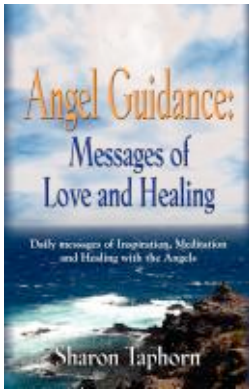
A faint, ethereal image of a woman's face with blonde hair, smiling, is positioned in the upper center of the cover, appearing to be part of a soft, white cloud. The background of the entire cover is a vibrant blue sky with scattered white clouds, transitioning into a deep blue ocean with white-capped waves crashing against dark, rocky cliffs in the lower half.

# Angel Guidance: Messages of Love and Healing

Daily messages of Inspiration, Meditation  
and Healing with the Angels

Sharon Taphorn



*A beautiful expanded collection of messages inspired from the daily Angel Wisdom that Sharon Taphorn channels and shares with thousands of readers around the world. Each message contains thought provoking conversations to assist each of us on this journey called the human experience. With messages of love and healing, the angels share with us that we are always supported, loved and never alone. Each message contains an affirmation to assist in creating the life of your dreams.*

# **Angel Guidance**

## **Messages of Love and Guidance**

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Love and Healing**

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The author and publisher of this book do not dispense medical advice or prescribe any technique as a form of treatment for physical or emotional problems and therefore assume no responsibility for your actions. The intent of this material is to provide general information to help your mental, emotional and spiritual growth. WE encourage you to seek professional assistance for all areas of healing.

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First Edition

## **Introduction**

I had never really planned to work as an ambassador for the angelic realm. I've always been aware of the guides and angels; however felt I was supposed to work more with the guidance realm. My mother had gifted me with a few decks of Angel Cards from Doreen Virtue a few years back that I really didn't use that much. Mainly they sat on my coffee table for friends and clients to choose one or two for themselves when they came over for a reading or a class. Then one day I was doing a special for a radio station I was broadcasting one of my shows on and we needed time fillers between guests. I pulled a card from one of the decks for the listener's in between interviews. They were very well received and helpful. They were such a hit I decided to add them to one of my shows at the end. A few weeks later while I was blogging on a spiritual community I was feeling a bit sad that everything on the site seemed to be about self promotion and not really helping the readers. So, the angels said, 'Why don't you put up a message that has no other agenda other than helping people?' That was the beginning of the Angel Card of the Day. A few months after posting a card, I began to feel that the messages should be more than just sharing someone else's work and I began to write the messages that the angels gave me instead of what the cards said. So, I changed the name to Angel Wisdom of the Day to reflect the evolution. I had not intended to add my name to them until someone else named Sharon decided to do a card each day and I didn't want any confusion about our work. I was also gathering a larger audience and was finding my work on many sites. So the angels suggested I add my name since I was doing so much work with them.

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Also shortly after, the angels asked me to start a radio program based on the wisdom and other spiritual information. So, being the adventurous warrior that I am, I began the program “Calling All Angels”, and the angels would help me to host a program that was more like a workshop on working with angels, getting to know the angels, assignments from the Angels, meditations and readings. And now, they guided me to produce this book.

And thus began my journey with working with the angels. I am honoured to share their wisdom, and how to work with them with my readers and listeners. It has helped countless people find their voice, clarity and passion, as well as me to find mine. I was once asked how I knew the messages come from the angels, and my response was, “When I get the messages I am surrounded by this love that is nothing like I’ve ever experienced on the earth plane and that is how I can tell the difference.”

I want to also thank Diana Cooper and Doreen Virtue for all the beauty and the wisdom they have shared through their books and cards as are an endless resource for me.

Please enjoy the wisdom, love, empowerment and healing that is embedded upon these pages.

Love and blessings, Sharon and the angels

This book can be read from front to back, used as a reference guide, or daily inspiration. You can start with day one or simply pick up the book, flip through the pages and let the angels guide you to what spirit wants you to know. Meditate on the message and invite the angels into each new day.

# 1

## **Happy New Year**

Each of you is raising your personal vibrations. Each new cycle is like starting a new year. As you do, you are becoming more sensitive to your environment, new psychic and spiritual experiences are changing the way you view life, the Universe and everything. Allow your spiritual gifts to open through study, prayer, and most importantly, meditation.

Remember you are a powerful, loving, and creative child of the Creator, all of you, in every weave, in every way and that you are loved far more than you could ever imagine. This year is an opportunity to expand your light at an ever increasing pace. Embrace the opportunities that we together put before you.

