

# **ARCHANGELS FROM ABOVE**

***From this Life to the Next  
A Message from the Angels***



**By Shannon Lynn**

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A special thank you to Archangels Michael, Sandalphon and Uriel. Without them, this book would not have been possible. The following is a guidance of complete channelling brought forth with the angels from above.

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# Helpmate From Above & Archangels From Above

From this Life to the Next

A Message from the Angels



## Introduction:

Within these pages you will come and grow to know your true self, in whom God has made you all to be. It is within these chapters that you will see the true and just individual that we were intended; once and if you take the steps to make it so, for it cannot be if you do not do the work to make it so.

I have been shown the way and now you can too; once and if you are willing to open up your hearts and open up your minds to the greatness that lies within each of us. Ten years ago, I was given a gift. A gift that I had no idea even existed within this world that we all live in together, as one. In fact, I really had no idea at the time that there was even such a thing as us being as one. I was totally oblivious to the spiritual realm that surrounds us here on Earth, at this time and always. I now know better, of course. But back then, I really had no idea. What I did learn within this process was that what seems to be is not always the way that things truly are, and the way that we believe or have sometimes been shown is the correct way to be and do and have is not always the correct way either. But I have learned that that is okay, that this life is a process and that we are each on an individual journey of our own making. And really, would we even want to know everything; if we all knew everything about this world that we live in, what fun would that be? Just think about it for a moment, we would know everything, absolutely everything. How boring would that be, to never have a question, to never want to know the answers to some of life's grandeur questions that we all have within us.

Within these pages I want to share with you my individual journey. And I want you all to know that we are all on our own journey that each of us have co-created with God long before we came down here to live it.

Some of you will struggle with the material presented within this piece of work, but others will know immediately its validity.

It is within these pages that you will see your 'true self' emerge or come into the forefront and merge with yourself and others. It is within these pages that we are all shown to our true selves and the whole person in whom we were always meant to be, from God above.

You will find and seek, if you are willing and want to do the work to become your best self, in whom you were always meant to be. Only, if and when you are then ready to do so; meaning, do the work to make it so.

It is within these chapters that you will see your true self emerge, in every sense of the word; for in order to come and to then be and do this, it is in this you shall only see within this structure the true essence of your soul, within. Be true to yourself and you will see that there is no better way to become the true person in whom God intended for you to be; only and if you are then willing to do the work to make it truth.

It is within these walls of self-worth, that our self-esteem can be created and then mastered into all that was meant to be also; for it is within this structure that you will all see the pure and complete happiness that was intended for you also, here and now, and for always then.

Please come and join us now within this journey that we shall indeed take together; for you must know now and always that you are never alone in this, any of you... No, for this is the true and direct way to reach the Kingdom of the Heavens is within yourselves, at this time and always. For you are never alone, for we the angels are always there with you; forever, now and always in this. Be sure that you are never, ever alone in this... for we are always and we do say this wholeheartedly, always there with you and for you.

Firstly, these books are helpmates for anyone who has ever been involved in an abusive relationship of any kind; verbal, physical or otherwise. They will help these otherwise desperate souls, that are at their wits end... that a lifeboat or a lifejacket is being thrown to them and all they need do is grab a hold; meaning read the book and hold on tight; meaning to do the work and they will be saved; meaning that they will be brought out of their misery and back into life so to speak, as a much happier and healthier individual.

Secondly, these books are a tool to guide and teach others the ways in which they should be behaving or acting towards other human beings in order to reach their true potential in this lifetime.

Thirdly, they will offer support and guidance for others to dig themselves out of the depths of unconscious behaviour forced upon themselves by others, through abusive situations and left feeling as though they are no one and worthless. What these books intend to do is to boost their self-esteem so high that they can and will crawl their way back out of the depths of despair in which they have led themselves into, through others and bring them back into the light of day to a much happier and healthier point of view or self.

These books are unique in that they are a guide for others to help themselves through Divine Help and Healing and what this means is that the Angels are giving us a guide to live by, and help us and others into the light of day, so to speak. Meaning that if they heed these words that their lives will become so much the richer for it and once they begin to heed these words enclosed, it is then that they will be so richly rewarded in all areas of their life here on Earth. And what that means is that when they dig deep for their own answers, they will come fleeting forth to reward and remind themselves what a unique and special individual they really are in the eyes of God as well as in their very own eyes. They richly deserve and will in the same breath be richly rewarded for their efforts within these books given to them from the Divine Kingdom.

