

# **Dream, Work & Meditate with Angels**

**... Every Day**

by

Charmaine Morris

Smashwords Edition

This book is a work of non-fiction. Names have been changed where stories are told but the events are real as perceived by the author and the people involved. Any resemblance to other actual persons, living or dead, or the events experienced by them is entirely coincidental.

This file is licensed for private individual entertainment only. The book contained herein constitutes a copyrighted work and may not be reproduced, stored in or introduced into an information retrieval system or transmitted in any form or by any means (electronical, mechanical, photographic, audio recording, or otherwise) for any reason (except for the uses permitted to the licensee by copyright law under terms of fair use) without the specific written permission of the author.

Published by Charmaine Morris at Smashwords

Dream, Work & Meditate with Angels  
Copyright 2013 by Charmaine Morris

## **Table of Contents**

[Dedication](#)

[Preface](#)

[Introduction](#)

[The Angels in our World](#)

[Angelic Beings and your Religion](#)

[Preparing yourself](#)

[Archangel Michael](#)

[Archangel Gabriel](#)

[Archangel Raphael](#)

[Archangel Anael](#)

[Archangel Uriel](#)

[Archangel Samael](#)

[Archangel Sachiel](#)

[Archangel Haniel](#)

[Archangel Zadkiel](#)

[Metatron](#)

[The 2012 Angels](#)

[Guardian Angels](#)

[Angelic Novenas and Complete Angelic Rites](#)

[Afterword](#)

[Sources and Inspirations](#)

[Disclaimer and Copyright](#)

## **Dedication**

I dedicate this book to my beautiful family: Frans-Carel, Willow and Callum. You are my inspiration and joy. You turn every day into a new experience of love.

I also dedicate it to Archangel Sandalphon who gave me a spiritual kick on the bum just when I needed it most. Thank you.

## **Thank You**

I want to thank the two editors of this book, Karen McFarlane and Dorothy Klopper, for all the time, effort and above all patience they showed while proofing this book. I really appreciate all your efforts.

Thank you to Frans-Carel Steyn who put the meditations in this book to music and who created the most amazing You-Tube videos for the meditation promos.

## **Preface**

One morning I woke up and knew after my dream messages that the time had come to give birth to this book. When I stepped out onto the back patio the air was filled with white butterflies which is one of the signs that Angels are around and that a message has been interpreted correctly. I've been guided to write a book based on my Angelic experiences for quite some time but just never felt the time was completely right. I have written down reams of channeled information, dreams, recipes, rituals and ideas over the past six years and put together an Angel workshop a couple of years ago, I just never got around to actually writing the complete book.

I was told in this dream by Archangel Sandalphon that the time has come and that I've wasted enough time. I needed to not only teach people about the Angels and how to work with them but also help them understand how Angels can become a part of their

daily lives and routines. The dream came exactly five days after the energy shift that happened on 21 December, 2012. Angels tend to guide you in dreams and channeling sessions through cryptic messages, symbols and hints that allow you to figure out the answers for yourself. It is indeed a rare event to be told straight out what should be done, rare enough for me to really take notice and act on it.

I immediately started working on it and here we are today. It is seventeen days after the dream and I am putting the final touches to the book before it goes out to proof readers. I used most of the information I wrote down over the years and added to it. I brought in sections that wasn't originally planned and worked with Angels have I never met before.

I would like to thank you for reading this book and truly hope that the Angels can become as much a part of your daily life as they did in mine. I would urge you to take from this book that which feels right to you and ignore that which doesn't. Add to it when you receive your own experiences, hints and tips. Above all enjoy this journey of discovery with me.

## Introduction

Archangel means Angel of high rank. Most traditions in the modern day recognize between four and seven Archangels. In my studies and channeling sessions I have personally worked with and met eleven Archangels and many Angels. Other systems believe that there are twenty-one Archangels and some believe in twenty-seven. I personally believe there are many more than any given system recognizes. The exact amount of Archangels is not known by us, simply because we are not the only focus of their attentions. Some may complete a task on Earth and move on somewhere else while others come in as new skills are needed.

As we are all intricately involved in the ascension process of Earth (the process of Earth's vibrations lifting) more Archangels are choosing to reveal themselves and the traditionally recorded rules and knowledge are evolving. Things are changing throughout the Universe and Archangels will never remain stagnant through any process of change. For the past couple of years many changes have taken place in how we work with the Angels.

I have tried and tested different ritual systems and found that working within the planetary hours and angelic hours made no discernible difference to my results. I finally dropped planetary hours from my earlier workshops altogether and later brought only the idea behind it back in certain rituals. The Angels do not want it to be difficult and complicated to connect and work with them. They want to be a part of your life and simplifying the process of approaching them is one of the ways they chose to do this.

A whole troupe of new specialist Angels came in to start their duties here on Earth during the 21 December 2012 energy shift. Some of these were known before while some are completely new to Earth. Other Archangels left to continue working elsewhere. We did not lose any of the nine Archangels I give information on in this book and Metatron is also still fulfilling his traditional role as the Universal Voice.

That said, we should not completely overlook the knowledge found in the history of mankind about Angels and how to deal with them. We should just add to the traditional

facts and figures and treat these records as simple proof that Angels have been active on Earth since the beginning of time.

Wisdom comes from taking established knowledge and adding to it. The ability to create a complete picture from bits and pieces of knowledge found in diverse sources is a very useful skill and one that everybody can learn. We should never get stuck in the minutiae of knowledge and always remain flexible and fluid in our approach when we choose to work with the Angels. An open mind leads to an open heart. Without an open heart the Angels cannot help us to the best of their abilities.

The aim of this book is to help you create a personal relationship with the Archangels. One where you can approach them at all times without the help of an intermediary or teacher. I've been informed that Angels will now be more numerous, active and accessible to us than at any other time in recorded history. They want us to ask for their help and use their energy for our growth. They do not want our worship. They do deserve our respect and gratitude. They are specialist beings of energy directly from Source that are here to help, heal and guide. Source is an all-encompassing name for God or Goddess energy. It means Divinity, no matter what shape or form your personal religion places your God or Goddess in.



## **The Angels in Our World**

The word Angel means messenger and it is in the capacity of messenger that they are best known. Angels bring messages to our conscious and subconscious minds. They can act as intermediaries between the Self and the Higher Self. They also carry messages between humanity and divinity. Each Angel and Archangel is tasked with functions that are unique to them but any Angel can be called on in their messenger capacity. That means your favorite Angel can carry word and prayers as well as give you advice and answers even if they are not specialist messengers.

Archangels are able to be in many places at one time. They are beings created from pure energy. Some of them even have teams of Angels under them assisting with the task of safeguarding and uplifting humanity. You never have to feel that your problem isn't important enough to bother them with.

I had to explain this concept to my little girl the other night. She told me that she didn't want to call Archangel Michael to help her when she had a bad dream any longer. When I asked why, she told me she thinks if she keeps him busy it will mean someone else is left to cope alone because he is busy with her. I explained about his ability to be wherever he is called and about all the Angels helping him fulfill all his jobs and that seemed to satisfy her.

