



How simple it is to Connect with your angels

Doreen Virtue

Exclusive Interview

Doreen is Appearing at the 2011 Journey Expo Cleveland

By Eva Starr

ing career, where they live, their relationships, how they treat their bodies – and it’s all about aligning yourself with your truth and integrity and *no longer compromising*.

I think deep down everyone knows what path would be highest for them, but a lot of people struggle with their ego and unworthiness, procrastination, perfectionism and things like that. It’s all very normal but the key is, *Do you let it control you or not?* Truly living according to your higher self is the key to health and happiness. Not only [for] ourselves but [also] part of the ego’s responsibility to the world. Imagine a world where everyone is aligned, peaceful, healthy and happy – it just takes the burden off of all of us, and really does create peace on earth.

Starr: Can you talk more about not compromising when it comes to finding your life purpose?

Virtue: It’s the number one question I receive; I will be definitely talking about this when I’m in Cleveland and taking questions.

Deep down we all have the same purpose, which is love: Remembering love, teaching love and modeling love. But there’s a form that teaching and loving takes and for many people it’s a career. A lot of folks talk to me about really desiring a meaningful career, in which their needs are supported. They dream of this, but there’s a part of them that’s reluctant to leave a safe job. They have security, but they’re not happy.

That’s really a life lesson for all of us – to make that leap of faith. I was fortunate because I watched my father do it. When I was about 6-years-old he left his aerospace job ... and pursued his dream, which was model airplanes. We had just bought a house, had a mortgage, my mom didn’t work, he had two little kids and he took that leap. He’s going to be 80 this year, he’s barely got gray hair,

Angel Medium Doreen Virtue is a spiritual doctor of psychology and a fourth-generation metaphysician who works with the angelic, elemental and ascended-master realms in her writings and workshops. With a worldwide reputation, she has written more than 20 books about angels, chakras, Crystal Children, Indigo Children, health and diet, and other mind-body-spirit issues.

Doreen, who holds B.A., M.A., and Ph.D. degrees in counseling psychology, was the founder and former director of WomanKind Psychiatric Hospital at Cumberland Hall Hospital in Nashville, Tennessee. As a child, she was a natural clairvoyant, seeing and conversing with what many people call “invisible friends” – an ability that she only came to understand and embrace as an adult.

She will make a headline appearance at the ninth annual Journey Expo Cleveland, Sept. 9-11. It will be her first appearance in the area in more than a decade.

Starr: In one of your videos you offered a quote by Sheldon Kopp that resonated with me: “I’ve never begun any important venture for which I felt adequately prepared.” I feel that’s something we all struggle with.

Virtue: Absolutely, right now is a time when many people feel called to make important life changes, involv-

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he's healthy as a horse and happy. Growing up with that, I learned life's too short to compromise on anything ... including relationships, where you live and where you work. It's about trusting this benevolent universe...

Starr: The pact that we have with our angels, do we make this before we come into this earth plane? Are we aware of it? What is this pact?

Virtue: I'm a firm believer in past lives, and [that] this is a big continuum in learning – a progression, just like different grades in school, each life building upon the one before it. The life lessons and the angels are with you through all those lives; they don't have any mortality.

They're like teaching assistants, [saying], "In this life here's what we're going to learn."

In each life we have a personal lesson or two that we're learning, like patience or forgiveness. And we also have a global mission that we're here to learn and express, and that would be something like you being a writer, or someone working with animals.

Our angels help to keep us on that path.

If you're unhappy, it's the same thing as if you're driving down the road and you go over those little bumps in the road that tell you, "Oops you're off the path." Anyone who's unhappy with their job or where they live, or anything – those