These books are given to readers straight from a source not unlike their very own selves; what that means, is that the author is living the very same lives or has lived those very same lives that they are living and she knows all of the ins and outs of these situations that they have gotten themselves into, and it is through her very own words spoken to her by us that she is giving them to others.

**The major points of value in these books are:**

Firstly, as a Spiritual Helpmate for those in need of Spiritual understanding or anyone searching for Spiritual information and what God indeed wants and needs for them to be.

Secondly, they are helpmates for those in need of inspirational instruction in helping themselves out of the depths of their own despair caused by abusive relationships of all kinds. And what this means is that when others abuse them with unkind words or phrases or in any ways possible, it is themselves who need to bring themselves back into the reality of life and into their own. These books can also be given and used as a great tool in aiding in this process that so many are finding so hard to pull themselves out of; they feel trapped within their own skin and are unsure of how or even if they could pull themselves out of the depths of despair.

Thirdly, they are also a tool kit for others to come into their own in this world, to act and react in ways in which God had created for them. And what that means is that when they treat others in the same way in which they themselves would like to be treated and act

accordingly; it is within this concept that others will follow their lead and start to treat them in those same kind and loving ways.

Lastly, the author is encouraged to tell you to heed these words of wisdom from within these books, for society as a whole is counting upon you to do so, as are the Angels within the Angelic Kingdom. Accept this opportunity and bring forth this guidance, so that others can and will benefit from the actions within these books, for they truly are helpmates for the good of all mankind.

**The primary subject** of these books is a way in which to reach others as a helpmate, or tools to teach them what it is that they were put upon this Earth to learn, do, and become, which is their ultimate goal in this lifetime. When they learn what it is that they need to teach themselves and others, it is in this that they can and will become all that was intended for them to be and do.

These books were given to and for others to make positive changes within their direct lives, so that they themselves and others alike could benefit from their own as well as others actions within these books.

Readers will learn about Spirituality and a good and just way in which to treat others and themselves. We all need to learn the basics from God, which is to be a better person to others and they will become a better person in that same process. And what that means is that when we treat others as we ourselves would like to be treated and we change to become a better person, that in a direct way reflects back so that they may in return treat you in that same exact way. They are for everyone to learn to become a better person and to help others to become one in the same. And at the same time to redirect their own lives, or the lives of someone they love in ways they themselves don't even know in how to help those in desperate need of someone's help. They will be guided and able to help others by giving of themselves or in the gift giving to others so that they too can be reached in ways they themselves may never have been. Within these books are workmate tools for which all of mankind can work towards perfecting.

Ideally, the angels would like to see these books used as tools, or a workmate or helpmate for everyone in the world on how to treat others and on how others should be treated and act accordingly. If everyone could just do that, can you imagine what a wonderful place this place called Earth would be? It is almost unimaginable!

- The following story depicts life as it was in 2004; it has since then, changed immensely! The author is so very proud of whom she has become and the changes she has made within her life, here ever after... And so in this, she is showing all of you to the light of the lord within each of you! Peace be to all.

**WE ARE HERE** to tell everyone, at this time, about the facts that pertain to religion as a whole.

Each nation must not be divided for all to reach their true potential in this lifetime. We are asking everyone to please look deep inside their hearts and to do what is right for themselves and for others. What we are asking for is that you all be grateful for one another and not to take each other for granted because this is not what was intended for you. What was intended for all of mankind is to become one in each other, as well as in themselves. We need to believe that we were put on this Earth for a purpose and that purpose is truly for the good of all mankind. To treat each other as we ourselves would like to be treated and act accordingly. We need to possess the belief in ourselves that God already possesses for us. Believe in him as he believes in all of you.

