



"Angel Zoom Room Support"

by Dede Lyons

Who would believe that my most powerful support group was miraculously created from my traumatic accident, on a Zoom screen, during the pandemic!

We know that emotional support from family, friends and colleagues can be as necessary as food, shelter and clothing. Especially during pandemic times when mental and physical health disorders are pervasive. With limited access to in-person contact, the computer became the primary vehicle for fulfilling this necessity.

My supportive, healing journey began a few days before the onset of the pandemic in late March of 2020. I fell and broke my right wrist and right ankle. Feeling very vulnerable, in pain and afraid after my surgery, I thought I would never be able to help others with my Feel Good Express coaching

while I was in that tender, injured state. After a few weeks of feeling sorry for myself, I decided to get off my pity pot and host a gift *FGE Journaling with Your Angels* class online. I knew from past experience that servicing and giving back are the best ways to elevate your mood and start feeling good.

I recall telling my friend Chrissy... teary eyed, how vulnerable I felt, and she said these words of encouragement: "Dede, everyone is feeling vulnerable right now due to the pandemic, and I know you can start these online classes." She gave me the courage to make this shift. I had learned from my in-person presentations that sharing your vulnerability and authenticity truly connects you with your audience.

On Wednesday, April 8, 2020, I hosted my very first online Zoom *Journaling With Your Angels* class.

Unbeknownst to me, I would be creating a group of earth angels that not only support me, see me, get me and mirror me, but a community who would expand me and help me heal and grow in mind, body and spirit.

Well, here we are almost eighteen months later, and we are all still meeting on screen in the "Angel Zoom Room" every other Wednesday.

What makes our deep connection so strong is our belief in angels, the two-minute stories we share about ourselves, along with voicing our wishes in every class.

The wish sharing is so magical since we all believe when you speak out loud about your desires to the group, the angels and universe also hear it. The unseen helpers and seen helpers are all supporting us to manifest our dreams.

The best was hearing in the follow-up sessions how these wishes were continually manifesting in the group's lives. Attracting new careers, new clients, new loves, more self-love, self-confidence and inner peace was the new norm.

My emotional and physical healing was occurring as I listened to their stories and challenges they struggled with in the new normal isolation. I also noticed I never felt any physical pain while I immersed myself in the moment and connected them to their angels.

The journaling practice and choosing angel theme cards in the back half of the class was very powerful. This part was where most of the mini-miracles emerged.

There were so many, and this one stands out from my friend, Helen, who wrote these final words in her journal, "Remember Who You Are." A few moments later, while still channeling her angels, she chose the Remember Who You Are, Archangel Michael card from the Archangel Oracle 45 card deck. When she held up her journal writing to the screen camera with tears of joy in her eyes, the entire class was in awe. We all knew yet another miracle had occurred and the angels were with us.

The biggest miracle of all is us! We have listened, laughed, cried and supported one another with unconditional love and compassion and created a miraculous support family. We are stronger than ever, filled with hope and joy and empowered with the tools to thrive in uncertainty.



For more information on the
Feel Good Express, please email Dede at
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Journaling With Your Angels

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Dede Lyons, Founder of Feel Good Express lifestyle program, Author, Speaker and Angel Guide is 65+ years young. She empowers clients through Mind, Body & Spirit tools to attract abundance in romance, finance, health & spiritual connections. Her Angel Journaling journey began in 1995 upon receiving her first Angel Reading and Angel Writing class. Over the past 25 years she has solicited their guidance in all areas of her life endeavors. Whether it's an Angel parking spot or more self love, her spirit guides come to the rescue. Dede will teach you how journaling & delegating to your angels can truly lighten your load and attract a joyful life.

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