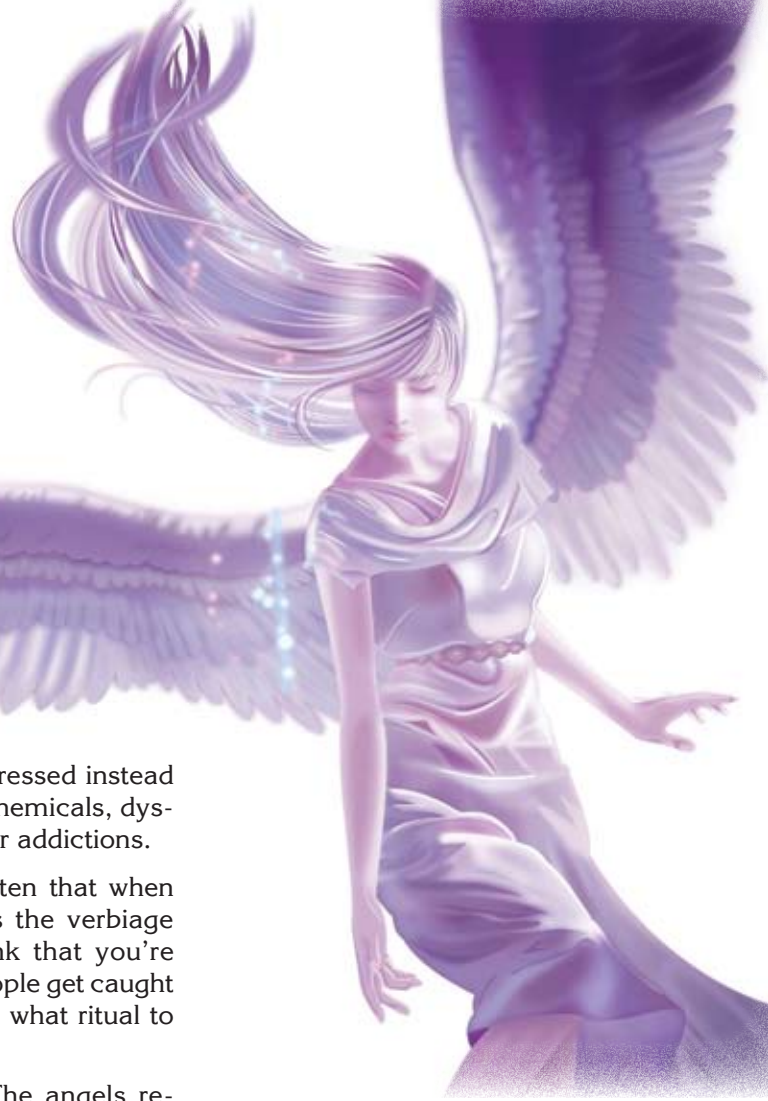
things need to be addressed instead of stuffed down with chemicals, dysfunctional behaviors or addictions.

Starr: You've written that when we talk to our angels the verbiage isn't important. I think that you're right when you say people get caught up in what to say and what ritual to use in saying it.

Virtue: Exactly. The angels respond to our simply giving them permission and asking for their help, because we have this free will. The whole world was created for this desire for free will. It's just an illusion that we're separate from God, but the illusion is very real. You have to ask your angels for help; you have to ask God for help before they can intervene because of their respect for free will. It doesn't matter how you ask, what matters is that you're very clear about what you desire.

Think of it like they can feel your thoughts. So you can say it, you can scream it – in fact sometimes that's the most effective way. When you're crystal clear about what you will or will not accept you can use any words you want. The thing is just asking and then accepting the help that comes always in response to the prayer.

The help can be in the form of direct intervention, where you ask for a new job and boom here comes a phone call from a friend and "we're hiring at my place of employment."



It can be something more along the lines of signs that you get, [like] when three people recommend the same book or movie in the same day. Always the help is offered; it's up to us to notice it. Where I find that people run into trouble is that they don't trust, and also they don't think they deserve it. That's a big part of my job is to help folks get over those little hurdles.

Starr: So self-esteem is a key for all of us?

Virtue: Exactly, well put.

Starr: Back to the signs, I see that your oldest son Charles and you wrote a book *Signs from Above*, I'm a huge sign person, I get feathers a lot and always pick them up, and I think that's a sign. I get asked a lot "How do I know my angels are listening?"

Virtue: If you see, hear or feel anything unusual or repetitive, this is a sign. The angels told me once, and I believe them, "that everything



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is a sign, because everything is a mirror that is attracted to our current thoughts.”

There are no coincidences, quantum physics points that out. It's not something esoteric at all, it's being magnetically attracted to us. If you want to know how your thoughts are, just look around you and if you don't like it, then change your thoughts.

The signs are really fun. I especially love the number signs where the angels send us numbers in sequences that give us messages. The book I wrote, *Angel Numbers 101*, talks about that. When you see repetitive numbers, or license plate numbers, it's telling you something.