Archangel Michael works with the whole of humanity. Under him there are legions of Angels who serve guiding certain nations, cultural groups or families and even more Angels guiding individuals within those cultural units. A call to Michael will be broadcasted to all these Angels and they can all act as Michael since they are all under

his command and part of his spiritual essence.

Think of it as one body able to multitask. You can walk and listen to music through headphones while you read a book. While this is going on your stomach is busy digesting lunch, your heart is pumping blood through your body and your blood is busy battling that pesky virus you picked up. None of these functions interfere with the others but they are all happening in one body at the same time. No function has to stop simply because you want to read a book or take a walk.

In anthroposophy, based on teachings by Rudolf Steiner, there are many Archangels who have the task of inspiring, working with and guarding large groups of beings, such as whole nations, peoples, animal or ethnic groups. This ranks them above the Angels who deal with individuals (for example the Guardian Angel) or smaller groups of people. To me, this is simply semantics. The rank of an Angel is not of so much importance as is his willingness to help, protect and guide. Whether this guidance goes out to many or to one, it is an immensely important task. The Guardian Angel of a baby is the most important Angel in the whole world to the baby's parents. It is all a matter of perspective.

Basically there is nothing stopping you from calling on an Archangel for help or advice. It will come in a way that serves both your own and the greater good. All that is required is confidence and a little faith in yourself and your own worth. That is what they are there for, to help you grow and lift your vibration.



## **Angelic Beings and your Religion**

The word archangel derives from the Greek word 'archangelos'. All Archangel-names are supposed to end with the "el" suffix. "El" means "in God" and the first half of the name points to each individual Angel's specialty. Metatron and Sandalphon are exceptions to this rule and some others I've had glimpses of also seem to skip the -el requirement. I believe that changing times bring different names and that Angels have been around for much longer than the Greek language.

Most people's biggest question seems to be how Angels will fit into their personal religious structure. They may belong to a religious structure that only recognizes some Angels or where working with Angels is only the province of the trained ministers or priests. They may belong to a religion where the perception exists that Angels are the property of Christianity. I can tell you that Angels are here for everyone.

They are Universal and operate from a position of love... love for humanity, love for the planet and love for all life and beauty. They are not representatives of one aspect of God but of all the aspects of Divinity. Where Gods and Goddesses are all aspects of the Divine Source, Angels would be considered the workforce of the Divine. They do not ask your aspect of God's name before they give guidance. They just turn their great minds to the task at hand.

Basically Angels can be accessed and worked with no matter what your personal religious beliefs. I believe that all religions pray to the same Source, God or Goddess energy. We call The Source of All by different names and proscribe different personalities to our deity but we all pray to one Great Energy. This does not have to be your belief in order to work with the Angels. Neither do you have to be part of a specific religious group or even any religious group to work with Angelic energy. Angel energy is there for everyone.

Archangels are mentioned in a number of religious traditions, including Judaism, Christianity, Islam, Zoroastrianism and Wicca. If we look at the Angels as beings of light and energy we can find them in many more religious traditions under different names, for instance, in Buddhism. Let us take a look at a bit of the policy regarding Angels by different religions together with some of my experiences of Angels working with people from those religions.

## **Protestant Christianity**

Archangel Michael is the only Archangel named in the Bible that is recognized by both Jewish and Christian people. That is one of the reasons he is so well known amongst people. If you mention Archangel Michael in conversation most people will know who you are talking about and see this image of a great fiery winged Angel wielding a huge sword in their mind's eye. He has become a banner name for Angels.

Archangel Gabriel, named in both the old and new testaments, is considered to be an Archangel although he is only called the Angel Gabriel in the Bible. The New Testament speaks frequently of Angels but it makes only two references to "Archangels". They are Archangel Michael mentioned in Jude 1:9 and the voice of an Archangel mentioned in I Thessalonians 4:16.

Certain Protestants, such as Seventh-day Adventists, believe that the Archangel Michael is not an Angel but rather the divine Son of God. In this view "Archangel" means "head of the Angels" rather than "head Angel," and is a title similar to "Prince or Leader of the Angelic Host."

Jehovah's Witnesses believe that Michael is one of the names Jesus has in heaven. In their view, Michael is the first and greatest of all, fighting the forces of evil and protecting God's people on earth. This belief is held because of the prominence Michael has among the heavenly sons of God in the Bible and the similarity of Michael's and Jesus' missions. Latter Day Saints believe that the Archangel Michael is Adam, the first man.

The edition of the Bible used by Protestants never mentions a 'Raphael' and he is therefore not recognized by most Protestants. Protestant Christianity does embrace the concept of Angels but sadly they are often portrayed as beings coming down to judge and punish.

Most of the Christians I have the pleasure of knowing love Angels. They embrace the good and beauty that Angels can bring and seem to have moved past the strictures placed on them by church. About half of the people who have attended my workshops were Protestants and Catholics. The rest were from other religions.

When I was seventeen I was told by a minister in the Methodist Church that the Angels I perceived and sensed were really demons disguised as Angels who want to trick me. I was basically patted on the head and told to leave complicated things like Angels to the

people who knew how to deal with demons. I was too petrified to even think about an Angel for years after that. I am now twenty-five years older and wish that I can speak to that minister again to tell him about the wonder of Angels.

## **Roman Catholic**

Archangel Raphael is mentioned in the Book of Tobit, one of the fifteen apocryphal books included in the Roman Catholic version of the Bible. In the story, Raphael comes to the aid of Tobit, healing him of blindness and driving away a demon that would have killed him. Archangels Raphael, Michael, Gabriel and Uriel are mentioned in the Book of Enoch.

The Archangels Michael, Gabriel and Raphael are venerated in the Roman Catholic Church with special days. Archangel Michael gets a feast in his honor on 29 September every year. It is known as Michaelmas Day and is celebrated to signify the beginning of autumn and successful harvests. Michaelmas Day is also sometimes known as All Saints Day and in that case all three of the Angels are celebrated on the 29th of September. Archangel Gabriel is honored on March 24 and Archangel Raphael on October 24.

Other traditions have identified a group of Seven Archangels, the names of which vary, depending on the source. For some unknown reason, in 745 AD, under Pope Zachary, a Roman council ordered seven Angels removed from the ranks of the Catholic Church's recognized Angels, two of them being the Archangels Uriel and Raguel. The fallen Archangel Lucifer is recognized by some as still being an Archangel even though he rebelled and was cast out.

Roman Catholics ask Angels to pray for them and would often light candles to a specific Angel. They mostly use Angels in their messenger aspect when they are doing this – asking them to carry a message to Divinity on their behalf. Roman Catholics have rich Angelic Lore that often embraces the concepts explained in this book.

I found Roman Catholics in general to be very receptive to the fact that they can access Angels through ritual, maybe because their tradition already includes a lot of ritualistic activities.

## **Judaism**

Archangels Raphael, Michael, Gabriel and Uriel are mentioned in the Book of Enoch as well as the Dead Sea Scrolls. These four names are probably the best known to people in general. Most people will have no idea what the Angels actually do but there will be a recognition felt in their hearts when the names are mentioned.

