

ME AND MY UNIVERSE: **A SPIRITUAL ENCYCLOPEDIA**

By Dr. Sandra Adler

BOOK 8 - MY HELPERS

I have some friends called imaginary.
They may be to you, but they're real to me.

They are a lot of fun and very real
I'm never alone when their love I feel.

They talk through my pets; they talk through my toys;
They talk to the girls as well as to boys.

They talk to me in many different ways
Both when I'm asleep and during the days.

They look like little birdies full of light
And keep me from being scared in the night.

They're always with me wherever I go
They really love me I want you to know.

They help me at home; they help me at school.
They help with my friends so I won't be cruel.

Some people call them spirits, angels, guides.
Some say they're not there but I don't take sides.

Because to me they're my very best friends
Who help me from morning till my day ends.

The Great White Spirit is another name.
Masters, Spirit Guides, Helpers mean the same.

My Messengers of God know everything;
And to me that wisdom is what they bring.

**There are four ways my unseen friends do share:
Words, pictures, feelings, knowings that they care.**

**Sometimes they look like little fireflies
Or colorful lights that are very wise.**

**They can look like a woman or a man,
A toy, an animal or Uncle Stan.**

**My friend said he saw angels that had wings.
They can make themselves look like many things.**

**They show me a picture what I can be
And it's easy to do as one, two, three!**

**When I'm still, listen, they talk quietly.
It sounds like a small voice inside of me.**

**They're happy and nice and tell me I'm great.
They help me remember not to be late.**

**I can ask questions and they never hide.
So I have my own answers right inside!**

**It sounds like talking that's inside my head.
It's words - from morning till I go to bed.**

**Their hand on my head feels like a soft touch
And I do like that feeling very much.**

**Sometimes when I feel them I get the chills
Like the shivers I get taking my pills.**

**The goosebumps tell me the angels are near.
They will protect me; there's nothing to fear.**

**A warm feeling means an angel touched me.
It makes me feel safe so I can just be.**

**I know what will happen and it comes true.
My helpers will tell me the future, too.**

**Mostly it happens at night when I dream.
Then I recall it - strange as it may seem.**

**I feel secure when my future is clear
I trust what I know, move forward from here.**

**I finish your sentence before you're done.
My helpers have told me. Isn't it fun?**

**Who are these helpers, these friends I adore?
They're people like me who've been here before.**

**When they were on earth they mastered their plan
Now they help me do it - because they can.**

**They've learned all the things that I'm working on
To help me the most and never are gone.**

**My purpose in life is to be the Real Me;
Being loyal to myself I'll always be free.**

**When I close my eyes and see little spots
Those lights are my angels, not colored dots!**

**I have what I need, no more and no less
I can just count them; I don't have to guess.**

**All people have one; some people have more.
I have the number that I have asked for.**

**One or two helpers is all that I need
If I'm working alone at my own speed.**

**If my life purpose is to help others
I may have more than my dad or brothers.**

**To help someone else along his life's road
Three or more angels will lighten the load.**

**Before I was born my helpers I chose
Then picked my parents who gave me my nose.**

**I chose my angels 'cause what they could do
To help me learn the lessons they'd been through.**

**My angels have angels - it goes along
That we all have the help to make us strong.**

Help is there for me; it is there for us.

If I don't use it - that causes the fuss.

**If I have grown and found out about me,
Completed my purpose - then I am free.**

**When I have become all loving and kind,
Patient and helpful and that state of mind,**

**Then I'll know I'm close to earning my wings,
Becoming an angel – one with all things.**

**When I am done and I'm ready to go
I, too, may become an angel, you know.**

**I could help others from the other side.
I have free will; that is if I decide.**

**They stay with me, as strange as it may seem,
Until I choose another life and team.**

**I love them so much and I say, "Thank you."
For helping me every day this life through.**

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