



THE ART
OF ALLOWING
TRANSFORMATIONAL
CHANGE



BY LAUREL BLEADON-MAFFEI



Laurel Bleadon-Maffei
Channel for the Angelic Realms
www.illuminatingsouls.com

L aurel BleadonMaffei, M.A., is an intuitive and channel for the angelic realms.

Joyful, loving, and magnetic, Laurel is a teacher's teacher who is here to inspire Lightworkers to step forward into their life mission. She firmly believes many people are here to "uplevel" the vibration of loving on the planet, creating the next shift in the evolution of human consciousness.

Through workshops and one-on-one sessions, Laurel holds a big space in which people can experience transformation. She assists her clients in attuning to their own divinity, creativity, and magic.

Laurel holds a Master's degree in Spiritual Psychology from the University of Santa Monica. She is an ANGEL THERAPY PRACTITIONER®, trained by Doreen Virtue, Ph.D. She also studied mediumship under Virtue, who is a bestselling author, teacher, and psychologist.

Laurel lives in Vallejo, California, with her beloved husband Wes and in the energetic company of her many angel guides teaching their key message for everyone—"to live in God's dream of us."

The Art of Allowing Transformational Change

By Laurel Bleadon-Maffei

As our soul awakens to its own magnificence, we are often guided to make changes in our lives. Big changes. Changes that seem to upset the apple cart. This chapter is about walking through such transformation. The angels want you to know that when the call comes to change your life, these changes are not made in solitude. There are always many angels and guides sent to help you with the shifts.

In my practice as an intuitive and a channel for the angelic realms, I often work with clients who are going through major transformation. Their dreams are calling them to step forward in new expression of life. Many of them are Lightworkers awakening to their soul's purpose. After living rather "ordinary" lives, they are finding themselves called to greater levels of service. Their intuitive and mystical gifts are getting stronger. They are on a quest of seeking clarity, understanding, and amplification of their Divine guidance. There is a reason for this. As Lightworkers, many of us are being "activated," and we are reconnecting with our spiritual essence—we are divine ambassadors here to help shift the consciousness of the planet.

I, too, have moved through such a journey. In my late thirties, I found myself working in a corporate job that didn't make my heart sing. I was unmarried, living paycheck to paycheck, and everything in my life felt a little bit beige. It was a time when I was uncomfortable in my own skin and I wished I could change lives with someone else. It felt as if I was just existing, biding my time until I could make it to a ripe old age and gracefully depart this life.

One day I pulled a card from the Osho Zen Tarot deck. The card I selected was the "Celebration" card. It contained the image of three women dancing in the rain under the trees. Their hands and heads were thrown up in exaltation, and they were clearly expressing authentic joy. As soon as I saw the card, I began sobbing. It had been an eternity since I had felt such exquisite joy, and I was utterly homesick for it. It felt as if my soul had forgotten the way. And so I sent a prayer up to God. I asked, "God, please show me how to live my life from that place. I don't know how to get there." With that prayer, I gave God and the angels permission to help me heal and transform. With that prayer, my healing journey began in earnest.

I could fill an entire book about all that transpired on my own journey of healing; there were miraculous moments, leaps of faith, and beautiful friends who helped me find my way. Now, it is a few years later and I have navigated profound transformation in my life. I have left my corporate job for a full-time practice as a channel for the angelic realms (something that I didn't even know I could do until a few years ago!) I have met my Beloved and we are now

married and sharing our journey of light. And I wake up in the morning utterly grateful to be in my life. I no longer want to be anyone else...because I love my life. My prayer has been answered.

If you have been experiencing a rumbling in your soul telling you to wake up, please listen. You may be asked to walk through big changes and profound transformation, but they are gifts sent to help you birth into a life of authentic fulfillment.

What follows are some tidbits of wisdom brought forward to help you on your own path of transformational change.

Welcome to Destination Transformation....

Ask God to Show the Way

Earlier I shared that I prayed and asked God to show me how to live my life in joy. Please ask God to help show you the way. Prayer opens up a powerful portal and allows divine assistance to come streaming into our lives. Contrary to what many of us have been taught, there is no protocol for praying to God. Just open your heart and ask.

This or Something Better for the Highest Good of All Concerned

This phrase serves as a powerful reminder from Spirit that whenever we visualize, dream, pray, and ask for an outcome, to always release it with the caveat of “This or something better for the highest good of all concerned.” When we allow for this possibility, it serves as a reminder that we are surrendering this up to God.

And we know that only that which is for the highest and best will transpire.

Ask the Angels for What You Need (It's Okay to be Specific)

When you are moving through change, ask the angels for help. One of the rules about working with the angelic realms is that they are not supposed to help us unless we ask. No matter how big or small the request, just ask. The angels are waiting for you to give them guidance as to how they can best help you. It's okay to let them know what you need in order to navigate the change. For instance, if they are guiding you to leave your job to launch a new endeavor, you can let them know that you need a nest egg of Xnumber of dollars in order to tide you over until the new business is financially viable. (I used this one on my own journey...and it worked!)

There is an Abundance of Angelic Help

When I teach people about asking the angels for help, there is almost always a pause, and I know they are wondering if their request might be too trivial for the angels, especially when there are so many people in need. It is important to remember that there is an infinite supply of angelic assistance. Just because you ask for help with a seemingly trivial matter, it does not mean that a child on the other side of the world will go hungry. This can be a challenging concept for people to take in, so here's an analogy to help make the point. Imagine going outside and drinking in as much sun as you can. Imagine putting solar panels on your home and allowing them to help fulfill your needs. As you do this, does it feel as if you are depleting the sun's energy? Does it feel like there

might not be enough sun for others? Probably not. Rather you are probably filled with awareness that there is an abundance of sun for everyone's needs. Well, dear ones, God's love and goodness is more than the sun. You can ask for help for anything. The supply of angelic assistance is more infinite than the sun. Asking the angels for help is like putting solar panels on your home. It's working smart.