Another thing that we may need to touch upon is Spirituality, or a lack thereof. In this world, there are the believers and then there are the non-believers. Shannon is now a believer and that is not without proof of her own validity. She was and is a believer, and if you will follow her lead she can and will lead you out of the depths and into your own, which is your intended path in this world. So, take heed and listen to the words of wisdom that will come spewing out of her mouth at any given moment. She wants to see this world become a whole and perfect place for all to live. Believe in what she is capable of and believe that she can truly show you the way. Do not believe that you are going to be as wealthy or as perfect or as witty or as complicated as she may be, for you are just who you are and she is just who she was intended to be. She has and will work hard for everything that comes to her and she believes that things that will come to her she will earn in this lifetime. She is a true saviour, as you shall all find out, or at least those who will believe in her and her abilities as a true Christian, not in faith, but in actions. She will not be attending church every Sunday for you do not have to, to be a perfect and true person or

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individual. What you must accomplish in this lifetime is a way of learning that perfection is not shown or given at church, or in the church, for it is within yourselves and it has always been there if you just go ahead and look for it. You shall see that a person can be kind and true and just, just by being who you are inside, a true individual with perfect imperfections that have come from God above. No one is perfect and nor will there ever be anyone perfect on this Earth, at this time, anyways. You will come and grow to see that as individuals you need not heed the word of the Lord from those who wear the cloth, but are justified in learning the truth from an individual, not unlike yourself at this very moment. She will show you the way, if you are open minded enough to be shown the way. Listen and take heed, and you will be driven out of the darkness and into the light. And, yes, it will be in this lifetime, if you just let it. Thanks be to God. Hosanna in the highest. Praise be to God. We do not seem to acknowledge that all of this can come from within and not outside interferences. But, that too is just a part of being in human form and we should not fault you totally for it. But, and we say a big BUT, do not continue to believe that someone is any better than yourself, just because he or she attends the church every Sunday. That is not what makes a person any holier than another. Now there are those naysayers out there thinking, yah right; who is she to tell us this, she is no one. We are telling you now, as others have told you in the past; that the right beings, the true beings, come in strange packages. Not that Shannon is strange by any means, but let's just say that she is not someone that these holier than thou's will think should or could receive the word of the Lord through her words. But, let me assure you that she is someone of great importance and you should all be aware of that. She is learning as we speak to take care of herself and the world as a whole, and she will do it beautifully for that is who she really has become. She will be your saviour if you let her, and if

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not, then that will be in your own doing, not in hers. If you do not take the time to listen to these words of wisdom, then that is of your own fault and you shall be punished when your day of reckoning comes. That is what is being said here and you all need to take heed that it is the truth to the very core and don't ever forget it. Listen to your hearts and not your greedy little heads and you will know that this is true. Now you are thinking, this is coming from an angel? Well, we may be angels, but all of us have soulfully walked among you at one time or another too and we know that in life you can make your own choices. And, we are giving them to you the best way we know how and we want you to listen, fully; not just with your ears but with your hearts as well. Listen and you shall be heard. We will listen if you need to be heard, so give us that same consideration. Yes, consideration. That is what everyone here needs, is to be considerate of others and what a much nicer place to live would this place we call Earth be.

Let's get back to Sam and Shannon's story. We were where you could say at the start of where their lives intersected, in this lifetime. Shannon is wondering what is coming next because she doesn't even know. Yes, she and Sam have had different lifetimes together, but this is the first one as husband and wife. She was always married to another in other lifetimes, but it was not to just any man. It was to a man that she doesn't even know in this lifetime. His name is Maurice Velstrom and he is now an English Nobleman in another time and dimension. Anyways, back to the story at hand. She is afraid in writing this book that it will reveal details about her life that are, shall we say, less than holy. But, she must realize that she took those paths to get to this one and the things that she did have only made her the strong woman she is today and not the weak child she felt she was as of yesterday. Not literally yesterday, but earlier in her life. Well, you are here to guide and you shall guide as a leader in this life, and you will be and know all that you will need. You will learn by teaching by example, not to be perfect in this

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imperfect world, but just by being yourself and that is a good person through and through. Do not worry what others will say, some will crucify you for your actions within this book, but that is okay because we know that you are strong and shall prevail. You are afraid at this second, but that too shall pass and you will lead the way no other has led before. Have faith and it shall be yours. Believe Shannon. Just believe. Most others will follow, but there will always be the naysayers that will not believe, but they are not your problem. Take a hold of the believers and walk them directly into the light of their salvation. You are here to lead and you shall lead with pride and dignity, fully aware and ready to take on the world. Anything that you need to know or learn we shall be here to teach you. Just listen to your heart as you already do and believe as you already do and always shall. Praise be to the Lord our God, Jesus Christ.