Angels are uncommon in the Old Testament except in later works like Daniel, although they are mentioned briefly in the stories of Jacob and Lot. Daniel is the first biblical figure to refer to individual Angels by name. It is therefore widely speculated that Jewish interest in Angels only developed during the Babylonian captivity period in history which is quite interesting. Angels as Guardians would have been more visible during a period where a Nation was in distress so it makes sense for them to be noticed then.

There are no explicit references to Archangels in the Old Testament. In post-Biblical Judaism, certain Angels came to take on a particular significance and developed

unique personalities and roles. The general belief seemed to have been that the Archangels ranked high in the heavenly host but back then no official hierarchy had been decided on by the Jewish priesthood.

Metatron is considered one of the highest of the Angels in Merkavah and Kabbalist mysticism. He is briefly mentioned in the Talmud, and figures prominently in Merkavah mystical texts. Within the rabbinic tradition, the Kabbalah, and the Book of Enoch the usual number of Archangels given is at least seven.

When I was in High School I had a Jewish friend whose mother always lit a candle to Archangel Michael on his behalf whenever he competed in any athletic meets. She believed Michael on his side would bring him victory. Whether this is a pervasive Jewish belief I do not know but a yellow candle always burnt for him before the day and he won more often than not.

## **Paganism, Wicca and Shamanistic traditions**

I can hear the gasps of indignation for placing all of the above traditions in one category but I am doing it strictly for the fact that all of them, in one way or another, have a deep reverence for Nature as part of the God or Goddess energy or as a separate deity. Fortunately a lot of people following a Pagan path have learnt how to tap the immense Angelic Energies to support their magick, elemental work and worship.

A big gap I see is that so few people use Angelic energies to strengthen and help Mother Earth. One of the biggest roles of the Angels is to help heal, restore and protect Nature. With so many animals headed for extinction and so many forests ripped out we are missing countless opportunities to help the Mother with healing through the Angelic Beings.

Wiccans seem to be the most knowledgeable when it comes to Angel work. Archangels are used in Kabbalistic fashion with various seasons or elements, or even colors. In some Kabbalah-based systems of ceremonial magic, all four of the main Archangels (Michael, Gabriel, Raphael and Uriel) are invoked to guard the four quarters, or directions, and their corresponding colors are associated with magical properties. They each represent an element in this system. Uriel would be called in the North as Earth, Raphael in the East as Air, Michael in the South as Fire and Gabriel in the West as Water.

They are normally called to guard the watchtowers of each direction in a magickal circle although they are often called into the positions in a circle to support a specific magickal goal like personal protection. We will take a deeper look at these correspondences when we are working with the individual Archangels.

## **Islam**

The named Archangels in the Qur'an are Gabriel, Michael, Raphael and Azrael. Gabriel is mentioned as being responsible for revealing the Qur'an to Muhammad and inducing him to read it. Gabriel is known as the Angel who communicates with the Prophets of the Islamic religion.

Michael is often depicted as the Archangel of Mercy and the one who is responsible for bringing rain and thunder to Earth in Islam. Raphael is known as the Angel who will summon Judgment Day by blowing a huge trumpet. There is also Azrael who is reputed



to be responsible of parting the soul from the body after death. From him comes the “Angel of Death” connotation that is so well known.

Other Angels mentioned in Islam are Rizwaan, Malik, Munkar, Nakeer, Rakeeb and Atheed. As you can see there is rich Angelic lore to be found even in religions people would not normally associate with Angels.

My life partner is an Atlantean Reiki Master amongst other things. For a long time he worked on a Muslim woman doing energy healing. He received the family’s permission to call on Angelic help while healing her. Although it was a strange environment for him to operate in (he had one chaperone from the family and one he brought himself during every session), he had great success in taking the woman from being bedridden to being on her feet again.

## **Oneness**

I think it fitting to close this chapter with the recounting of a very sacred experience I had about five years ago. I went to a Deeksha (Oneness Blessing) in Pretoria. It was not my first time so I expected the long meditation we normally had during the Blessing to have its normal effects of calm and peace.

This time, in the meditation, I was pulled through a gateway into a type of city. It was incredibly vivid. The city was absolutely breathtaking. Everything glowed and there were towers and walkways that looked as if they were floating. Everything was lit with rainbow shades of light energy. An oval shaped ball of multi-hued energy approached me and asked me if I knew what he was. I answered ‘an Angel’. He then told me, ‘Yes, you are ready to see us in our true form and this is how it will be in future.’ I was sent back through the gateway. It felt like minutes but the whole experience actually took around forty-five minutes.

This remains one of the most sacred and beautiful experiences of my life. I knew before that Archangels are beings made of pure spiritual energy but I never actually believed I would see the beauty of it. That was the last time I ever saw an Angel in meditation, dreams or during a channeling session as a human figure with wings.

I have only touched the surface of the different mentions of Angels in religions but there are many more. Since this is not a book about history but rather about your future with the Angelic helpers I would invite you to research this topic further on your own to get more details should interest you.



## **Preparing yourself**

Yes, this is a book and books should be read. It is certain that you can gain valuable insights and advice from just reading through this book. Without doing anything more certain life changes will happen and your thought patterns will become more positive

and receptive to change.

If you should decide to treat this work as a work book instead you will gain immense benefits. You will learn how to work with different Angels in your everyday existence. You will learn how to meditate with them, listen to their messages in dreams and ask for their help in a focused and clear manner. You will learn how to draw Angelic energies to you for protection, love, manifestation and many more helpful things. You can learn how to consciously change your life through your focused intent.

You chose to read this book because you believe in Angels already. Your experiences and the knowledge you have gained in the past should not be discarded when you start. You should rather use your past knowledge as a foundation on which you can build.

If you find while working through this book that you always saw a certain Archangel as vibrating to a certain color or associated the Angel with a certain fragrance, please add your knowledge to what you read in the book. Do not discard it because I have not mentioned it. Working with the Angels is an intensely personal experience and you will have to keep adding your own input and experiences to this journey.

If you decide to work through this book rather than just read through it, I have a couple of suggestions for you before you start. Get a notebook or recording device where you can record thoughts, changes, ideas and goals.

Start a regimen of adding a couple of spoons of salt to your daily bath. This will clear your energy and you will be more receptive to Angelic communication. This is especially important if you are planning to do the meditations with the Angels. If you shower instead of bath, you can always fill a little muslin bag or even a stocking with salt and hang it over the shower head for a minute before you start washing.

You will see I have a couple of paragraphs at the end of each Angel's section where I deal with their correspondences. By correspondences I mean the different colors they vibrate to and symbolism and energies that are sacred to each Angel. I also include a selection of herbs, oils and plants that are useful in any work with a specific Angel. These herbs and oils vibrate at a frequency that will enhance and strengthen Angel work. I would suggest that you add your own plants, symbols and oils to my list as your experience with a particular angel grows.

All things in creation vibrate at a certain frequency in the world of Spirit. Some frequencies attract and others repel or push away from each other. If, for example, you are trying to attract love, you should choose an Angel and ingredients or objects that attract or complement the vibration carried by the emotion of love. By doing so, you keep strengthening the attraction properties carried by the Angel in your ritual work.

