

# Writing a Letter From Heaven

By [Terri Daniel](#) on [Tuesday, May 7, 2013 at 11:32 AM](#)

## How To Write a Letter From Heaven

This is an exercise in "channeled writing." Even if you've never tried to listen to messages from the higher realms, this exercise may begin to open that door.

The hardest part is allowing yourself to come to a place of absolute trust in what you receive. It might take a few minutes or it might take a few years. We're not talking about partial trust. The trust has to be *absolute*. You have to leave behind your mind, your beliefs, your ego, your expectations and even your intentions.

All you have to do is *receive*.

Before you begin, say a little prayer asking for the conduit to be opened. Breathe deeply and relax. Ask your guides to assist you. The moment ask, they will arrive.

1. Start by sitting down with paper and pen (or at your computer) and writing "Dear (your name)." You may focus on a loved one on the Other Side if you wish, or you can ask for messages from guides or angels.

2. Start writing. Write anything at all. You will immediately feel self-conscious and foolish and say to yourself, "This is stupid. This is just me talking to myself. I'm just writing what I think I'm supposed to hear." That's OK. Everybody thinks that at first. Just keep writing. Don't stop.

3. Write everything that comes into your mind, no matter how irrelevant it seems. Are you seeing an image of a baseball? Write to yourself about it. Say, "Here is a baseball for you to see." Follow that train of thought as far and long as you can. *Someone is sending that image to you*. Are you hearing words or phrases? Write them down, no matter how silly they may seem. *Someone is sending these messages*.

4. The only thing that will stop you from receiving is your own doubts. You will stop yourself a hundred times during this process to indulge your doubts, fears and rationalizations, and that's OK. Just keep going. Guides and loved ones in the higher realms make an effort to reach us, and our doubts create interference. They need our participation in order to reach us. Ask your guides to help remove your doubts.

5. Do this exercise only for as long as you're comfortable and can concentrate. When it starts to feel forced, it's time to stop. You might be able to do this for ten minutes or ten seconds. But if you sincerely want to make contact, you will keep trying and eventually you will have success.

6. Sometimes we receive very clear verbal messages... pages and pages of words. And sometimes we receive symbolic messages, like a baseball, a song or the sound of a train. Write them all down and don't worry if they don't immediately make sense to you. You can analyze them later. If you receive these things with an open mind and an open heart, they will eventually begin to tell a story.

7. You will know that you're receiving transmissions from The Divine because the words, the writing, the feeling, the energy, will not feel like YOU. It will become automatic. It will flow freely and easily, because you've taken your fear, ego and personality out of the way. You will absolutely recognize this feeling when it comes. For some people it happens in seconds. For others it can take years.

8. Don't give up. This is your birthright.

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**Connect with Terri Daniel Here:** <https://danieldirect.net/>

\*\*She is a great source for helping folks replace old, archaic belief systems, often steeped in outdated religious beliefs. In addition to the annual conference she facilitates, she has written several books geared toward healing grief and connecting with the afterlife.

You can find more information about her annual conference here:

<http://www.deathgriefandbelief.com/>