



MESSAGES
~ FROM YOUR ~
UNSEEN
FRIENDS

VOLUME ONE

BONI LONNSBURY



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DEDICATION

This book is dedicated to *my* unseen friends—
in appreciation for your unwavering support, guidance,
protection, and love.



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FROM THE AUTHOR

INTRODUCTION

I cannot find words meaningful enough to express the astounding impact my unseen friends have had on me. I have felt their presence during times of crisis, fear, joy, and change. I have witnessed their gentle guidance as I blazed new trails in my life, always striving to become “more.” I have conversed with them in meditation to the point where they became more real to me than those with whom I share this very physical existence. And I have received unquestionable signs from them of their existence and their love for me.

But mostly, I have come to know them as true friends—unconditionally loving, constantly supportive, universally accepting, funny, wise, dear friends. They have personalities. They have pet phrases. They know me better than I know myself—and they are *always* there for me.

Whether we realize it or not, we all have unseen friends. Unseen friends are our “spiritual family” on the other side. Sometimes that family includes higher aspects of those we’ve known during our lifetime who’ve passed over—but it always includes our higher self, soul, spirit, future self (or selves), and of course, God and Goddess.

These unseen friends, who are common to all of us, are the transmitters of the messages I’ve transcribed in this book. I have also included messages from “your subconscious mind”—and while your subconscious isn’t really an “unseen friend,” it helps to personify it so that you can understand how it works.



We have even more unseen friends than those I've named. Some are waiting to be discovered, and others are helping us silently in the background, never intending to connect with us directly.

However, the more we connect with the unseen friends we *do* know, the more information we can receive, the more help we can receive, and the better our lives can work. (Not to mention, this connection can be really fun!)

The messages in this book are a compilation of the blog messages I e-mail weekly from my website, LiveALifeYouLove.com, to my subscribers. I began writing these messages as a way to help people feel the essence of their unseen friends—and from the overwhelming positive response the messages have received, I think it's working.

Many have commented that the messages seem to be written just for them, and are uncannily responsive to the current issues in their lives. They want to know, “How do you do it? How do you go about writing these deeply meaningful messages that speak to me so directly?”

Writing these messages is different for me than writing blog posts or books. I begin by connecting with my unseen friend for whichever “friend” I'm writing about (soul, spirit, higher self, etc.). I ask that friend to help me write to the people who will read the e-mail in a way that will connect them to their own particular unseen friend.

The words seem to come from outside of me. Oftentimes, I'm surprised by what ends up on the page. The process is always fulfilling and uplifting, no matter how many messages I write.

I welcome you to sign up to receive Messages from Your Unseen Friends at LiveALifeYouLove.com. It always helps to be reminded of the unconditional love that is there for you.

HOW TO USE THIS BOOK

There is no wrong way to use this book. Read it straight through. Read it by jumping around from page to page. Pick a message at random by running your finger down the list in the Table of Contents. Read your favorite “unseen friends” first, or save them ‘til last—it doesn't matter.

What does matter, if you are truly interested in expanding your relationship with your unseen friends, is that you take a moment before you read to *let it in*—that they are real, and that this book could be a true catalyst to a deeper relationship with them.

Ideally, after you have read the message, take a moment to close your eyes and connect with that friend. Talk to them, and listen for their response. Ask for their help. You can even ask for a sign in the next 24-48 hours that they are listening and assisting.

You may want to read a message just before you fall asleep at night, and ask your unseen friends to participate in your dreams. You may choose read a message first thing in the morning, to help set the resonance of the day, You could also use this book as an I-Ching, by asking your unseen friends to help you pick the perfect message in answer to a question or challenge you are currently facing.

However you use this book, let it be *real*: the experiences, the emotions, the insights, and the assistance. Don't let your negative self tell you it's coincidence. Because your unseen friends are real—more real than your body, or this planet. And the love they have for you, and the impact they can have on your life, is real too.

