



When Dragonflies Visit

A 7-Day Noticing Guide

Angels of Healing Energy

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Companion to When Dragonflies Visit and Signs from an Angel

Welcome, dear friend

Where I live, dragonflies skim the light — bright wings, sudden stillness, then gone again. I believe they carry a spiritual meaning when they appear: gentle change, lightness after a heavy season, a soft hello from spirit or from love that is still near.

This little guide is a gift of noticing. You do not need a perfect answer. You do not need a dragonfly to appear on cue. Nature and the angels work together more often than we realize — through wings, feathers, light, breath, and the quiet nudge in your heart.

For seven days, we will practice pausing. Receiving. Listening. Living in this moment, right where your feet are.

Sending love and energy,

Elizabeth

How to use this guide

About five minutes a day is enough.

1. Find a quiet corner — indoors or outside.
2. Soften your shoulders. Take one slow breath.
3. Read that day's reflection and try the noticing practice.
4. If it feels right, whisper the gratitude or angel-listening line.
5. Jot a few words in What I noticed. Spelling and beauty do not matter. Honesty does.

You may print these pages, keep them beside your journal, or revisit a favorite day whenever a messenger appears. Miss a day? Begin again gently. The noticing is the gift.

Day 1 — Soften and See

Reflection

Change does not always arrive as a storm. Sometimes it arrives as a dragonfly: brief, bright, and kind. Today, ask yourself where life might be inviting a lighter step — not forced, just allowed.

Noticing practice

Sit or stand somewhere you can see sky, trees, or a window. For one full minute, simply watch what moves — leaves, clouds, birds, light. Do not chase meaning. Just see.

Optional gratitude / angel-listening

“Thank you. I am listening.”

What I noticed

Feeling in my heart today: _____

Notes: _____

Day 2 — Living Light

Reflection

Dragonflies remind us we can move, shine, and stay present all at once. Presence is not perfection. It is returning to this breath, this body, this quiet hello from the living world.

Noticing practice

Take a short walk (or a slow walk around your room). Notice one color that feels alive to you — teal, gold, green, soft blue. Let that color be today's living light.

Optional gratitude / angel-listening

“Angels, what message are you sending through this beautiful visitor — or through this color, this light?”

What I noticed

Color / light that found me: _____

A word that rose in me: _____

Notes: _____

Day 3 — After a Heavy Season

Reflection

Many people feel dragonflies speak of lightness after heaviness. You do not have to explain your season. You only have to notice if something in you is ready to soften, release, or rest.

Noticing practice

Place a hand on your heart. Breathe in for a count of four, out for a count of six. Ask gently: What am I ready to set down, even a little? Listen without rushing.

Optional gratitude / angel-listening

“Thank you for the love that is still near. I receive what is meant for me today.”

What I noticed

What felt heavy (or lighter): _____

One small release I can offer myself: _____

Notes: _____

Day 4 — Nature as Messenger

Reflection

Feathers, wings, wind, water — nature often carries the same soft language as the angels. A messenger does not have to be dramatic. It can be a leaf turning, a shadow of wings, a sudden peace.

Noticing practice

Go outside if you can, or look closely at a plant, stone, or photo of nature indoors. Ask: What is beautiful here that I almost walked past? Stay with it for two quiet minutes.

Optional gratitude / angel-listening

“I welcome signs of love, healing, protection, and guidance — in whatever gentle form they arrive.”

What I noticed

Messenger or detail that found me: _____

How my body felt while noticing: _____

Notes: _____

Day 5 — Stillness Between Flights

Reflection

Dragonflies pause. Then they move again. Your spiritual life can do the same. Stillness is not emptiness; it is a landing place for peace, hope, or a nudge to release something old.

Noticing practice

Set a timer for three minutes. Sit in silence. If thoughts come, notice them the way you would notice a dragonfly passing — kindly, without chasing. Return to your breath.

Optional gratitude / angel-listening

“In the stillness between flights, I am held.”

What I noticed

What arose in the quiet: _____

Peace, hope, or release? _____

Notes: _____

Day 6 — Asking Without Forcing

Reflection

In *When Dragonflies Visit*, I invite a simple ask of your angels — and then I remind you: you do not need a perfect answer. Asking opens the heart. Forcing closes it. Trust the space between question and reply.

Noticing practice

Write one honest question for your angels or for Spirit — something kind and clear. Then put the pen down. Walk to a window or door. Notice the first thing that draws your attention. Receive it without needing it to “prove” anything.

Optional gratitude / angel-listening

“What message are you sending through this beautiful visitor — or through this ordinary moment?”

What I noticed

My question: _____

What drew my attention: _____

How I felt afterward: _____

Day 7 — Carry the Light Forward

Reflection

Seven days of noticing become a way of walking. Dragonflies will come and go. Feathers will appear or not. What remains is your willingness to soften, listen, and stay present — a living light of your own.

Noticing practice

Look back at Days 1–6. Underline one line or memory that still warms you. Carry that into today as a quiet blessing — for yourself, and for anyone who needs gentleness.

Optional gratitude / angel-listening

“Thank you for every soft hello. I will keep listening.”

What I noticed

The gift of this week: _____

How I want to keep noticing: _____

Notes: _____

Closing — An invitation home

If a dragonfly dances near you — or if your heart simply feels softer — receive it as living light. Nature and the angels work together more often than we realize.

You are always welcome back to the blog:

- When Dragonflies Visit — angelssofhealingenergy.com/2026/09/16/when-dragonflies-visit/
- Signs from an Angel — angelssofhealingenergy.com/2021/07/08/signs-from-an-angel/

May you move, shine, and stay present all at once.

Sending love and blessings,

Elizabeth Radmanovich

Angels of Healing Energy

A soft note

This guide is offered as spiritual wellness and personal reflection — complementary support for your inner journey. It is not medical, psychological, or other licensed professional advice, and it does not diagnose, treat, cure, or prevent any condition. If you have a health concern, please seek care from a licensed professional. Your path is your own; use discernment and kindness with yourself.

Optional nature sketch page

If you enjoy drawing, use this page as a quiet companion. Sketch a dragonfly, a feather, a leaf, water light, or whatever nature offered you this week. No skill required — only presence.

Title for my sketch: _____

(Leave this open space for pencil, watercolor, or soft color.)

Notes beside the sketch:

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