Starr: When I'm working with your angel cards in the mornings during meditation, I sometimes draw the Indigo Children card and the Crystal Children card. What's the difference between the two?

You have to ask your angels for help; you have to ask God for help before they can intervene because of their respect for free will. It doesn't matter how you ask, what matters is that you're very clear about what you desire.

Virtue: Oh, big difference. Indigos are a little older but the main difference is the whole personality. The Indigos came in with an inner truth detector, so they can smell if someone has integrity or not. In school they don't necessarily give respect to the principal or the person with the title; they might have more respect for the janitor. They also know the difference in school between what they need to learn because it will help them someday in the future, and what has no value to them. They're strong-willed, old souls that have this strong-willed leadership. Their big global mission is to bring integrity back to the world.

The Crystal children are very quiet, in contrast. They absolutely are nature fanatics; they have to be outdoors or they get cranky. They don't sleep much because they might miss something. They're delightful, they talk more with their eyes and they love music. They're very artistic, love animals, they are absolutely fearless and they are just happy, happy people.

The way this is working is like an evolution. You and I are of the generation of light workers; we absolutely care about this world but we run into self-esteem issues. The Indigo generation doesn't have those self-esteem issues. They trust their intuition, but they don't really know what to do with it and they're looking to our generation to show them how to put it to action. So we're here to be teachers to the Indigos, and the Indigos usually are the parents of the Crystals.

If the Indigos do their job and help to get rid of the

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corruptions of this world to bring an era of integrity, emotions, and compassion then the Crystals will populate this planet with this beautiful generation of quiet, gentle, forgiving people who are connected to nature. It's very beautiful. It all fits together perfectly and it's just a matter of allowing.

Starr: I have a question on free will. I know we have free will and this question comes as a mother with a daughter who suffered several years with addictions. We want to help our children but how do we do this?

Virtue: OK, that's one of my favorite questions to answer. Think of your free will as a circle and everything in that circle is yours; you have the right to do whatever you want in that circle even though the angels and God might wish that you would choose differently. Your daughter has that circle too; she can do whatever it is she chooses to do. There is a point where the two circles overlap each other, and then your daughter's free will is affecting your free will and happiness, to the degree that her free-will choices affect your free-will choices. When this occurs you are allowed to pray for intervention and the angels and God will intervene. In fact the clearer you are about your desire the greater the intervention on their part.

If you see, hear, or feel anything unusual or repetitive, this is a sign. The angels told me once, and I believe them, "that everything is a sign, because everything is a mirror that is attracted to our current thoughts."

Starr: My youngest daughter lost her Dad recently through sudden death, and she's having a hard time connecting to the Angels, to him and just in general. What do you say to someone who says, "The angels aren't listening," or "I can't talk to them?"

Virtue: My research shows that absolutely everyone does talk to his or her angels, it's just a matter of whether it's a conscious awareness or not. Right now I'm connected to your daughter's Angels and they're telling me her Dad does talk to her when she's sleeping, and intuitively. Part of the trying too hard thing is just blocking the conscious awareness of it, but anytime anyone asks to talk to a loved one, or to angels, contact is made successfully.

Starr: I'd like to speak about the Mayan calendar. In one video, you said it's more a matter of the Mayans just didn't finish the calendar [because] they had to leave the village.

Virtue: Prophecies about the end of the world have been going on since the beginning of time. The human ego feels guilty running away from God. The human ego is built on guilt and expects punishment, and because it's



impossible to leave God, there is no punishment that is going to happen.

The whole thing about 2012 is just a theory that a man came up with who actually passed a couple of years ago; it's just an urban legend. This whole thing about the end of the world is just the human ego enjoying being afraid. The May 21st doom-and-gloom prophesy was actually a blessing in disguise; it showed people and it gave them a chance to make fun, ridicule and laugh.

There is no basis to the 2012 calendar. It's just going to be another year, but it's giving people the opportunity to face their fears and their mortalities, and I think that's really healthy. Ask yourself, *Hey what do I want to do in this lifetime?...* and then do it now!

Do what it is you want to do even if it's a big goal like write a book or open a healing center. If you devote a little bit of time to your goals every single day, it will get done. The universe matches us to an even higher degree and things just start to take care of themselves.