We need to address this issue of abuse again because it is rearing its ugly head again, in all areas of life on your Earth and you must all take notice of it. It is in the bookstores and on the television, and in the news. No wonder Shannon hates watching the news or reading the papers for events because they are nothing but bad news as she has noticed. Well, let us tell you that we have noticed too and it is horrific, and you all need to be ashamed of what is happening on this Earth and to all of its inhabitants. It truly is wretched and sickening. That may sound rather harsh, but it is the truth and you all know it. Do not let the future and the future of your children rest in the hands of monsters, who rule their thoughts with evils of what is happening in the world. Maybe if we added more shows and news that had a positive overview of the world, then the world just might become that better place to live, the one where we all live at peace and love one another. Do you think that we can let this happen, or do we, or must we, continue to keep the garbage growing? Pretty soon, there won't be a dump big enough to hold it all! It is piling up so high that it has touched the sky already, and if it continues to grow, it will grow to epidemic

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proportions in no time flat. Do not let this happen, it truly is evil and you are finding this out because people as a whole are becoming more evil. Let's put a stop to it and it shall be what we have always wanted it to be, peaceful. Peaceful! That's all, just peaceful. Doesn't that sound so much better than war? Just peace, that's all. PEACE!!!

Now, let's get back to the story at hand. Shannon is going to write whatever we tell her, no matter what it does to her life. Now is that not a true warrior? She believes in us so fully that she is willing to almost destroy her life in the process. We say almost, because when it is all said and done it is still in her authority to stop from publishing this book, but she will not. She knows how important this book is to society as a whole and is ready, willing and able to do whatever is asked of her. And, she will and does. She is diligent in her efforts towards this book, not thinking of herself, but just in getting this out to the public so that the healing can begin and so then everyone can start to live as they should, not as society has led them to believe they must be. She is not saying not to attend church every Sunday, if you like. No, she is saying that it is not a must to attend all the time, to be considered and to be a good individual, worthy of all of the things that God has intended for us. Only, to be the best person you can all possibly be under the circumstances, in this lifetime. Just **DO YOUR BEST AND BE YOUR BEST; THE BEST PERSON THAT YOU CAN AND WILL POSSIBLY BE!!!** That is all!

Now we need to discuss the fact that all of you are not the person that you were intended. Why not? We are constantly giving you clues and you are not listening to them. Open up your hearts and open up your minds, and believe in something. You seem to have no problem to believe in man-made things, but when it comes to heavenly things... Well then, that's another story entirely. Why? Is it because we are not down there in body form, so we cannot possibly be

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here? We have news for all of you, we are here; once and for all, believe in it and it shall be what you intend for it to be. You will be you and that is what was intended in this life for you. Can you not believe in us? Why? Why? We, the angels are frustrated up here at the way you handle things down there because as Dr. Phil always says, "What are you thinking?" What are you thinking? We are wondering the same thing. And, yes, just as Oprah, Dr. Phil was brought to this Earth to do many great things and he is helping so many with his words of wisdom. Listen to the man, he knows exactly what he is thinking and he is correct about them all. You can believe that! He too is a man of true and complete joy. He is another leader in this lifetime and will continue to do so until the end of his time here. Shannon is a leader of a different sort. She will be showing you all the way to the light of the Lord. Thanks be to God. Hosanna in the highest.

Back to Shannon and Sam's story; it is a long journey to here and it has not been a tough one for her. Well, that is, not until she met Sam from that day forward, her journey has been an arduous one, but it is the journey that has led her to us and here. She was always a tough individual, but now she has the strength of ten men, maybe not in muscles, but the strength within herself has grown immensely and she is ready to take on the world with a smile on her face and a jump in her step. She is a woman of true conviction and will be until her end here, also. She will not be taken from here until her work here is complete, which we are thinking may be a very long time. She truly is happy on this place you all call, Earth. She will become more powerful as the days go on and she will become more knowledgeable as the days go on. She will learn the basics from herself and is already teaching others those, but as her life progresses she will be given the tools to help out the whole world, or, at least those on this Earth that are willing and want to be helped. She will show everyone the way and will ask that you follow her into the unknown for that is where we are. But in truth, that will be up to each and every one of you, if

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you become a true believer or not. If you do not, then you shall be the ones who suffer, not us.

