: Your Relationship Revival Checklist.



Future Pacing Meditation.



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STUDENT'S NAME :

WORKSHOP DATE :

Healing your Relationships with Your Angels

Remember that your Angels are always available to help.

Romance Angels:

- Cherubs
- Bringing people together
- Heal troubled relationships
- Add fun and passion
- Guidance on how to ready yourself for meeting your soulmate
- Your Guardian Angel is ready to assist. All you have to do is ask.

Archangels:

- AA Gabriel for communication and clarity
- AA Chamuel for self love, calling in soulmates and twin flames
- AA Haniel for sensitivity and passion
- AA Michael for cord cutting and protection

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Let's make a Love Spell

Write down your Intention for your relationships here:



Questions:

Requests:

Any Archangels you want to call in to help and why?

Now close your eyes and ask for help.
Visualise it has already happened.
Feel the Freedom, love, and joy...

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We all meet Several Soulmates during our lives

List all the people that you have met so far, that felt familiar when you first met;

Partners

Family

Children

Friends

Others

Pets

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Be Grateful for the lessons Soulmates have taught you.
This allowed your soul to grow.

List soulmates that still elicit an emotional response:

What do they need to be forgiven for?

Do they need to forgive You for something?

1.

2.

3.

4.

5.

Exercises:

Inside out: seeing things through their eyes

Giving back their keys

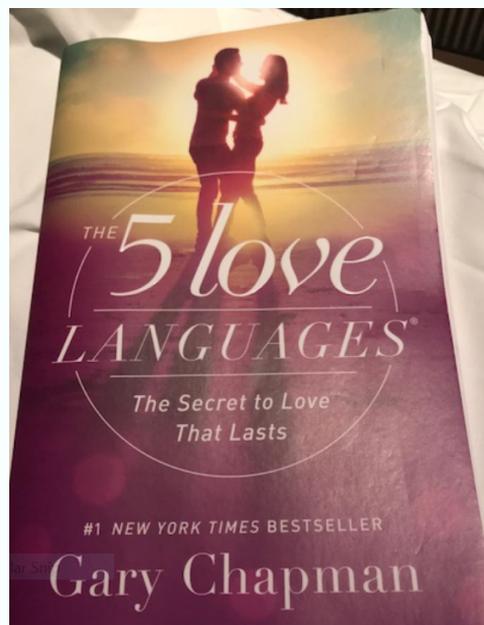
Cord Cutting with Archangel Michael

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Discover your Love Language Questionnaire



Fill out the attached PDF
from the 5 Love Languages

Courtesy
Relationship Expert Gary Chapman

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Filling up your Love Tanks

Remember that a car won't get anywhere with an empty tank. Neither can you.

Write down 5 things you can lovingly do for yourself that is nurturing:

1.

2.

3.

4.

5.

Remember the Mirror Exercise

Write:

" I AM ENOUGH! on your bathroom mirror in red lipstick."

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Ideal Mate Wishlist

Gender and Social Status:

Age range:

Nationality, Language, Profession, Income:

Hair, skin and eye colour:

Body Shape:

Likes:

Hobbies, interests:

Love Style:

More:

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Relationship Revival Checklist