When we get to the corresponding planets and directions of the Angels it may become a bit confusing. If I mention an Angel as being in the North you can apply this by facing North when you call him, placing your altar facing North or calling him into the North Quadrant of an Angel circle. An Angel circle is a protective bubble you cast in which you would do Angel work. You can call an Angel at each direction to protect and enhance the work you do in a circle.

An elemental wheel is made up of the five elements - Earth, Air, Fire, Water and Spirit. You can picture it one of two ways – either a circle with the elements of Earth, Air, Fire and Water at the four main compass points on the outer edge and Spirit in the middle or as a five-pointed star with Spirit being represented by the top point of the star. Each

angel has a special affinity for one or more of these elements. Earth represents the material, Air the intellectual, Fire the creative and Water the emotional aspects of a person.

When you look at the planet an Angel vibrates to, simply think astrology. Just as your star sign gives hints about your personality and strengths, the same is true of an Angel. A planet linked to a star sign will give you hints on certain aspects of the Angel's nature.

Set up a small table or area that you can dedicate to Angel work. Use a pretty cloth, have a couple of candle holders, incense burners and fireproof bowl handy. You can place gemstones and colored candles on the table that corresponds with the Angel you are working with and change it when you work with a different Angel. This is where you will do most of your rituals and some of your meditations.

Above all you must keep your eyes open. Changes do not always happen as you would expect. Gifts do not always come in the wrapping you visualized and you should not always expect Angelic help to come in exactly the form as you saw it in your mind or requested it. Expect only the unexpected when working with the Angels.

Angels guide us to the correct answers and directions we need to take. It is very seldom that you will get a direct and specific answer from Angels if it is about something in your own life. They love answering questions with questions so that you can puzzle the answer out all by yourself. They prefer you reaching the answer in that way as that teaches you and helps you grow spiritually.

One thing to keep in mind when doing ritual work with Angels is that it is different from doing any other forms of ritual. Angels will not allow you to harm yourself or others through the work you do so if you should work towards something that is not for your own or someone else's greater good, they will gently steer you away and clear the energies.



## **Archangel Michael**

### **Description**

Archangel Michael is considered the Overlord or Battle Leader of the Angelic host whose job descriptions are all to do with the planet Earth. It is said he shall not return home (back to Source) until the last man is brought to his perfect state and the last Elemental energy returned to balance on our planet. In a way he will have no freedom until humanity as a whole ascend to a perfect or balanced state of existence and learn to live in peace and harmony with themselves and others.

Archangel Michael is the ultimate protector of man. He will protect people against physical and psychic attack. He can be called upon to protect the innocent and those

fighting to protect the innocent during times of invasion and war. Call on Archangel Michael to stand on your right and protect you in all circumstances. He is excellent to call on for protection against physical violence.

In his same aspect of protection he protects people like policemen, fire-fighters and paramedics who make it their goal to protect others and save lives. He is the patron saint of warriors. In our modern day terms that would translate to the protection of soldiers, fighter pilots and people who put their lives on the line in the protection of others. Any person who has to go into battle for a good cause (whether willingly or unwillingly) can call on the protection of this Angel and his legions.

In Scottish traditions Archangel Michael is considered to be the patron saint of horses and horsemen. This stems back to the days when warfare mostly took place on the backs of horses and they were an integral part of the battle. Today they still celebrate Michaelmas Day in September with references to horses in the celebration.

He helps people find power and strength to use for the betterment of humankind or the planet. Any environmental activists or people who work for the protection of animals can ask for his blessing on their work. He will give all he can within the rules to help someone in the protection of those who cannot help themselves namely our animals and our living Earth.

Michael can be called on for help when people are threatened by supernatural activity. He can be called on during exorcism, hex and curse-breaking and poltergeist activity. He will help to bind and remove evil entities for rehabilitation. This is quite a dangerous field to be involved in so please do not attempt this on your own without guidance unless it is a case of emergency. In other words, do not go ghost-hunting unless the ghost is hunting you... Then please remember to call on Archangel Michael to shield and protect you from all harm before you ask him to remove the entity.

I taught both my children from a young age to call on Archangel Michael if they are feeling scared. Children tend to see a different reality from the one we see as adults. The monster in the closet is as real to them as the sugar bowl on the table is to us. Telling them it doesn't exist will not take their fear away. It will only make them doubt you and themselves. Teaching them to overcome or fight the fear will have a greater effect.

The effect of teaching my daughter to call on Archangel Michael was simply astounding. She kept on giving me reports back on how 'Uncle' Michael chased this monster away or caught that one and took him with him. She even once told me that he did not want to take a certain monster that looked like a dragon away because the dragon was there to protect her. It all culminated one day when she came to tell me that he told her that she is big enough to protect herself now and he will teach her how to do that. He gave her a pink sword (you have to know Willow to appreciate this) and she was learning from him. She was about five years old then. It all grew quiet for a while until she was six years old. I overheard her explaining to her little brother one night how he should call 'Uncle' Michael when he is scared and how to use his sword when he gets his own. I still find it completely amazing that one little girl became so empowered through working with an Angel.

He is also the Angel involved with weather especially thunder and lightning. If a lightning storm is inspiring fear or causing destruction, ask him to tone it down if possible. If it's not possible because an action like that would disturb the natural balance, ask him to help calm and release the fears that were evoked inside you and

those around you during the storm. Also teach children with a fear of lightning or storms how to call on him during a storm.

There is a simple daily shielding ritual you can perform with Archangel Michael. Every morning and every evening visualize pulling a bubble of blue or golden protective light around you, it must seem as if you are standing inside a huge and impenetrable balloon. Strengthen this shield by drawing more energy from the astral into it and then ask for Angelic protection through your day or night. It is easier in the beginning if you close your eyes and move your hands in a circle from above your head to beneath your feet while you visualize yourself holding and pulling the light around you like a blanket. You can use this same energy to protect someone you love for instance, a child needing to go out into the world every day or a life partner fighting a war somewhere.

He is the defender of faith and hope in people. It is said that without hope a person gives up all reason for living. Even in the darkest hour he can bring hope back to you. Keeping the flame of hope alive in our hearts is important not only for our own growth and strength but also benefits humanity as a whole. Every little flame adds to the lifting of the dark.

Archangel Michael carries the sword and shield of truth. Call on him when you need a person to be completely honest and truthful or when you find yourself in a situation where you must know the truth about something. You can light a candle in this case with the situation inscribed on the candle and call on him to bring or show you the truth. Always be sure that you are really willing and ready to hear the truth, even if it should hurt. Metatron is another Angel that deals with the bringing of truth so you can choose which one you would like to work with.

Archangel Michael encourages the attributes of gallantry and chivalry in men. In our age this has fallen very much by the wayside with a lot of men. He values it highly though and connects easier with men who show the attributes of gentleness and respect to others. Personal honor is also very important in the way he teaches us to deal with life. Keep your honor intact and be truthful in all your dealings with others and you will find connecting with him very easy.