We are giving you the tools through Shannon, but you must be willing to take the journey and do the work. We will be here if you need us, as will Shannon and we don't mean on her doorstep every night. We mean that she will be here to answer any questions that you may have through her work. We will give her the tools she needs, so she need not be afraid of these tasks that we ask of her. She may be afraid, but she will do it because that is who she is. And, she will be stronger with each passing day and so by then she may not even be afraid any longer. We are hopeful that she is strong enough to take on these tasks without it harming herself in any way. She can and will do what is asked of her, and she will not be afraid for we will be with her. We are telling you that she is afraid because we want you all to know that she is human, just as you all are. But, she is a tough human and she will teach you and you will learn to be tough, also. You will need to be tough to withstand the rejection and insults from those naysayers. Let their convictions of you just roll off of your backs and do not let them get to you in any way. They do not know what they are doing and talking about. They are only being truthful and faithful to themselves and their ego, and not to the true follower that God has made them all to be. Believe in this and it shall set you free, free to be whom you were always intended upon being.

Let us get back to the story at hand. Shannon was in her twenties when her and Sam met, and she was what we will call more worldly than her intended partner, Sam Or, so others would have led him to believe. What is true is that she was being true to herself at that time. And, at the very least, she was happy in the knowing that she was being her true self, even though she may have been the unhappiest she had ever been. Sam, on the other hand, was devastated by what was happening in his life and felt as though he had no control over the

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situation, and it was everyone else who had the control over him and his life. Truth was that he could have taken over the reins at any time, but he really did not want to for it was easier to give it up to others. But he too was at his unhappiest. It was a time in his life that he had messed up big time and couldn't, no, didn't even know how to change what he had done and make it any better. Shannon wanted someone to come in and take over her life, so to speak, because she was truly tired of being alone and didn't want to go on alone any longer. She was happy that someone came in and took charge of what was happening to her. Sam was like her knight in shining armour, ready, willing and able to take over her time and her choices. She did not know exactly how her future would unfold, but she was secure in the knowing that she would not be trudging through alone and that someone would want to take care of taking care of her, literally. Sam, on the other hand, was looking for his soul mate, his soul partner and what he truly found astounded him; there she was for the taking, this beautiful woman, but there was one problem and that was that he did not feel worthy enough to be the man that she too, craved. This went on for a few months before Sam asked Shannon to marry, then marry they did a few months later. The honeymoon was all, but blissful, they had already started with the tug of war, she wanted things her way and he wanted things his. Isn't this what marriage is truly all about, they seemed to be asking themselves? But, Shannon was unhappy and almost called off the wedding because she was already feeling a pull in a direction that she knew nothing about and did not like, not one little bit. It was all about the control, personal control. No one wants to feel that their personal control is being taken away from them. But, her whole family was there so she trudged forward some more. Sam on the other hand, loved what was happening and he loved his new bride, and wanted and needed to give her all of the things in this world that would be afforded to him, and be afforded to him, and he knew nothing of this pull she was feeling deep inside her core. You