Starr: Aside from your book *The Miracles of Archangel Michael*, a favorite angel of many, I've heard you refer to Jophiel as the *Feng Shui* Angel, and Gabriel the Messenger Angel. Could you shed some light on those angels?

Virtue: Gabriel is a good angel to work with if you feel you have to get a message out, write a book or teach. And Jophiel helps us beautify our lives. Jophiel is a beautiful angel to work with right now. The angels told me we are in a time of dynamic manifestation, that we absolutely must think positive thoughts for our mental, emotional and physical health and Jophiel will help us to uplift our thoughts no matter what's going on around us. We've got to avoid blaming and complaining; it traps the lower vibration energies. We can partner with Jophiel who can help us come up with the beautiful words that uplift others. This is our mission as light workers.

Starr: Once we ask the angels to help us with a situation, can we also ask them to help us let go? It seems many of us have a problem with surrender?

Virtue: Exactly, it's like people who clean their homes before the housekeeper gets there. You don't have to perfect yourself before you ask the angels for help. If there are certain issues you wrestle with, then by all means

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ask them to help you with those particular issues. If you have problems with faith, then ask them to help you have more faith, and they will do so.

Starr: You haven't been to Cleveland for over a decade, talk to me about how you feel about coming to Cleveland and doing the seminar for *The Journey Expo*.

Virtue: I'm very excited about coming to Cleveland; I have fond memories of Cleveland. I used to go there all the time to do a TV show called AM Cleveland, and what stands out the most to me about Cleveland is nice people. I feel that a big part of our mission is just to be nice to each other and I like being around nice folks.

I also feel the people in the Cleveland area have a high degree of sensitivity. A large part of my workshop at the event will be on how to deal with your increasing sensitivity and how highly sensitive people can continue to manage to keep their heart open, while shielding and protecting yourself at the same time.

So I'll be doing a lot of clearing work, and definitely I will be doing as many readings as I can for the audience – and just offering up whatever I can to help people deal with living happier lives.

This big tour that I'm on is about the fears people have over 2012 and the increasing sensitivity. I'm doing whatever I can to help people understand that they're not alone, and that help is available to them.

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Starr: I've heard you say that fear is a choice. So when we're in fear mode we're choosing fear mode. So how do we recognize that we actually made a conscious choice of choosing fear and how do we get out of that fear mode?

Virtue: A lot of it is having a zero tolerance of pain policy with yourself. If you're in any form of pain, you're in your ego. It's not whether you go in your ego, it's what you do with it. But if you just start to have this firm "I won't accept ... any form of pain – existential, spiritual, emotional, etc." policy, the minute you start to feel any sort of pain, ask the angels for help.

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Any kind of worry that we have makes things worse because it puts out to the universe this is what's happening, and it hardens it and the universe says, *Yes, ma'am, this is what's happening to you.* Instead take any worry you have and rewrite it simply to a prayer. If you're worried about your finances, change it to a prayer of *Help me with my finances.* Worry makes things worse and prayer always improves everything.

Starr: What one final thing do you want to leave our readers with? What's the Big Kahuna the angels most want us to know?

Virtue: Even if you're not sure that the angels are real and you don't really believe or you feel undeserving of their help, the angels *are* with you. If you just take a moment to ask for their help you'll feel their loving presence.

I want to reassure everyone, speaking as a lifelong clairvoyant, that you're not alone and they are there for each and every one of us. You don't have to earn it, you don't

have to belong to any certain religion, or act a certain way, or pray a certain way to garner their help. Their help is there because angels are as much a part of life as having a heart, a lung and just being alive.

It's a part of our God-given capabilities, so please, please reach out for help much more often than you are. Angels want to help us with every single part of our lives – not just the so-called big things. They're here to help us have peace on earth, one person at a time, and the greatest contribution you can make to this planet right now is to be at peace. You don't have to do it alone; you've got angels with you to help restore you to peace, which is your natural state.

Doreen Virtue will make a headline appearance at the ninth annual Journey Expo Cleveland, Sept. 9-11. It will be her first appearance in the area in more than a decade. For more information: www.thejourneymag.com/clevelandexpo2011.

Eva Starr's spiritual journey has taken her coast-to-coast studying



various schools of thought. Starr now resides in the San Diego area, devouring the alluring buffet of wisdom that the West Coast has to offer. Continue to communicate with her at evastarr24@yahoo.com.

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