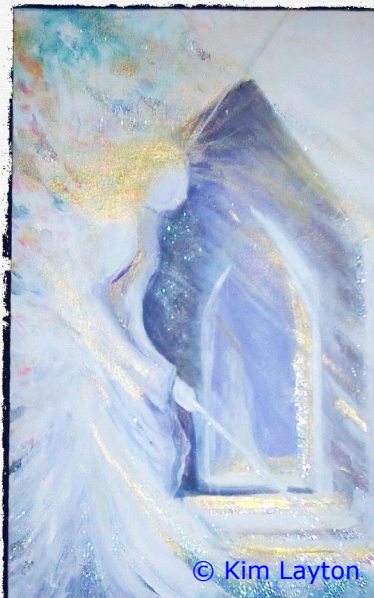


# *Angel First Aid Techniques*



*A special gift from Sue Storm,  
The Angel Lady*

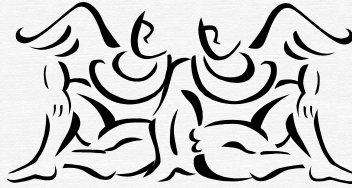
This gift is a special group of affirmations and remedies from *Angel First Aid, Rx for Success*. The eight visualization exercises are designed to help you in climbing the steps to success. Enjoy an affluent lifestyle both personally and professionally by inviting angels into your life.



[www.theangellady.net](http://www.theangellady.net)  
Phone: 800/323-1790

A special thanks to Kim Layton for the angel art.

*Affirmation 1: I have a desire to succeed.*



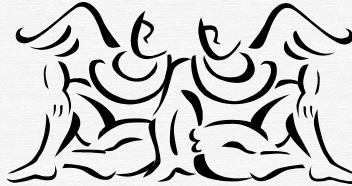
*Remedy: Vision Statement*

Most companies already have a mission statement. Smart professionals go one step further by creating a personalized vision statement. Formulate the plans that will result in success. Use Angels as advisors to determine what can contribute most to the growth of your organization. Compose three to five affirmations that define a strategy for the company's development. Here is an example of a vision statement: *I am creating a profitable business. I have plenty of resources available. I am being rewarded for my efforts.* While in the process of contemplating a rich and fulfilling future, say these affirmations aloud three times. This is the way to notify the Angels of your intention to advance.

Dosage: Once a day



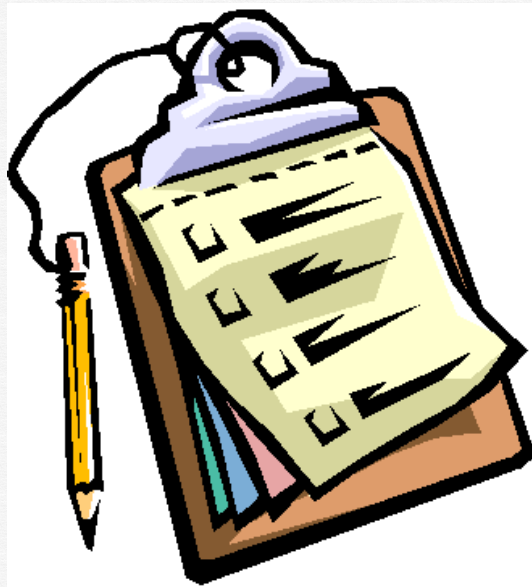
*Affirmation 2: I have definite goals in mind.*



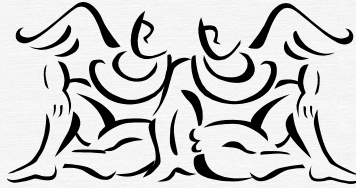
*Remedy: Goal Setting*

Entrepreneurs realize the importance of setting as well as accomplishing goals. Christopher, Angel of Opportunity, provides a unique method to meet these objectives. Each morning, take a sheet of paper and write across the top: *Angel miracles fill my day.* List your goals, including details regarding the amount of money desired, time that is required, necessary material, and anything else advisable to be successful. Add other plausible considerations that will make every day more enjoyable. Keep the paper close at hand for immediate recall and reference. Consistent attention to all goals and a belief in miracles will provide remarkable results.

Dosage: Each day, in the morning



*Affirmation 3: I have a choice in what I do.*



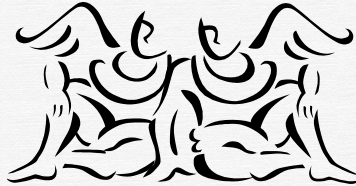
*Remedy: Piece by Piece*

Daily responsibilities present obstacles. Reducing tasks to a more workable size makes them easier to manage. With Jason, Angel of Organization, close by, draw a circle representing the outline of a pie and divide it into six slices. Label the wedges with the concerns you are facing. Note the one requiring the most attention. List actions needed to address or resolve this obstacle or situation. Then immediately move on to the next slice. After prioritizing your responsibilities, ask Jason to help you complete one portion at a time. Take this perfect opportunity to savor every "bite" as you enjoy the sweet taste of accomplishment.