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see, he didn't even realize that he was doing anything wrong by getting angry with her if she wanted to do things that he didn't, or that she didn't want to do everything that he did. He did not understand this concept at all and so he just rolled along and believed that everything was just peachy keen, when in actuality it was anything, but. Well, the honeymoon was over and back to reality they went, a reality that was like a fog for each of them; him in the thinking that he was being true to himself and her, and she in the thinking that she was doing the same. When, in actuality, neither of them were being true to themselves or each other. But, that is all about to change. It has been changing, but things are going to take a major shift or change and we shall see what happens then. Remember to be careful what you wish for, for it may all one day come true. Shannon is wondering what this is all about, but we think that she has a pretty good idea already and she is right. Things will be changing and they will be for the better, although it will be met with some resistance. But, have no fear; you shall prevail. Now, Sam will be thinking, oh no, I'm doomed! Far from it "Sam", you will be experiencing everything that you have been wanting to experience, but have not been given the opportunity. You will find out just how hard it is to be a mother, but you will also find out just how rewarding it can be too. Do not think of it as punishment, but as of the greatest reward you could ever be given because that is what it is, is a reward for you. You have been and are a good human being and you are being rewarded for all of your efforts. You still need to work on yourself and your beliefs, but you too are a special individual worthy to receive Divine guidance and love. Shannon will see to that. You are lucky to have a wife so special and you need to be true to her and let her be all that she is intended to be. She will do it anyway, so it will be much easier for you to stand beside her than for her to leave you in the dust. That is a little harsh, but we are only telling you like it is, as you shall soon see. All of you shall soon see and the time is drawing nearer.

**A Message from Archangel Michael:**

Yes, my child, you too will soon see what all we have in store for you, but do not be afraid for we shall be there for you. We are afraid that we are giving you too much information for you to grasp at once, but you seem to be too eager to wait so we are letting you guide us in what all you can handle. Do not ever be afraid for we will always, and I say always; be there with you and for you. Trust in that and trust in the process. Believe in yourself and in us, as we believe in you and your capabilities as the unique and strong individual that you are. Believe and you will be. This is the word of the Lord. Thanks be to God, our Lord, Jesus Christ. Amen. \*\*\*

Back to the story, Sam and Shannon lived for years like this, just plugging along being husband and wife. And, in the meantime, they had a couple of children. They seemed the happy little family from the outside, but inside there was turmoil of all kinds happening. And, you can be sure, if it was happening in their home, it is happening in many, many other homes just like theirs too. Well, the turmoil of Shannon feeling all too smothered in her own skin took its toll on her and when she finally reached the end of her rope she asked for help. No, she not only asked for help, she prayed for help once again and we were all too willing to oblige, once again. She was in dire need of our assistance and we were eager to help her. She needed toughening up and shown the way into the light of day; had it not been for her friends, we fear that she may have never found her way back to us and into the light of day. That is why we are sending her now, to help others just like her who have reached the depths of despair, that there is a life rope or a life vest being thrown to you; and you need only to grab it and hold on tight, and we shall set you free. Trust in the process. The process is to be true to yourself and others, to let others be who they were intended to be, which is where true happiness lies, and to never belittle or make anyone feel that they cannot be who they are and should be. Those are the first steps you

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must take to ensure your future happiness with yourself and others. We will be there to help you all the way and Shannon will help too, if she can. But, it is you, who must do the work. Do not expect it to come from her for she can and will not do that, it is you who must do the work. We are giving you the tools... These tools are here for you to use, but you must do the work on your own or it will not come to be. Believe in that. If you think that you can take the easy way out, there is not one. Shannon is not here for an easy way out. She is here to give you the tools that you will need to make your progression into the light of day, and that is where your true happiness will be. Believe. Believe. Believe.

Now let's address the issue of divorce. Divorce is something that is not inevitable, but at times it is necessary. We all want to be that perfect couple that love each other until the end of time. Well, let us tell you that this is Earth, and sometimes, earthly things are not so lovely as they are in pictures, or in stories, or on the television screen. We need to believe that sometimes, it really is better for everyone involved if souls part ways. They can do this in many different ways. They can part physically, where one spouse leaves the home to begin anew. Or, they can part mentally, that is where one or both spouses leave the relationship and all its abundance, and live in their own minds under the same roof. Either way, it is devastating for everyone involved. In these instances, it is better to sever the ties completely than it is to try and be someone whom you are not, just to show the façade to your children and the neighbours. Let's face it, if it has gone that far, what on Earth will or can bring it back? Only a relationship between two individuals can survive, if both are willing to do the work to get it back. And, it has to be one hundred percent from both parties because if it isn't, it is doomed from day one. In a case such as that, we believe that it is better for anyone involved to cut the strings and separate, totally. Not from the children because you are not divorcing the children, are you? No, we didn't think so! So