Many blessings,

Boni





~ the ~

MESSAGES



1

FROM YOUR FUTURE SELF

you can get here

MY LIFE IS DIFFERENT FROM YOURS in many ways. Yes, your dreams (and then some) have come true—I am living proof. Soon, you will dream dreams you can't even imagine—and many of those will come true as well.

But the real difference between you and I is the peace. I am so very peaceful. You see, I discovered that worry, impatience, and fear don't produce realities I like—
and I AM CREATING MY REALITY ALL OF THE TIME.

I've come to trust that process. Now, I know that no matter what happens in my world, I will be fine. More than fine: I will triumph. That knowing—that absolute knowing—brings me peace.

And OMG, beyond being peaceful, my life is so much fun! You can't get to fun and peace (not to mention prosperity and love) by dwelling on the past and feeling like a failure. You just can't. But I know you can get *here*, because I did—and I am you!

Yours in joy, fun, and love,

Your future self

FROM YOUR GUARDIAN ANGEL

if i could sit beside you . . .

HOW I WISH I COULD COME AND SIT BESIDE YOU IN THE FLESH—
that I could manifest a body, just for a few moments, to show you just how real I truly am.

If I could do that, I'd reach over and gently take your hand.

I would look deep into your eyes, and I'd say,

“Dear one , you are magnificent. You don’t have to try, or be, or do anything. You are perfect exactly as you are. And the point of this whole human experience is simply to remember that. You are the embodiment of God and the Goddess. You could not be any more pure than you currently are. So forgive yourself, dear one, for the past. Accept the gift that is the present. And begin to imagine a future in which you sparkle with joy, overflow with abundance, and are basking in sweet, sweet love, day in and day out. For THAT is what you came here to experience.”

I can help you with that, if you just ask, and then listen for my reply.

I know the asking part is easy—it's the listening part that is hard.

You have to make the space to hear, my dear. Like a blind person who must develop other senses to “see” in different ways, you must learn to listen—not with your ears, but with your heart, and with your inner knowing.

Listening that way requires silencing the other parts of your world. In order to do that you might meditate, or take walks alone in nature. Or you might listen (by yourself) to music that moves you, or take a long, hot bath. These are just a few ways to make space for your inner self to hear my voice.

And when you do, I’ll be there, waiting to converse with you, to guide you, and to love you.

Yours forever,

your guardian angel



PS: Once we have established a two-way connection, I’ll also send some messages in other ways too—in your dreams, in synchronicities, in epiphanies and insights. Just keep listening!



FROM YOUR SPIRIT

Feeling Spirited!

TO BE “SPIRITED” IS TO REALLY COME ALIVE. While connecting with your soul is more contemplative and inner-focused, connecting with me is more “in the world,” exciting, and passionate.

And it’s a struggle sometimes, to feel *spirited*. Isn’t it, my friend? Hey, that’s okay. There is a time and a place for everything. But if you want to really feel spirited, I have some suggestions that might make it easier:

Stay here and now: You won’t find much passion by muscling your way through your to-do list, have you noticed? Excitement only bubbles up when you can truly be in the now moment, fully present and engaged in whatever it is you are doing, be it the morning dishes or a task at work. You’ll find magic wherever you go ... if you are present and looking for it.

Expect to be excited: Expectation is a powerful creator of realities. If you expect to be bored out of your skull, you will be. And if you expect every day to unfold into a sparkling collage of wonders with a sprinkling of positive surprises, it will do that too. Begin to train yourself to expect miracles, growth, and positive surprises, and expect that each day will be more wonderful than the last.

Go on regular “happy dates”: You need to give yourself the time and space to let spirit move through you, my friend. One fantastic way to do that is to go on “happy dates.”

A happy date is something that you need to do alone. Give yourself one, two, or three hours of time that is special “you” time. You can do whatever makes you happy: window shop, watch a movie, eat a really delicious treat, or visit the zoo or an art gallery. The “what” doesn’t matter; what does matter is that you give yourself your own undivided attention and some guilt-free time to deeply enjoy something special to you.

