

“Respect opens your heart”

International Angel Day, Sunday Sept. 10

For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.

-- Nelson Mandela, *A Long Walk to Freedom*



*Respect angel, stand by me now.
Help me to turn my attention
away from judgment so I can
recognize valuable qualities in
this person now. Teach me to
feel a greater connection of love
with this person through respect.*

excerpt from

Angel Love

by Kimberly Marooney, Ph.D.

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The angel **Respect** wants to help you find the freedom that respect gives you.

Respect is both a state of awareness and a feeling. When you have respect for someone, you sense or feel this person's value.

Respect is the result of recognizing someone's personal qualities and it may be accompanied by a sense of appreciation, veneration, or love.

Practice respect by increasing your awareness of how you think of people. For example, when you buy groceries, do you automatically search for something to judge in the people around you? Use this opportunity to ask the angel **Respect** to help you change your habitual way of thinking and to encourage you to search for something you can respect in the people around you.

Respect opens your heart, releasing you from bonds of jealousy and judgment. The angel **Respect** wants to touch your heart with truth so that greater love can emerge and enhance your relationships with others.

What qualities can you find to respect in yourself? Take some time to recognize the qualities of your soul that make you valuable and worthy. Are you a devoted parent or mate? During difficult

times, does a feeling of determination carry you through? Are you a trustworthy friend? Write about your soul qualities in your journal.

Actions to attract the angel **Respect**:

- ☞ Notice when you are judging others and turn your attention to finding qualities you can respect.
- ☞ Take someone you respect to lunch and tell this person why you admire him/her.
- ☞ Meditate when you are unable to understand the perspective of another. Play the song "I'll Stand by You" by The Pretenders while you ask the angel **Respect** to help you let go of judgment and try to feel the soul of the other. Be determined that you will be able to stand by this person and feel respect by the end of the song.

The angels gave Doreen Virtue guidance to facilitate a day to focus on light instead of darkness, and love instead of fear as we approach the fifth anniversary of September 11.

Please do something – practice the actions above, share this with friends, pray, or attend an event:

InternationalAngelDay.com

Kimberly Marooney, Ph.D. is the best-selling author of *Angel Blessings Cards of Sacred Guidance and Inspiration*, *Your Guardian Angel*, and *Angel Love Cards of Divine Devotion, Faith, and Grace*. Kimberly's life is devoted to helping others have experiences of the personal presence of God and the healing power of His love.