

## Guardian Angels and Our Thoughts

Many people know that we have guardian angels with us. Stores sell decorative angel jewelry, decals and window decorations to remind us of their presence. But who are they, and how can we feel their presence?

The Word tells us that “The angel of the Lord encamps all around those who fear Him, and delivers them” (Psalm 34:7). Also that “He shall give His angels charge over you, to keep you in all your ways. They shall bear you up in their hands, lest you dash your foot against a stone.” In the New Testament Jesus was tempted in the wilderness and afterwards, “behold, angels came and ministered to Him” (Matthew 4:11). We feel great reassurance in knowing that the Lord and His angels are constantly with us, protecting us from harm.

Angels are good people who once lived on the earth, and have now departed into the spiritual world. The Heavenly Doctrine tells us “angels and spirits are present with [people] constantly—angels from heaven and spirits from hell. There are with every person two spirits and two angels” (see *Arcana Coelestia* 5849). We have both angels and evil spirits with us so that we have spiritual freedom—the freedom to choose between their influences of good and evil. Without this freedom, we would have no life at all.

“Angels from each society [in heaven] are sent to people to watch over them and to lead them away from evil affections and consequent thoughts, and to inspire them with good affections so far as they will receive them in freedom. By means of these they also direct the deeds or works of people by removing as far as possible evil intentions” (*Heaven and Hell* 391). The angels protect us carefully and unceasingly, bending our thoughts and actions towards heaven all the time.

We need to recognize and identify the source of our thoughts and loves so that we can choose heavenly life in freedom. Below is a chart to help you compare the kinds of thoughts and feelings that evil spirits bring to our minds with the ones that angels bring to our minds. By identifying these, we can recognize these forces in our mental life and consciously reject the evil spirits and choose the guardian angels that are with us.

*thoughts probably from angels*

*thoughts probably from evil spirits*

<i>thoughts probably from angels</i>	<i>thoughts probably from evil spirits</i>