Make a plan to integrate the next 7 Love Tools into your week

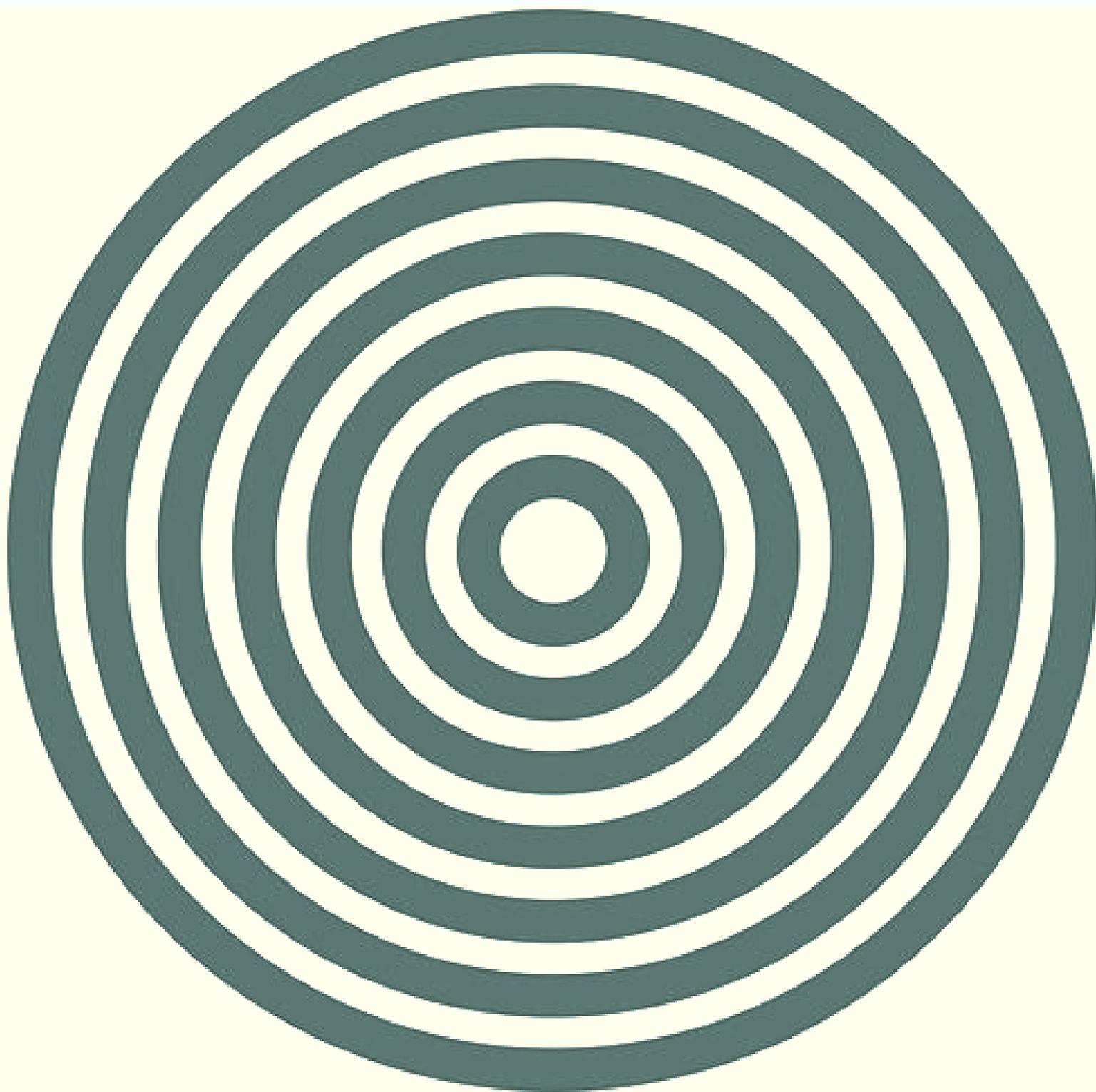
1. **Talk** about when you first met, how you fell in love, what you liked about each other and still do.
2. **Alone Time**: no tv, no phones, no children. Plan an adults-only night out. Stay in a hotel overnight.
3. **Going with the flow**: be spontaneous. Explore a new place without a map. Allow yourself to get lost. Go skinny dipping...
4. **Sensual touch**: give your partner a head or body massage with sensual oils, a foot rub in the double bath surrounded by candles, holding hands when walking or seated, hide a chocolate on your body and allow the other to sniff or feel for it while blindfolded...
5. **Humour**: go watch a comedian or a funny movie/ videos. Look at your old photos with 80's big hair or 70's flairs...
6. **Scene setting**: when you want to pamper your partner or get in the mood, all senses need to be stimulated. Put in an effort to dress up. Fresh Flowers are always a good idea, especially roses, the flower of love. Play sensual music that both of you like. Burn scented candles, essential oils or good quality intense. Ylang Ylang, Sandalwood, Jasmine, Rose... Use soft bedlinen, towels.
7. **Study Tantra**: the art of spiritual love making.

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Circles of Love: realise how much
love there is in your life today



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Some Love Wisdom

Love makes requests, not demands

Forgiveness is the way of love

Verbal compliments are far greater motivators than
nagging words

When our love tank is low, we have no loving
feelings, we can only experience emptiness and
pain

"We are never truly alone."

Dr V

"One Love, One World"

Bob Marley