**Affirmation: “I am powerful. I am having new psychic and spiritual experiences.”**

# 2

## **We are with you**

Ask your Angels for assistance. We are always here and we are always ready to help. However, we must be asked in order to assist. We must always be invited into the human realm in order to help you. We are with you now, giving you the courage to make life changes that will help you work on your Divine life purpose. Be open to receiving Divine guidance and assistance. You deserve it.

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Use the power of your imagination to help you visualize and connect with us. Use your heart energy to connect with us and trust the images and/or feelings that you receive, they are trustworthy, and you are worthy.

**Affirmation: “I am surrounded by angelic support and I quickly notice the signs they offer my. I am worthy to receive.”**

### **3**

#### **Meditation**

Spend time alone in nature if you can. Meditate upon your desires and intentions. Meditation is our way of communicating with you; assisting you and helping you see the bigger picture. Ask the angels to help you gain a positive perspective. Create affirmations to assist you in reaching those desires.

Welcome the feelings of peace. Allow for a new tranquility and a smoother road ahead as you continue to practice and breath daily. Use the power of your chosen affirmations and do a small act each day that leads your closer to your desired outcome.

**Affirmation: “I receive wonderful guidance and healing during my meditations.”**



## **4**

### **Time to let go**

The sun sets and rises each day. As it is the same with the adventures in your life. See the beauty and the gifts within each moment; know that the sun will rise again tomorrow, and then the next day, and the day after that. Endings are merely the start of a new beginning, and your angels surround you every step of the way. You are never alone and always supported. Let go of those things that don't serve who you are becoming or that hold you back from receiving the results you desire.

As you experience enormous change through releasing, it is important to cleanse and detoxify any part of your life, the physical world, where your thoughts are and what is your spiritual practice. Know that your desired outcomes are achieved as you keep up the good work of releasing and letting go.

**Affirmation: "I forgive myself, knowing that I did the best I knew how at the time and I am ready for wonderful new experiences as I move forward."**

## **5**

### **Take action**

Trust in your truth. Trust your feelings and your gut instincts and lovingly assert yourself. We will guide you through the

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actions that are necessary. Your focus is to avoid procrastination at all costs. Break things down into baby steps so that you do not become overwhelmed. Then, each day take those steps, for every step makes a difference.

You already know what to do, and you have made up your mind to take action. We are here to validate that your decisions are on the path of Light and to support you along the way. Sometimes you may feel too emotional or tired to take action. This is because you are unsure of the 'correct' way to go or feel uncertain about what you want. These are the moments to call upon us to strengthen you. We are always by your side waiting to give you strength and courage and love.

**Affirmation: “I have the faith to live my truth; I am willing to do those things that bring me joy.”**

## **6**

### **Inner wisdom**

Angel guidance reminds you that everyone can connect to their inner wisdom. Ask us to illuminate you and help you to connect with your own deep knowing. Connect with the golden ray of wisdom drawing from source energy. Visualize yourself surrounded in a cloak of golden light, take some slow, deep breaths, feel your inner core strengthen and shine and tap into the wisdom that is available to you there. Let the light wash away any negativity and you will become more open minded, clear and wise.

Wear your golden cloak of wisdom any time you wish to study any kind of wisdom or class, as this will assist you in absorbing the information faster and easier. Divine assistance is available to you now. Ask, and you shall receive.

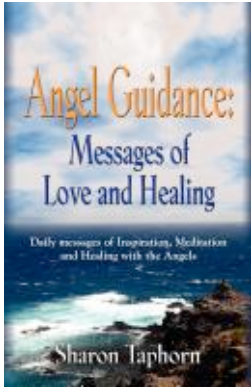
**Affirmation: "I am connected to my inner wisdom at all times. I only need to quiet myself for a second and the connection is immediately available to me."**

## **7**

### **Choose peace**

We are the angels of Peace. We bring to you new tranquility; and a smoother road ahead. Oftentimes after a period of a lot of energy and sometimes turmoil you can become tired. Your mind and body crave peace and quiet, and we angels are here to help you with that desire. We can give you new opportunities to spend time alone, meditating upon what you truly desire, and relax your mind and body, and open your heart. We will bring you peace and tranquility to your heart and soul so that you can mirror the peace of mind that is your true Divine self.

This inner foundation of peace has a powerful healing affect. Give any cares or worries to your angels and allow us to take your stress and burdens. Your outer life will begin to reflect your inner peacefulness. Smooth roads are ahead for you, and the worst is now behind you. A new day is dawning each day, a fresh new start with a peaceful perspective.



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