Dosage: As desired, for peace of mind



*Affirmation 4: I have recreational time.*



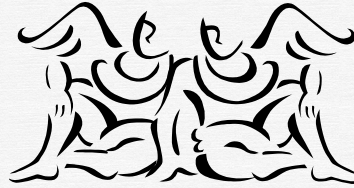
*Remedy: Coffee Break*

Tranquility is vital for a well-balanced lifestyle. Quiet your mind by taking a fifteen-minute coffee break with William, Angel of Peace. Leaving the office together, bring some refreshments and walk along a winding forest path, chatting amicably. William soon inquires, "If inner peace became your top priority, how would you live your life?" Take some time to reflect on this profound question and formulate an answer. When satisfied, communicate your response to the Angel. Solicit William's direction for designing and then implementing a new plan that integrates your enlightening ideas. Enjoying this renewed state allows you to move forward. Return to work assured that you have embarked upon the pathway to peace.

Dosage: Twice a week



*Affirmation 5: I am determined to win.*



*Remedy: Go for the Gold*

Acting like a winner will allow you to be more successful. This technique is designed to provide the incentive to make strides in that direction. Picture walking toward the center of the stage in an auditorium. All the Archangels and thousands of guests have gathered to give you encouragement. Feel victorious as an Archangel places a wide ribbon holding a gold medal around your neck. Turn toward the audience to enjoy the thunderous applause and a standing ovation. Leaving the enormous stage, make sure to wave at your fans, shooting a smile at the people offering their congratulations. You are a winner—keep up the good work!

Dosage: Three times a week, or before an interview.



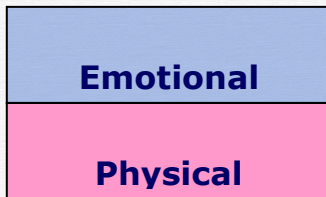
*Affirmation 6: I am truly appreciating life.*



*Remedy: Creative Colors*

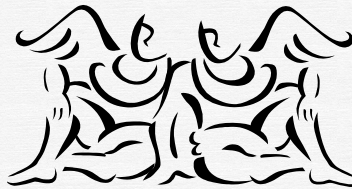
The hallmark demonstrating a balanced individual is the alignment of mind, body, and spirit. Perform this special remedy to experience an overall sense of wholeness. Imagine yourself holding four bricks, one with each of these significant colors: pink (physical well-being), sky blue (emotional stability), yellow (mental clarity), and lavender (spiritual development). Then visualize the Goddess of Justice holding an old-fashioned scale. As Ursula, Angel of Alignment, observes, place the pink and blue bricks on one side of the scale, they yellow and lavender bricks on the other. Take a deep breath and watch intently as the scale quickly balances. Welcoming color into your life allows for substantial peace and harmony.

Dosage: As desired, to attain balance





*Affirmation 7: I have the fuel for success.*



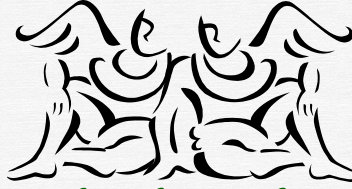
*Remedy: Energy Ball*

In today's corporate environment, maintaining stamina is crucial for anyone who wishes to excel. Practice this new technique to become more dynamic. Imagine that you are forming a snowball as you gather and shape celestial energy into a sphere. When you begin to feel the force between your palms, continue "packing" for another fifteen seconds. Now position the ball at your navel and sense the energy being absorbed into your body. Peter, Angel of Health, watches as you radiate this new strength. Leave the energy ball in place in order to intensify its potent force. The effects of this process are cumulative, significantly enhancing your potential to exhibit personal power. Enjoy your added strength and energy!

Dosage: Once a day to increase vitality



*Affirmation 8: I have abundant income.*



*Remedy: Shower of Money*

Angelic encouragement builds the foundation for making progress. Using this technique, imaginatively set in a ticker-tape parade, ensures willingness to accept immediate affluence. Envision yourself being seated on the back of a red convertible. The car is surrounded by people cheering and clapping. Interspersed throughout the crowd, the Angels are thrilled and smiling with pride. Bask in the glory of \$100 bills showering down from above. As the excitement builds from this ultimate tribute, hold the feeling for one minute. Near the end of the parade route, give a triumphant wave, knowing that you are prepared to climb the Steps to Success.

Dosage: Each day, in the evening

