

The Angels Remind Me: A Collection of Treasures Once Lost

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The spiritual guide The Angels Remind Me takes the empathetic stance that anyone can receive angelic messages and apply them toward self-improvement.

The founder of Discovering Angels and a member of Joe Vitale's Zero Limits Mentoring Program, Pamela Landolt Green records her search for alternative healing methods for her son, who had life-threatening food allergies, in her comforting spiritual guidebook *The Angels Remind Me*.

The book gathers earthy affirmations for improving the quality of one's life. They revolve around three central insights: that for every negative, there is a counter positive; that what a person doesn't want helps to clarify what they *do* want; and that negativity should be canceled and replaced with positivity. The topical chapters, which are arranged in alphabetical order, highlight such affirmative themes well. They conclude with brief meditation exercises designed to encourage the recollection and integration of positive memories and values, including forgiveness and balance, into the human energy field. These exercises have a repetitive quality, though: each calls upon a particular angel while reiterating the chapter's theme.

Promising an empathetic experience, the book takes the stance that anyone can receive angelic messages to help rediscover what they have forgotten about themselves—one just has to imagine an angel giving them a positive reminder while perched upon their shoulders. The particulars of such messages are kept vague, though, dampening the complementary affirmations' effectiveness. Indeed, while the affirmations are short, structured like poems, and outwardly accessible, their messages are also sometimes generic and hazy, including one note to embrace authenticity and another that involves cutting down on one's screen time. Others are specific to the point of being too narrow for wide application: one affirmation asserts that Archangel Michael is watching over firefighters, police officers, armed forces, and therapists. Further, not all of the book's instructions are clear, as with the post-meditation direction, "Remain still while [the archangel] downloads thoughts or images into your mind."

Nonetheless, the book makes its esoteric subject matter somewhat accessible regardless of one's religious affiliation. Its memorable and soothing descriptions have wide appeal, as with the images of a waterfall surrounded by angels. "Before stepping into the shallow pool," the book intones, "you notice as each angel makes contact with the waterfall, the water changes color. Camael's color becomes a striking red, Cassiel's takes on an enchanting orange."

Still, the book's claims, including its assertions about what makes an effective healing plan, are not sufficiently supported by outside, credible resources, limiting its persuasive power. And its two appendices appear too late to be of optimal use. The first reads like a cast of characters, listing the names of the angels and their primary specialties far after their context-free introductions in the course of the text. And the second includes instructions for creating a special garden area to practice the meditations; its language is awkward, and its pages of bulleted lists are overcrowded and ill-fleshed out.

The esoteric spiritual guidebook *The Angels Remind Me* gives advice for receiving angelic guidance toward self-care

and self-empowerment.

STEPHANIE MARRIE (December 28, 2023)

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