You are Enough for this Journey

You are enough to make it through to the other side of change. Sometimes change can feel so big and out of reach. God never places a dream in our hearts without giving us all the resources we need to birth it into the world. Remember who you are—a Divine spark of God, sent to help usher the world into a new tomorrow. Of course you are enough for this transformation.

Change Marks the Gateway to a New Adventure

Remember, when change appears, it is signaling that a new expression of our lives seeks to be born. It can be as simple as clearing out a closet or as profound as moving across the country. Change is a tangible and palpable energy that lets us know that Spirit is asking us to grow. Honor change. Make friends with it. Allow it to whisper its secrets to you.

Your Dreams are God's Dreams

The dreams that are breathing through your heart are dreams delivered by God. They are God's way of urging you to a new

expression of life. So often we believe that dreams are what we ask of God. But in truth, they are gifts God asks of us. So allow your dreams to take flight. You are ready. Jump in with both feet and trust in your magnificence.

Be Selective in Your Support Team

This can be a tricky one. As you navigate change, be selective about who you choose to support you on your journey of transformation. Most people mean well. They do. And they love us. It's just that they might not be the ones who are best suited to help us find our way through major transformation. For instance, let's say you are contemplating buying a new home. You may feel called to share with all your friends and family about your new passion. You're expecting them to rise up and cheer you on. But instead you get a lot of lectures about the dismal state of the economy and interest rates. It has the potential to take the wind out of your sails. Instead, be selective about who you share your transformational plans with. Choose those who will support you...those who see the potential promise in the world. Ask the angels to help you with this. Newly born dreams can be tender and need to be treated gently until they can grow deep roots.

Ask Your Future Self for Guidance

Healing and guidance can travel across time and space. Somewhere out there is the you that has already navigated the change. Imagine it... Picture yourself out there in the future, already comfortable in your new life. Then ask your future self how you got there. Ask

yourself for advice. One way to do this is to go into a quiet space and ask your future self to come forward. Then imagine yourself writing a letter from your future self. I did this during a tender part of my journey and my future self wrote back:

My Dear Sweet Girl,

You want to know how I got here, and I wish I could tell you that it was easy and I flew on the wings of angels. And for parts of my journey, I was carried indeed. But much of it required hard work and pushing far beyond my fear and comfort. For things come easily to us...and then we hit a challenge; and because we are so used to grace and ease, it is not always easy to push beyond the walls that feel difficult and scary. Because in the past, this is where we have given up. But I got here by pushing past that point. Pushing past it and walking through fire.

And so I ask you, are you willing to walk through fire for yourself? Because I was. I walked through fire and blasted through mountains of fear and discomfort for you, my sweet girl. And now you are being asked to do the same. You are going to have to work for this. And I know you are feeling tired and depleted right now, but there are waves of energy and strength and joy that you have not even begun to use.

So breathe and rest and pause right now. But do not tuck away the dream, for it will continue to fuel your heart and show you the way. And I am here. Waiting for you in the life of your dreams.

When I received this message I cried, for I could feel that there was

a part of me that had already made it safely to the other side. So if you are in the midst of transformation, hang in there. Somewhere out there you've already made it safely to the other side. Let that energy carry you forward.

Surround Yourself with Light-Conscious Communities

It is not always easy to hold the light on our own. One of the most supportive things we can do is to connect with places that have the highest vibrations of light where we can take a deep breath and replenish our energy. I have been blessed to find such places in Unity churches, hiking in nature, spiritually-based classes, and online communities. We are not meant to navigate through life alone. Allow yourself to receive loving support and let others pray with you. Truly, it helps.

A Message from the Angels

Precipice of Change

Right now you are standing on the precipice of change. And right now you may be feeling that it might be too much for you. But it is not too much. It is just the right amount to get you where you need to be. You may be feeling that the change is so big that it will swallow you up. But it will not. It is here to birth you into a new dimension of you that has yet to exist.

Sometimes a part of our old lives must die so that for a time we will stand empty and ready for the new to be born. We stand naked and afraid that this is all there will ever be. But do not despair, dear one. For you are standing on the great chasm between what has been and what will be. You are being called to create a new

landscape to your life. This journey is blessed and paved with both laughter and tears. They are both needed to give our lives depth. Do not fear getting lost, for you are being Divinely blessed as you navigate this uncertain territory. For it only feels uncertain, there is a part of you that has already made it safely to the other side. And it is standing there, lighting your way home. You will not be the same person when you reach the shore, you will be forever changed. Forever more yourself than ever before.

Birth can be painful. It can feel like certain death as we are being squeezed out of a place that no longer fits us. It can feel like darkness is all around us and we are blind to what awaits us at the end of the journey. But know that loving hands are waiting. And the light is bright on the other side. Breathe in the change, dear one. Do not struggle against the building tide, for it will only serve to make you weary. Relax and release your grip on the old. Your new life awaits.

You are standing on the precipice of change. And a bright golden light is shining your way through the darkness. Follow it, for it is leading you home. Home to your heart. Home to your creativity. Home to your love. Home to your courage. And we are cheering you on. You are always surrounded by love. Always.

Affirmation:

With every breath and action, I am creating the life of my dreams. I am willing to change, and to allow change into my life. For I am always remembering that I am safe; it is only change.

(Note: The last sentence of the above affirmation above was written by Louise Hay.)