

CHAPTER 15

SPIRITUAL PREPARATION

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I'm going to give you a few suggestions here that date back to the 12 years that I've been communicating with my Guardian Angel. In a Gallup pole almost 78% of Americans say they believe in angels, but that covers a wide range, as you'll read in Appendix A of this book. It's titled CONVERSATIONS WITH A GUARDIAN ANGEL, and will answer many of your questions about how everything works on the other side—whether you call it Heaven, Nirvana, or something else.

If you're in one of the earthquake danger zones, these suggestions CAN SAVE YOUR LIFE AND THE LIVES OF YOUR FAMILY! That's how powerful these are. I know. I estimate that I've made these requests over 10,000 to 15,000 times. When I say they're easy to do, trust me. You won't have to meditate, bow 50 times, chant, ring a bell, and so on. All you have to do is to say these requests out loud or in writing, as we're in a physical world.

Each person on earth has a Guardian Angel that is with them their whole life. They would love to assist you in any way, but you have to ask! They are not allowed to assist you unless you ask. And these requests must be benevolent for not only you, but for everyone involved in the request. You'll find requesting Benevolent Outcomes will strengthen your spiritual beliefs, because you will be receiving constant feedback that there are Angelic beings that love you and wish to help you lead a more gentle, less stressful life—The Gentle Way!

But I'm getting a little ahead of myself. Let's take some easy steps that will give you that feedback. As an easy-to-do exercise, let's say you're going to a shopping center, dinner or a movie at a location where it is typically hard to find a parking space. You say out loud (well before you arrive), "I request a Most Benevolent Outcome for finding a parking space near Thank you." Upon arrival, someone will be pulling out of a parking space near the entrance giving you that parking space.

I have had some friends say, "But Tom, I use my 'parking Angel' already." Here is why I think requesting a Benevolent Outcome is better. If you just request the nearest parking space, your angel or guide will comply, but that might not be the most benevolent place to have your car parked. Someone could open their car door too hard and "ding" the side of your car. Or someone might back into your car and dent it. By being too close you might miss that old friend of yours you haven't seen in ages or the sale you wouldn't have known about, had you not walked past it on the way to your destination.

But requesting a Benevolent Outcome works perfectly! It may seem initially that it didn't, until you realize all the other possibilities that come into play. Ninety-nine percent of the time you'll be close, and when you aren't you'll know there must be a good reason. Plus we are working to have you make requesting Benevolent Outcomes a habit. Finding a parking place is a constant problem for many people, so it's a perfect exercise.

I can't go into this in too much detail, as I wrote a whole book on requesting Benevolent Outcomes—THE GENTLE WAY: A Self-Help Guide For Those Who Believe In Angels, published by Light Technology. You can read a couple of sample chapters by going to my website www.TheGentleWayBook.com for more easy suggestions.

So how can requesting Benevolent Outcomes save your life? Before you leave that earthquake danger zone say, "I request a Most Benevolent Outcome for my drive to _____." You should be saying this every time you drive somewhere anyway—I do constantly. Remember, this is a request directly to your Guardian Angel for assistance. You'll find the traffic will seem to "bubble" around you with more space on the road for your car. If you leave later than I advise and you find yourself trapped due to fallen bridges, etc. (keep in mind that this is a "mass event"), conceivably you will be close to an exit where you can drive to a parallel road to continue your journey, or there will be some sort of shelter or food source nearby.

Requesting Benevolent Outcomes are requests for specific things for YOU. If you wish to include your whole family or make a benevolent request for someone else, you can say what's called a "Living Prayer." They're very simple to say, and they are acted upon INSTANTANEOUSLY by a whole group of angels. Living Prayers are energy and that energy goes to where it's needed. You can read more about angels in Appendix A. You might say, "I ask that myself and others (or family) remain completely safe and secure on our trip to _____, thank you." If you're forced to walk out to seek assistance say, "I ask that any and all beings keep us safe and secure during our journey to find shelter and food, thank you."

If you're in a place not affected by the earthquakes, you can also say a Living Prayer for the people that are. You may say, "I ask that any and all beings come to the aid and comfort of all beings that are in (the Mississippi Valley or Pacific Coast) and are in distress, receive all the help and support they need, thank you." The reason you say "any and all beings" is that the assistance might come from men, women, children, dogs (such as those trained in search and rescue), other animals, or even an angel that manifests physically to assist all beings, whether they are human or not. So don't just sit there glued to a television, SAY A LIVING PRAYER! It has been described to me that if we could see these prayer energies, they are multi-colored streams that flow down from all over the world to where they're needed. Please keep in mind that we are much more powerful than we realize. Use your power to help those in need!

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