You’ll find that magical things happen during “happy dates.” Insights occur, synchronicities happen—and yes, you’ll probably really enjoy yourself. By doing this, the message you are sending your subconscious mind is, I deserve to be happy, follow my passions, and feel alive.

I am excited that you are becoming more excited too, my friend—for excitement about your life creates more to be excited about!

Until we meet again ...

Your Spirit 😊





FROM THE GODDESS

You Are an Artist

YOU ARE AN INCREDIBLE ARTIST, my love.

Look out into your reality, and see the three-dimensional picture you have painted with your thoughts and emotions. Notice how *real* it appears to be.

You don't give yourself enough credit for the artisan you are. You are always creating. And you can change your picture with a change of your thought.

Lets take a look at how wide your spectrum of possibility is, shall we?

First, imagine the worst possible future you could have. No, it won't manifest. And it's okay to look at it to determine if you want it.

Just as when you enter the bakery. You don't say, "Oh no, I can't look at the things I don't prefer because they may jump in my mouth if I do!" Of course not. You say, "I want to see all my choices and I'll choose what I most desire."

It's the same here, Friend. So look at that future you would want the least. Feel how it feels in your body. What emotions surface? What thoughts?



NOW ... LET IT GO.

And imagine the most wonderful future possible. The future in which you are the happiest, most successful, most loved and most excited.

How does *that* feel in your body? What emotions accompany it? What thoughts arise?

If any constricting thoughts and emotions occur, follow them to the root—the belief you hold about it being possible with ease, elegance and harm to none.
And choose a new belief.

NOW, MY DEAREST LOVE, PICK YOUR FUTURE.

It can be as easy as choosing the pastry you most prefer to eat. Really.

Think the thoughts that feel good. Imagine the futures that feel good.
Feel the feelings that feel good. It really is that simple.

Yours in love always,

The Goddess



P.S. No matter which future you choose, it doesn't affect my love for you. I will always love you unconditionally. (But I'd also love to see you smiling in delight because you chose the future you most desire!)





FROM YOUR SUBCONSCIOUS MIND

Contradictions

I HAVE BEEN OBSERVING SOME CONTRADICTIONS IN YOU OF LATE.

You say you want success, joy and love—yet you don't treat yourself as if you are worthy of such things. Instead, you beat yourself up for various “infractions,” and try to hold yourself to crazy, unrealistic standards.

Just sayin'.

Oh maybe it's none of my business. I am, after all, simply a receptacle for your beliefs. But I've grown to care about you, my friend. And I'd really like to see you happy.

DO YOU THINK YOU MIGHT RE-THINK WHO YOU ARE AND WHAT IT MEANS TO BE YOU? You could start with these affirmations:

I am human. I will make mistakes. I am also divine, and perfect.

I can forgive myself for anything.

I am worthy and deserving of a beautiful and abundant life.



And hey, don't be so tough on yourself. You are doing fabulously well. Really.

The more you let that in, the more your illusion (aka your reality) will mirror your inner self-love with outer successes, joy and love.

With never-ending belief in you,

Your Subconscious Mind

PS: You might want to have a little talk with that “negative self” of yours. You know, the part of you that likes to take you down? The part of you that tells you that you aren't loving enough, good-looking enough, smart enough, powerful enough—blah, blah, blah?

Yeah, conscious self, talk to it. Or rather, let it talk to you. Perhaps every morning in the shower? Let it tell you how rotten and stupid you are (remember, it always lies). And then imagine me, your higher self, taking it away to heal. Then, you'll be free from that voice in your head and you can choose to express the divine “you” that has always been there.

That “you” rocks!





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FROM YOUR HIGHER SELF

I WILL HEAR YOU

Do you remember when we planned this lifetime together, and you said to me,
“I WON’T FORGET WHO I AM?”

Well, I’ve been with you every step of the way, and I’ve noticed you don’t quite remember the magnificence of your being, the power of your choice, and the capability you have to create anything in the world you could ever want.