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why is that such a tough road to go? Do you want to know why, because one or more of the parties has decided to become vindictive and are thinking only of themselves and not their children. If they were thinking of their children then this would never happen, because it is not what is best for them to have their parents fighting and yelling at all times. It is not right for anyone involved, but it is the way it is. This needs to change if we are to become a better society in which to live, because sometimes divorce will be and we need to make it the best we can for our children. Our children are what is important, not the fighting amongst ourselves. That is selfish, truly selfish and it should not be. Tell yourself that you need to do what is best for your children because every parent, well, most parents, do truly want what is best for their children and this is the only way we are going to achieve that. Be true to them and they will be the happier for it. Trust us, we know. We have heard first hand from many of them and they are eagerly awaiting their prayers to be answered. And, for this to happen, we need your help.

Let's delve into the subject of companionship. To have a good companion, you need to be a good companion. That is really what you need to become, is a good companion; to yourself as well as others. You need to believe that you are worthy to become a good companion to yourself and others; for that is who you truly are, a human being worthy to receive true and unconditional love from others, as well as from yourself. You need only to want to be this and work to be this, and it shall be. Again, believe in yourself and your capabilities, and it shall be.

We want to address the tools that make up the workmate of yourself; that is the person that you will become if you are willing and do the work. These tools will bring it to fruition and you to your true self, which is the ultimate in happiness and joy. These tools are a need to be who you are and who you will become. In order to use these tools effectively, you need to believe in yourself and that you are a worthy enough person to receive Divine guidance and love. After you

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have mastered that task, then you need to believe in others the same way that you now believe in yourself. And, you can do that, too. Try it and you will see. Next, you need to believe that the world as a whole is inherently good and the people in it are trying to be what their creator had intended for them to be, which is the best person that they are capable of being. Next, you need to believe that in life all things are truly possible and can be achieved if you believe that this is a possibility. If you believe this, then it shall be. Above all, do not, and we say, DO NOT, ever doubt that you can and will become this person that you were intended, if you will just do the work and let it happen. We say, let it happen because everything will come in its due time. You must do the work and wait for the answers... Then and only then will you receive everything coming to you in abundance. If you continue to make it so, it will not be, for you cannot make anyone do anything. You can only work on yourself and that is all. No one else should be, or is, under your power unless they let themselves be and that is not the way in which God intended. You are all unique individuals and should behave as such. If someone makes you to be whom he or she wants you to be, then you are no longer unique; you are the same as that person that has made you to be like them.

Now back to Sam and Shannon again. Let's delve deeper into why they treated each other in the ways that they did. They are both imperfect, for that is true of everyone in this world. No one in this world is perfect, even if they think they are such, they are wrong! We need to talk about why you all treat each other in the way that you do. You are supposed to love your spouse, so why would you think that belittling them or making them feel small, or scaring them is okay. What would ever make that okay in your minds? It is not okay to make anyone feel inferior to you, ever. They are the person in which you intend to spend the rest of your life. So why would you degrade their own self-esteem so terribly, enough that they think so much less of themselves,

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than you even do? For when you do this cruel and selfish trick on them, what you are receiving is less of a human being to be your partner for life. Why would you want that? You wouldn't! You see, the thing is, that most of you don't even realize that you are doing it. It just happens and you leave it at that. Instead of trying to understand why you do it, you just slip it under the rug and hope it doesn't show up later. But, you know that it always does, because if you don't address an issue it will keep coming up and you will have little to no control over it. It is a terrible thing to feel powerless and as though you have no control over your own life. It makes you feel worthless and less than, and we ask you is that what you intend is to want to make your spouse, the person you are to love feel less than everyone else in this world, because that is what you are doing in doing this. You must put a stop to it, any way possible. It can be through prayer and meditation, or it can be through counselling. But the best way to put a stop to this is through both, head it off at the tracks and put a stop to it, once and for all! All of mankind will be happy that you did, because in doing so each of you are making this world a better place in which to live and thrive. This is the word of the Lord. Thanks be to God. Hosanna in the highest.

