

*And  
The Angels  
Spoke*



*Rebecca J. Steiger*

INNERCIRCLE PUBLISHING

A decorative flourish consisting of a horizontal line with a central oval containing a stylized 'C' or 'G' shape, with intricate scrollwork extending downwards and outwards.

*And the Angels Spoke*  
*Rebecca's Pathways Vol. 1*  
Copyright © 2005 Rebecca Steiger  
TXU1-246-944

ISBN: 0-9720080-8-X

**1**  
Edition

*Edited by Sharon Rose Cappella*  
*Author Photo by Wandaleen Talcott*  
*Cover Design by Rebecca Steiger*  
*Cover Created by Chad Lilly*  
*Typeset/Layout by Stacy Lilly*

*All Rights reserved. No part of this book may be reproduced in any form or by electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher, except by a reviewer who may quote a brief passage in a review.*

*w w w . i n n e r c i r c l e p u b l i s h i n g . c o m*

## *Acknowledgements*

I want to thank many of those who gave encouragement, Love, and understanding. A special thanks to Mary Lou Hampton, who has always been there and understood; Pat Montgomery, who was the first one to share my Angel experience; Garry, who accepted me as I am; my two wonderful children, Amy and Andy, with whom I share my life; and five absolutely wonderful grandchildren; my parents, for who they are; the girls who were in my meditation group; Wanda, Kim, and Kay, who believed in me; Steven, whose wisdom is great. I thank you all for sharing my experiences on the path of life!

# *Table of Contents*



- 7.....The Beginning - 04/19/1993
- 11.....How You Perceive Yourself - 05/16/2003
- 15.....Mars Nearing the Earth - 08/13/2003
- 19.....The Laws - 08/14/2003
- 23.....Energy Shifts - 09/02/2003
- 27.....Have We Been Denied the  
Opportunity to Know Spirit - 09/09/2003
- 31.....Opening the Mind and Heart - 10/09/2003
- 35.....Earth Changes - 10/16/2003
- 41.....The Arrival of Chirst - 11/2003
- 45.....The Mind Can Play Funny Tricks - 12/01/2003
- 49.....Light and Love of Christmas - 12/17/2003

- 53.....Channel of Love - 01/16/2004
- 57.....Don't Be a Jack-in-the-Box - 07/2004
- 63.....How to Make a Meatloaf - 08/16/2004
- 67.....Good Friday and Easter - 03/25/2005
- 73.....Control and Greed - 03/26/2005
- 77.....Conscious Reality
- 81.....False Prophets!
- 85.....Rebecca's Pathways Giving Thanks
- 87.....Meditation
- 91.....Preparing for Life
- 95.....The Perfect Diamond
- 99.....How to Turn Negative Energy Into Positive





# *The Beginning*



04/19/1993

In 1993, I was in a tornado with my grandson (a four-year-old), who clung to my chest. We were blown out of a house, landing in a field under a satellite dish! During this time, I was either knocked out or blacked out and stood before God and his judgment. My sister-in-law - who had died - was leaning over his shoulder and said, 'Not now, Lord; for, she still has lots of things to do.'

I went around, wondering what it was that I was supposed to do. I was afraid that, at any time, God might decide that wasn't doing things right and take me home. Now, I know. What I had thought was the worst thing that had ever happened to me actually was the Best - giving me many gifts and blessings!

Shortly after the Tornado, my grandson would talk about our guardian angels. You know, he would say, 'the ones we saw during the tornado'. I would agree with him and go on.

One day when I was driving with a friend down a gravel road, I suddenly saw this huge angel standing in the middle of the road. I asked him who he was; and he said 'Cerviel', my 'guardian angel'. Okay, now I was thinking, number 1: 'I have never heard of Cerviel'; number 2: 'Am I going totally crazy?'

When I got home, I called my neighbor, Patti; she had a lot of angel books, and she couldn't find him in any of them. So, she finally went on the 'net' and looked him up. He, of course, was there. Cerviel is an angel of strength! He helped David slay Goliath.

Now, I'm thinking, 'Wow! I really have seen an angel...'

Then, I started seeing angels everywhere - literally all over the place, around other people, in the sky, trees, and fields. What a wonderful gift I was given!

Then, one day, I was in the bathtub; and the angels blasted me with information, telling me things I'd never thought about before. Two hours later, I was able to get out of the bath. I started writing; and when I'd write, they'd talk faster; and it was really hard, at times, to keep up. They had so much to tell me; and they had waited until I was ready to receive this information.

Then, I not only discovered my angels, but I could tell others who their angels and guides are. Angels were giving me information about troubles in someone's life that had kept them from going forward on their path.

So, I started channeling for other people. I love helping others to clear obstacles from their paths. I have never been wrong when I channel for others.

One day, when I was channeling for a girl I had just met, I saw her deceased mother over her right shoulder. I described her mother to her; and, sure enough, she appeared as when she was the happiest in her earthly life. She had a message for her daughter; and I gave the message to her; and, to my surprise, she knew exactly what it was!

Then, the channel of crossing over was opened.

Then, someone asked me what I thought about meditation, that I should learn to meditate. I walked outside and saw a Rainbow; it was bright and beautiful. The next thing I knew, I was doing a guided meditation for others - helping keep the balance in their lives! All

done by clearing my mind and asking angels to help. So, now I meditate.

I had healing energy in my hands; and everyone would say, 'Oh, so you do Reiki?' My answer was, "No, I Don't." I know what Reiki is; because my neighbor and friend, Patti, is Reiki Master, and so is her sister, Mary Lou.

Then, I was working one day for a chiropractor and had a patient come in with some severe problems; and they called me back to do some energy work on him. I did not know this man of many gifts was a Reiki Master. After he came to the window to pay his bill, he asked how long I'd been doing Reiki. We then had a discussion; and he gave me my Reiki I and II attunement. What a wonderful gift that was - opening more channels to better health for others! I also began to get more information from my clients as I worked on them. I actually could see what organs were blocked, where trouble was on their path, and so being able to be more help to them.

I still receive Reiki; I firmly believe in the energy work. One day when Patti was doing Reiki on me, I received my master's through Jesus. Who any better to attune you? When I got off the table and told Patti of my experience, she agreed that now was the time for my master's. I am now a Reiki Master.

Well, I thought that I had opened all that there was to open. Wrong! I then started seeing the ascended masters and print in very small letters being put into my mind. As crazy as this sounds, this book is the Angels' gift to you, channeled through me.