Call on Archangel Michael to help you stand up for your rights. Archangel Michael can be called on to help you with personal power issues you are experiencing. He helps to resolve issues lodged in the solar plexus and throat chakras concerning self-worth and self-confidence. He can also help build your self-esteem when it's taken a knock or if you suffer from a lack of faith in yourself and your abilities. Through doing this he can help you deal with any damage done by a traumatic experience you had to deal with. Remember that everything in life happens with a lesson ready to be taught. It is up to us to extract the lesson from each experience without losing ourselves in the process. That is true strength and that is something he can help you build.

He is also the Angel you can call on if you need to lead a group of people in a venture or you need to organize numerous people to work towards a common goal or purpose. He will help to polish the leadership and organizational skills a large venture requires from you. He is after all the leader of the Archangels, the eldest brother according to a lot of sources. He knows how to keep track of thousands of details and he can teach you how to delegate and organize successfully as well.

He is the Angel of Purification. Of all the Archangels he is the one who is best at dealing with purification on all levels: emotional, mental, creative, physical and spiritual. He can be called on whenever you start a process of detoxing or purification of your

physical body. On a spiritual and emotional level he can help purify your life from harmful habits, emotions, practices or people. Ask him to help with the clearing of the old in your life to make space for the new. Do purification rituals with Archangel Michael's help before you start any new ventures.

He can also help you with the cutting of emotional cords that are no longer relevant or useful in your life. Every time you get involved in a relationship (physical or emotional) a cord of energy forms between you and that person. An emotional cord that remains in place after the relationship is over can affect your energy levels. You will be affected peripherally by everything the person on the other side of the cord is going through. These cords can be cut by Archangel Michael using his sword. The ritual is in the Rituals section of this book.

There is a very good way for you to familiarize yourself with Archangel Michael's energy so that it becomes an automatic reaction for you to call on him in times of danger. You need to call on Archangel Michael every time you need confidence or strength in dealing with a situation during the next couple of weeks. This gets you in the habit of calling on him automatically when you are in urgent need of help. Make notes every evening on when you called him during the day and what the results were. It need not be serious matters. You can call on him for small things as well.

This method prepared one of my students to face a very bad situation while doing the Angel Workshop with me. In our country violent crime is a big problem. My student had to go to a home-based business in a very upscale part of town to pick up an order. While she was there together with the owner of the business and several other clients (including a courier who came to collect a parcel), ten armed men stormed in. They demanded all cash, watches, cell phones and car keys. She overheard one man telling the others to start shooting everyone that they've already collected from.

She immediately called on Archangel Michael and felt a huge sense of calm descend on her. She found the courage to speak to the robbers and asked them not to kill anyone as there was no need for that. They could take all they needed without killing. She reminded them that nobody could identify them due to their masks and promised everyone would lie still for fifteen minutes after they left. For some reason this worked and they were left lying there without one blow given or shot fired. Instead of giving in to panic she saved her own and other lives. Possessions were lost but lives were saved.

The most important thing to remember when working with Archangel Michael is that he admires courage and will always help anyone who has the courage to ask.

## **Correspondences**

When working with Archangel Michael certain colors will strengthen specific aspects of him. When you are working with him in any of his protection aspects all shades of blue and gold can be used. If you are concentrating on the purification aspects of his work, you should use all the fire or flame colors, orange, gold, yellow, red, some purple-blue, emerald green and the blackness of burnt out coals if needed.

Each Angel carries certain elemental, planetary, timing and seasonal vibrations. For Archangel Michael the season is Autumn and the planet he carries a strong energy for is the Sun. His elemental energy is Fire and that would make his direction on the elemental wheel South. He also has a strong affinity for Sunday. That means any ritual

work done with him is best done during the day – as close to midday as possible if you want to bring Sun energy to the work. An idea of how to apply this: Do a ritual for the protection of all your resources on the first Sunday after the Autumn Equinox once a year. Alternatively start a Purification ritual on the first Sunday in autumn.

The crystals, gemstones and metals from Earth that Archangel Michael corresponds to are: Amber, Angelite, Blue Topaz, Brass, Chrysolite, Citrine, Fire Agate, Fire Opal, Gold, Lapis Lazuli, Pyrite, Ruby, Sugilite, Tigers Eye, Turquoise and Yellow Topaz. There are also certain animal and mythological symbols that can be used in work with Archangel Michael. These include animals like lions and wolves, mythological creatures like the phoenix and the griffin and birds like hawks and hunting shrikes. You can also use the sun, a sword and an ever-burning flame as symbols for him and his energy. Any of these images, objects or symbols can be placed on an Archangel Michael altar.

If you start working specifically with Archangel Michael there are certain signs you should watch for that announce his presence. Seeing a golden or yellow butterfly unexpectedly is significant. A hawk flying over where you do not usually see one can be another sign. White feathers in unexpected places would always be an indication that Angels are close and hearing you or sending you an answer. Look at where you find the feather – on a red, orange or gold surface or lying shining in full sunlight would be an indication that Archangel Michael is close. Another strong indication that Archangel Michael is close to you is when stray cats suddenly starts taking an interest in you or wants to move into your house.

The plants, trees, herbs and flowers that correspond to Archangel Michael are: Acacia, Allspice, Angelica, Beech, Bergamot, Buttercup, Calendula, Cedar, Chamomile, Chicory, Cinnamon, Copal, Eucalyptus, Eyebright, Frankincense, Yellow and Orange Hibiscus, Laurel, Lemon, Marigold, Melissa, Michaelmas daisy, Mistletoe, Myrrh, Oak, Orange, Parsley, Pomegranate, Rosemary, St John's Wort and Sunflower. You can use any part of these plants fresh, dried or as incense. You can also place leaves or flowers on your altar where you do Angel work. Dried petals or pieces of bark can be scattered directly onto your table as a cover before you start your working.

## **Meditation**

### **Sword of Courage - Archangel Michael**

In this meditation we are going to call on Archangel Michael to hand you a sword for your own protection and to increase your personal power. Each person has a responsibility to also protect themselves and not just rely on the Angels. Archangel Michael will protect you when there is need but he will also help teach you to protect yourself. The sword will be an etheric item you can draw at any time when you feel threatened. This meditation has the feel of a ritual to it and should be treated as such. It is a sacred ritual meditation that you will be performing on the Astral Plane as well as the Physical. Make sure you have prepared properly and had cleansed your energy well before doing this meditation.

I am now going to take you into a meditation. Close your eyes and take a couple of deep breaths. With each breath feel yourself slipping deeper and deeper into a state of complete relaxation. Inhale golden light that pushes and removes all dark energy from every fiber of your being. Exhale the dark energy and feel it disappear from your world and life. Inhale gold and exhale sooty light. Keep repeating this until you feel lighter

than air.

You are now going to create a spot in nature where your ritual will take place. Find a clearing somewhere and start gathering dead wood. Build a fire in your clearing, light it and stand next to it. Face the fire.