Next, we are going to back track our way to the beginning of time and ask ourselves why did Adam take that apple from Eve and take a bite from it. Was it because he was hungry? NO, it was because he wanted the love and acceptance that taking a bite would give to him. She would be forever happy because he did what she wanted him to do. But, was it what was best for the both of them? No, it was not. But that need for love and acceptance is so real and so strong, that it can make us do crazy things all in the name of love. It is okay to love that much and you deserve the acceptance of another, but at what price? It should never be at the price of another. That means you cannot be truly happy if you are taking away someone else's happiness to get your own. You will not be happy this way and your partner will be miserable. That is just the

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universal law, give and take. In order to receive, you must give. But in giving, it must be given with the truest of intentions and never for greed. If in greed you expect to find true happiness, you will not. But, if in love you expect to find true love, in that you will. We need only believe it will be and it will. Do not ever doubt that and do not ever doubt yourself.

Back to Sam and Shannon again; they are a couple not unlike most other couples in this world, who are just trying their hardest to find happiness together and with each other, for themselves and their family. And that is good, that is what God intended. But, sometimes in doing so, we try too hard and things run amok. That is what has happened with this couple, and if it too has happened to you and your spouse, just know that it can and is salvageable. Again, just ask Shannon. She is a tried and true example that there can be happiness at the end of the tunnel, if you just do the work to create it. It will be there when you have done the work and are ready for it. Sam and Shannon have truly worked hard to get their relationship back on track, giving and taking when they needed it most, and have tried to let each other to just be that, each other. They have learned and are still learning how to be good to one another and let each other's faults and demands fall to the waste side, when need be. When things go awry now, they give each other some space to figure things out on their own and they try real hard to just let each other be the imperfect beings that we, on this Earth, are. That is the key to true happiness and to true joy. Just let the other person be who he or she is regardless of their flaws, because we all have them. Yes, even you!

**A Message from Archangel Michael:**

Oh, my child, you have done very well. You have heeded the messages from us and have listened intently to our every word. You have believed in us fully as we now believe in you. Make no mistake, you were put on this Earth for a reason, as you are finding out and will find

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out in the years to come. Enjoy the fruits of your labour and be rewarded for a job well done.

And to all of the rest of you, take heed for she is here to bring you all comfort and joy, in the now. Let your spirits soar and she will take you under her wings and show you the way to greatness, in the knowing of your true self and the warrior that lies within each of you. Be blessed, for she will show you the way to your heart and to your destiny. Take heed and know that the end is near, but do not be afraid for it is not the end of time, but the end to a new beginning; a world in which we will continue to help make a better place for you to live in peace and love, forever more. \*\*\*

## THE AUTHOR

**Shannon Lynn** is a Sylvia Browne Board Certified Creation/Regression Soul Therapy Coach who uses Hypnotherapy as a Tool for Success with her clients! She holds a BS in Metaphysics from AIHT and is the proud author and Spiritual channel who leads the Tools for Life Creation Series, Formula for Success Workshops in Creating & Living Your Best Lives, the Lives of Your Dreams, in the Now! (All Divinely Guided Materials)... For further guidance, please visit: <http://shannonyunghypnosis.ca>



Lynn has been involved in Counselling as a profession intermittently over the past twenty six years. Her extensive study within the realms of Self-Empowerment, Spirituality and Metaphysics has proven a solid foundation for her profession as a Spiritual Hypnotist, Soul Coach and Author. She has helped guide many clients along the way to their own *True Selves* and consequently, to their own *True Destinies* as well with the compassion, companionship, humor and a down to earth manner that is truly and uniquely her own. Lynn continues to be a dedicated Success Leader & Coach in the Service of Others, helping to inspire one and all to reach *within* to access *their own* true potential, and to Create and to Live Their Very Best Lives... Now! She has been given the Tools in Creation to Help All Others along their way(s) in this lifetime, here on Earth; Now and Always! Amen...

Lynn is passionate in sharing her message and helping others to become *their* best selves (by being true to themselves), and to feel empowered to live their *very best lives*... according to *their own wants, needs and dreams* and not in accordance with the wants, needs and dreams of others, because of her own personal experience... "*To lose yourself so completely that you become only what others wish, want and then need for you to be, for them that is!*" Her life lived this way is exactly what has brought her to the here and now... BUT NOW, here today... she is here to show one and all, the one true way to their '*true selves soul*'... which always does and always will, *reside WITHIN!*