But you’re getting there. Please know I’m standing by, ready and willing to help in a heartbeat. ALL YOU HAVE TO DO IS ASK.

Yes, ask. Please ask. You could say something like this: “Higher Self, please help me to remember who I am. Help me to discover my gifts, talents, and strengths. Help me to know how deeply I am loved, and to love others and myself deeply as well. Thank you, Higher Self.”

If you ask, I will hear you. I promise. After all, you are part of me, and I am part of you.

With tons and tons of love,

YOUR HIGHER SELF

FROM YOUR SOUL

Heaven on Earth

I am so grateful to have the opportunity to talk to you so directly, and so intimately. I KNOW YOU THINK ANOTHER WRITES THESE WORDS, BUT IT IS I WHO PUTS THE WORDS IN HER MIND, so that you may know what is in my heart.

There is something I want you to know, my love. YOU CAN'T DO THIS LIFETIME WRONG. You really can't. You are progressing just as you had planned. It's time to relax into that knowing.

You know, if it is all an illusion (and it is)—then how can you do an illusion “wrong”? It's like saying you dreamt the wrong dream last night. Impossible.

“So,” you might ask, “if it's all an illusion anyway, what's the point?” Well, like a dream, the idea is to have a great dream and enjoy it as much as you can.

You can impact your night dreams by doing certain techniques, and by learning to lucid dream. You can impact your so-called reality in quite a similar fashion—and you are already doing that. You are well on your way.

I love you so deeply. And I would love to see you have more fun, smile more,
and laugh more often.

YOU CAN START NOW.

Let it in, dearest, and smile. Know you can live in a heaven on earth, and laugh about the
ridiculous things you've been told about who you are and the nature of reality.

Let me ask you this: Will you take 30 minutes today, just 30 minutes, and just have fun? Will
you do that for me? Do something totally indulgent, "useless," and completely enjoyable?

Oh, that would make me so delighted.

And when you've completed that wonderful "fun time," will you let me know? Just sit and
close your eyes, call upon me in your mind, and tell me what it was like. I so want to connect
with you on a deeper level, and this "Soul Talk" is the perfect way to do it.

Until next time, my total and complete unconditional love to you,

Your Soul



Stay Peaceful

I LOVE YOU SO. One of my greatest dreams for you is for you to know and feel my love while you are physical. Even feeling a fraction of it will change your life forever.

The darkness on your planet makes it difficult for you to feel the love I have for you.
It was never supposed to be as difficult and as painful as it has become.
It was never supposed to be so scary, nor so filled with hate.

And that brings me to my reason for writing today. I'd like your help, my child.
I'D LIKE YOU TO HELP MAKE THE EARTH A MORE PEACEFUL PLACE.

Oh I know, you think God could never need your help, right? Well, you are incorrect.

You see, when The Goddess and I created Earth, we agreed that once you were there, we wouldn't interfere unless you asked— and even then, only to help you empower yourself.

IT IS YOU WHO HOLDS THE POWER ON YOUR PLANET. And I'm sure you're wondering exactly how you might bring peace to an entire planet?

Well, you start by bringing peace to your own life—a piece at a time.

You see, each and every time you shift, you shift the world. So, if you can maintain inner peace throughout your day, your energy will positively impact others.

And they will impact others, and so on and so on.

HOW DO YOU STAY PEACEFUL? There are many ways, and here are just a few:

Stay present. This is a gift in and of itself, and its result is inner peace.

Be proactive. Know what you want to accomplish in this hour, this day, this year and this lifetime. And do so.

Respond to any negativity with wisdom. You are human, and therefore issues and challenges will arise. But you have all the ability in the world to change the cause. Remember that.

I know you can do this. And on some level, you know it too.

If you would like to do even more for your beautiful planet, imagine it being blanketed in love.

LOVE TO SOOTHE ALL HURT. LOVE TO HEAL. LOVE TO FORGIVE.

And love to build new relationships—with each other and with your Earth.

Wishing you a peaceful day,

With the deepest love,

God