Because Archangel Michael is from the element of fire you are going to invoke him into the fire. Close your eyes and with your finger draw a circle of golden or blue protective light around the area where you stand and the fire is burning. Stand still after you completed the circuit and in your mind stretch the blue or golden line into a bubble that sinks into the earth under your feet and closes completely over your head.

Be still for a couple of moments and just breathe deeply and easily. Relax completely and clear your mind again.

Please repeat each of the following sentences in your mind:

‘Archangel Michael, wielder of the Sword of Truth.

I invoke you in fire,

I evoke you from love,

Join me in circle tonight.

I bid you hail and welcome.’

Now, silently in your mind, tell Archangel Michael that you are ready and worthy to receive your own sword that you can wield for the protection of yourself and others.

When you are ready, step up to the fire and hold your hands out in front of you. You need to hold your hands out in front of you on the physical plane as well – stretch your physical arms out where you are sitting in meditation.

Close your eyes and wait for him to place a sword on your hands. You will feel your palms tingle, grow hot or cold or even feel your hands drop slightly as if a weight has been placed on it. This is your sign that the sword has been handed over.

As soon as you received your sword you need to sit quietly in contemplation for a while.

Ask the Angel if he has a message for you. If he has, remember it and write it down after the meditation.

Now the ritual is complete. Repeat the following words in your mind:

‘Archangel Michael,

Thank you for joining my circle and entrusting me with my sword.

Stay if you will, go if you must.

I bid you hail and farewell until the next time.’

Remember what your sword looked like and how it felt and make notes about anything you were told. Practice calling your sword into your hands through visualization often until the process feels natural and comes easily. The purpose of your sword is to give you strength and courage in difficult times.

## **Rituals**

### **Archangel Michael’s Three Day Purification Rite**



This Purification ritual will have amazing results. Although you will feel a bit tired and irritable in the beginning, you will start having increased energy levels during or after day two. As with all cleansing and detoxing where dietary changes are required, the onus rests on you to check the wisdom of using this ritual with your medical practitioner before starting.

You need to mix enough of Archangel Michael's Purification Bath Crystals to use for three consecutive baths. Use to the exact instructions provided in the Recipes section. You need a daily bath in the salt for three consecutive days while it is still daylight. Try to have your bath at the same time each day. To increase the Angelic energy place yellow, orange or red candles on the edge of your bath.

Run a deep bath and place your head under the water at least three times during the process. Each time you need to ask Archangel Michael to cleanse something harmful from your life or body. Be specific in your request. Visualize how the habit or situation is washed from your life and spirit. Stay in the bath while the water drains out. Thank him after each bath.

Eat only fresh fruit and cooked or raw vegetables for three days.

Drink at least 3 liters of water each day.

You can have normal or herbal tea with honey and grain products which contain NO WHEAT. No meat or dairy products are allowed.

### **Archangel Michael's Cord Cutting Ritual**

If you feel the time has come for you to cut cords with people who no longer have any relevance in your life, you can call on Archangel Michael.

GATHER:

1 Solid color Black candle

2 White candles

1 Tapered candle of any color

A length of red ribbon

A fireproof container like an oven dish

INSTRUCTIONS:

Write your own name on one white candle and that of the other person on the other white candle. Please note that this ritual will bring no harm to the other person. It is simply a clean cut that prevents future energy transference and draining.

Now place the three candles in a row in you dish – at least ten centimeters apart – with the black one in the middle. Help them stand using a couple of drops of wax from the tapered candle.

Tie the red ribbon to the black candle and then one end to each of the white candles. Knot it to the middle of the candles to give you a bit of space to work with under the ribbon.

Get comfortable in front of the dish. Now close your eyes and call:

'Archangel Michael, Archangel Michael, Archangel Michael,

I call on you tonight!

Please bring your sword of truth

And cut through the cords that bind me!

Open your eyes, take up the taper and burn through the red ribbon halfway between your candle and the black candle. As the ribbon burns through ask Archangel Michael to cut through the cords on the etheric. Do the same on the other side of the black candle.

Now sit and look at the flame on the black candle and say:

'I, (your full names), revoke, cancel and erase all cords, contracts and agreements between me and (his or her name) from the physical and spiritual planes of existence up to the here and now. I do this for both my own and his or her greater good so that we can be free and clear to find happiness. As I will, so it will be.'

Now thank Archangel Michael and leave the candles to burn out. If you find that any part of the three parts of ribbon is touching or crossing in the leftover wax the ritual has failed on some level and needs to be redone.

## **Recipes**

### **Archangel Michael's Purification Bath Crystals**

This recipe is perfect to use with an intense detoxing, purification or cleansing process. You can use this to purify yourself on all levels, mental, emotional, creative, physical and spiritual.

#### **INGREDIENTS:**

1 Cup of coarse sea or non-iodized Salt

2 Tablespoons of dried Allspice Berries

2 Tablespoons chopped fresh or dry Parsley

2 Tablespoons dried Rosemary or 2 short branches fresh Rosemary.

8 Drops Myrrh essential oil (substitute Frankincense where necessary)

8 Drops Cedar Wood essential oil

8 Drops Chamomile essential oil

#### **INSTRUCTIONS:**

Mix all the ingredients together in a glass bowl. Hold your hands cupped upside down over the mixture and say the following:

'Archangel Michael, Archangel Michael, Archangel Michael!

Please bless this mixture to cleanse me body and soul. Thank you.'

Use all the salt in a single bath. Run the bath as hot as you can stand it and remain in the bath for at least 25 minutes. Pull the plug and run the water out while you are sitting in the bath to drain all negativity away from you.

### **Archangel Michael's Purification Soap**

This soap can be used on a daily basis to keep negativity at bay. Use it as you would use any regular soap.

#### INGREDIENTS:

150g Glycerin soap or Vegetable based White Soap

A soap mold of your choice (from hobby shops)

Double boiler or two pots where one is smaller and can fit into the other

5 Drops Cedar Wood essential oil

5 Drops Chamomile essential oil

5 Drops Sweet or Bitter Orange essential oil

#### INSTRUCTIONS:

Choose any one of the Archangel Michael crystals in a small polished version. The crystal can be reused every time you make a new soap. (Lapis Lazuli, Chrysolite, Blue Topaz, Angelite or Sugilite. Pyrite. Citrine or Fire Agate)

Melt down the soap in the top part of the double boiler over the water in the bottom pot. This is the safest method to use since it insures the soap will not get too hot and melt through your mold. Stir frequently and remove from heat as soon as all the lumps have melted down.

Place the crystal in your mold and place the mold on a surface able to handle heat.

Mix the oils into the soap and stir very well. You can add red, orange or yellow soap color now if you wish.

Pour into the mold while simply asking Archangel Michael to strengthen the purification properties in the soap for your greatest benefit.

Let it set and use it. If you want to store it you can wrap it in brown paper and store in an airtight container.



## Archangel Gabriel

### Description

Archangel Gabriel serves in the aspect of the main messenger between divinity and humanity. He is therefore a very good Angel to ask for intervention between you and divinity during your prayers or ritual work.

