



# The Hello Method

EASY - SWEET - TRUE

Happy day!  
You've just found a simple,  
powerful, and direct way to  
connect with God. Try it and see!

## HOW TO DO IT

In your mind, say HELLO to God or a Celestial Being (such as Jesus, Buddha, your guardian angel, etc.). Say Hello "as if" they're right here with you, because they *are*. And when you say Hello, say it with love. They love you truly, and they *need* your love.

## CHECK IF YOU'RE DOING IT RIGHT

You're doing it right if it's sweet. And easy, like talking to a close friend you dearly love. No need to say "Hello" over and over—like an affirmation or mantra. This is a heart thing. Just say Hello sincerely, with love and confidence that the Celestials will hear you and respond. They *will*.