Archangel Gabriel is in charge of all the Angelic Guides and Guardian Angels who help and guide people on their path. If you feel that your Guardian Angel is not hearing you or not there, call on Archangel Gabriel to help you connect again. He can facilitate a better awareness and communication between you and your personal Angels. It is always very important to keep in contact with your personal Guardian Angel no matter

how much work you do with the Archangels. They are there to look after your general wellbeing and give you daily guidance. They have an intimate knowledge of you as a person that cannot be replaced by the Archangels who often have more global concerns.

He is the Angel of creative thinking and communication. In this aspect he is the Angel to ask for help with any kind of writing, books, poetry, essays etc. He brings truth and clarity to the written word and helps the writer express him or herself eloquently in a way that people will understand. He brings harmony and truth into all communications of the written word. If you have ever thought about writing a book it is a good idea to ask for his help right from the start. Do not wait until you run out of time or ideas before you call him. Involve him from day one.

Archangel Gabriel works on the throat and third eye chakras and can therefore help you express what you 'see'. Any instincts, visions or intuitions that you may have trouble expressing out loud is something he can help you work on. Whether the block lies in a fear of ridicule or doubt in your own abilities, it is something that can be identified and dealt with through chakra work with him.

In this same aspect you can ask him for help to express yourself clearly when speaking to others. Sometimes we know what we want to say and what message we want to get across but somehow we cannot find the correct words. I often have that problem. In my head everything sounds perfect. If I write it down it still makes sense but the moment I have to tell someone the idea comes across mangled and confused. I found it very helpful to ask him to clarify my thoughts and meaning into words. Language is very limited sometimes in describing a feeling or emotion. And we struggle to find the words that would describe it perfectly. Sometimes we have the words but the person we are talking to seems to struggle to understand what we mean. Call on him for his assistance to help with the translation of your ideas into the correct words and phrases that will be understood by the specific person you are talking to.

A nice ritual is to write a note, request or prayer to someone human or divine on a piece of white paper with a green pen or marker before going to bed. Sleep with it tucked under your pillow and ask him to carry the message for you. If the message is for a person Archangel Gabriel will deliver it to the subconscious of the recipient. The person will have a deep awareness of what has been said, even if he or she doesn't always recall the message consciously. Sometimes they will recall the message in the form of a dream or even a memory. Either way you should be able to pick up a change in behavior or attitude from the person. Since the message was delivered to the subconscious, the ego is bypassed and thus carries more weight.

Archangel Gabriel can help you tap into your inner power and strength. Where Archangel Michael helps you boost your inner power, Archangel Gabriel helps you get in touch with what is already there. When you do not use or realize the extent of your own inner power, he can help you with that. It is no use asking for more if you do not use that which is already a part of you. It makes sense to fully realize your own potential first and then start growing more.

My life-partner has been working with Archangel Gabriel for years. He feels a great connection with him and often speaks of the benefits he gains in the application of his personal power and inner confidence. Whenever he feels a bit lost he immediately lights a candle for Archangel Gabriel and asks for help. He is always his old, confident self within a couple of hours at most. Since he is a Life Coach, something like a loss of

confidence in his personal power has a great impact on his work and this method really works for him. The issue that caused the problem is always triggered, identified and worked through in an amazingly short period of time. The longest I've ever seen him battle with a personal power issue is about three quarters of a day.

Due to our choice to have a physical existence on this planet, we also have to face death and other traumas that physical bodies are prone to. There is no easy way to work through the grief caused when you lose someone close to you, but Archangel Gabriel can help you with that. He can help you work through grief in a healthy way without self-blame and self-destructive behavior. If someone close to you has suffered grief, ask him to help that person through the process of healthy mourning. In case of trauma caused by violence or something else, he can help a person arise from the pain and trauma better, wiser and stronger.

As a teenager I went to the funeral of my stepfather and the minister was talking about mourning. He tried to explain that tears are healthy but that we should always cry tears with hope instead of tears without hope. Back then I did not understand what he meant. I was incredibly sad because I lost the only father I knew and I loved him very much. I was angry because I suddenly found myself in a situation where I had to cope without any support, even from people I was supposed to be able to rely on at that age. Now, looking back I realize there are healthy and unhealthy ways of expressing grief but that it must be expressed. If you see someone abandon all hope during their process, send in the Angel.

Now for the one thing we all have: problems. Each one of us has to face different problems, large or small, on our life path. This is something we must face and work through as part of our life lessons. One of my students came back to me during a workshop and said she has no problems so she couldn't do the problem solving exercises of the workshop. I asked a couple of questions and it turned out she had a very good friend with serious problems. She did the problem solving for her friend and helped her a lot in the process. Always look around you and see who else can be helped.

Archangel Gabriel will not solve your problems for you, he will help you find solutions for your problems. It is not the same thing. In the first scenario he does all the work and you do not get the benefit of learning a life lesson or resolving a karmic matter. If he gently guides you with advice and signs to find the solutions for yourself, you do get the rewards at the end. You learn your lessons and you work through your own karma. The way he helps you will help your future as well as future incarnations. He takes the long view on this and helps you achieve your greatest good. He will aid you on your journey into the light but not pick you up and carry you. Each one of us must start taking charge and responsibility for the events we allow to manifest in our lives. Every problem solved is a step closer to this. A problem solving meditation is included in the Meditations section.

You can ask Archangel Gabriel during meditation to place the symbols representing your life's work and destiny into your aura. This will help you to attract the correct people and opportunities to guide you towards your personal destiny. Do this only if you are truly serious about growing and expanding spiritually. You must also be prepared to find teachers in the strangest places and scenarios. Sometimes a teacher can be someone you see once who gives you one sentence that will help your growth.

Archangel Gabriel can be asked to give you a general blessing on your life. He will

concentrate on a holistic blessing instead of focusing on one area of your life. Always be certain when you ask for his blessing to keep your mind clear of expectations and problems. Ask him only for the general blessing and allow it to flow where it wishes without attempting to control it. A general blessing ritual is included in the Rituals section.

One of Archangel Gabriel's biggest joys is the aid he gives to expectant mothers, babies in the womb and new-born babies. He will be there for the first couple of months after the birth to keep an eye on a baby's development. Ask him to watch over expectant mothers and babies and ask for his help for a trouble-free birth. He will also throw his energy in if someone is experiencing a difficult birth and he is called on for help. One of the sources I studied once told of a legend that he touches and blesses with breath each new-born child under the nose. That is supposedly how the little dimple called the Cupid's bow between the nose and lips is formed. I cannot remember where I read this but I think it is a very heart-warming story.

If you really want to do something for other people while learning how to connect with Archangel Gabriel at the same time, petition him for a blessing on each pregnant woman or baby you see during the next week or so. Just silently ask him for the blessing, whether it is at work, home, shopping centers or the park. It will only take seconds of your time and may change a life.

If you know someone who is struggling to conceive a child, call on him for help. If it is part of their life plan to conceive, he will be helpful. He can also help people who are in the process of adoption or searching for a child to adopt, ensuring that the correct child will get to the correct parents. In a case like this use a pure white candle with the parents' names inscribed on it. Cover the candle with olive oil. Light it, call on him and ask him to help the couple to connect with the soul of their child.

Call on Gabriel to help with any inner child work you are doing. He can help to bring joy and playfulness back into your life where it is lacking due to a break in the connection with your inner child. You need to play sometimes, even if you are all grown up. We tend to take life so seriously with all the adult responsibilities that are laid on us. Sometimes we just need to kick back and place the worry and weight onto the back burner for an hour or two. Do something you truly enjoy that makes you feel like a child again. Play in the mud, climb in a tree, dress up dolls, bake a cake and make a huge mess... Do what you loved doing as a child. If you have kids of your own, sit down on the floor and play with them. Race cars, build a puzzle or play tea party with them.

Start connecting with Archangel Gabriel in your everyday life by calling on him in your mind every time you face a problem. You'll soon find yourself in a position where the solutions to both small and bigger issues flow easier. Remember to say thank you every time you reach a solution.

## **Correspondences**

When working with Archangel Gabriel there are certain colors which will strengthen the vibration and focus of the task you are busy with. While working on any aspect of problem solving, light greens and silvery greens are good. If you are working on personal power and the growth of personal power you can work with dark purples and violets. Archangel Gabriel in his blessing aspect prefers silver and lilac. When you are doing blessings for babies and mothers lilac and a silvery, very light powder blue will be

used.

Each Angel carries certain elemental, planetary, timing and seasonal vibrations. Archangel Gabriel's season is Spring and the planet he carries a strong energy for is the Moon. Both of these correspondences carry a great energy of change and fluctuation. Spring is the season of new growth and change while the Moon's influence on the tides causes great fluctuations. His elemental energy is Water and that would make his direction on the elemental wheel the West. Any ritual work done with him is best done during the evening on a Monday (Moonday) – make sure it is full dark. An idea of how to apply this: Do a ritual for a general blessing on your life on a Monday night. Repeat this blessing once every three months, each time on a Monday. Ask him to bless your spring cleaning rituals.

The crystals, gemstones and metals that Archangel Gabriel corresponds to are: Aquamarine, Blue Lace Agate, Clear Quartz, Fluorite, Geodes of all kinds, Labradorite. Moonstone, Pearls (ocean and freshwater) and White Howlite. The animal totems and mythological creatures precious to Archangel Gabriel can be used on his altar or during ritual work. Seeing an image or actual animal can be a symbol of his presence or a message to you. These include animals like dogs as well as all kinds of fish and aquatic animals. He also works with aquatic mythological creatures like the merpeople and selkies. Birds that are sacred to him include the seagull and the albatross, owls, eagles and white peacocks. Spiders can be a symbol of the Archangel and a spider in a web is very good imagery for him. Amongst the other symbols he uses are a nine-pointed star, white lotus flowers and the Moon.

If you start working specifically with Archangel Gabriel there are certain signs you should watch for that announce his presence. Noticing a profusion of white flowers shortly after asking his help should be a sign that he has granted the help. A single white flower received as a gift or an abundance of spiders or moths will also signify his presence and response. Hearing or seeing an owl can be another sign. Many years ago I saw an owl perched on a stump next to the road while driving back from an Angel Circle. We all asked for something from one Angel on a note that was burnt in a fire during the ritual. I knew my request had been heard when I saw the owl and the following weeks proved that when my life opened up in ways I never imagined. Another time I found an owl feather on a balcony right after I asked for guidance on whether it is truly a good idea to keep seeing the man I was seeing at that point. I took it as a sign to stay and we are still together and very happy many years later.

The plants, trees and flowers sacred to Archangel Gabriel are: Adder's tongue, All white flowers, Almond, Bay, Calamus, Chickweed, Coconut, Coriander, Frankincense, Hazelnut, Honeysuckle, Iris, Jasmine, Lavender, Lemon, Lychee, Melon, Morning Glory, Mushroom, Orris Root Powder, Papaya, Passionflower, Pear, Poppy, Rock Rose, Rose, Sandalwood, Willow and Wormwood. Any of these can be used fresh, dried, in oil form or as incense. You can even use it as altar decorations.

## **Meditation**

### **Solving Problems - Archangel Gabriel**

Take a few moments to think on a specific problem in your life. Focus on that problem and formulate words in your mind to perfectly explain the problem in detail. Leave no information out that may be considered relevant to explain the situation in detail. Try

not to get dragged into negative emotions that the problem may evoke – this should be a simple and accurate accounting rather than a sob story.

Lightly oil your hands with some of the Archangel Gabriel Problem-Solving Oil from the recipe section or use just pure Olive Oil.

Close your eyes.

Take a deep breath in for three counts, hold it for three counts, release for three counts. Every time you inhale you should visualize the air you take in as filled with pure white light. When you hold it inside see how it soaks through your body and when you exhale you see how your breath is filled with murkiness and all that was negative that was trapped in your body. Repeat for a cycle of 7 times.

Clear your mind completely. Allow no outside noises to penetrate the feeling of deep relaxation in your body. Every muscle feels loose and relaxed and you feel as if you are floating on a calm, peaceful lagoon.

Count to 30, starting with the number one. With each count you will slip deeper into this state of peace and relaxation. You are simply floating.

You now find yourself floating in infinite space. All around you there are stars, near and far. Keep floating and swimming through space.

You are soon going to see a glowing portal or time-gate in space. You will pass through this portal in space to a dimension where you are going to create your own sacred space. This place is somewhere only you can go and nobody else can enter except by your call or invitation. The place is yours alone and you should make it into a space where you feel most comfortable and at home.

Think of it as being able to build and decorate a place with an unlimited budget where no design or style is impossible. You can create anything there that you wish. You can keep it simple or make it complicated. You can be in a forest, underwater, inside a mountain, in a temple, hut or desert. Anywhere you wish. You can change the place any time you wish and keep visiting it in meditation to think and communicate with your higher self. You can visit there just to relax if you wish or use it as a meeting place where you can talk with your guides and Angels.

In front of you a portal now opens in space. Go through it and create your sacred place.

Now that your space is created you can make yourself comfortable and call on Archangel Gabriel. Invite him to visit you and grant him permission to enter your space.

Explain your problem as you see it and ask for his guidance in finding solutions. Ask him to help you by showing you the options that would be best for you during the coming days. Ask him to send you signs during your daily life that will help you find the correct solutions. Listen to his suggestions if he has any during the meditation.

Thank him for his time and help then say goodbye.

Now the time has come to return here and now. Step through the portal into space again.

Count backwards from 20 to 1. When you count number one you will find yourself back on Earth in the present time.

You can open your eyes, stretch your body and become refreshed and alert again.

Remember that you can return to this sacred place you have created any time you wish



in dreams and meditations. It is a place you've created on the astral plane for your use.

## **Rituals**

### **Archangel Gabriel's Problem Solving Ritual**

GATHER:

1 Light Green Candle

1 White Howlite gemstone

1 Vial Archangel Gabriel's Problem Solving Oil

Piece of white paper

Green pen, pencil or marker

INSTRUCTIONS:

Please note that you should use a white Howlite not a colored one. You often find Howlite that has been colored turquoise or some other colors. Only white ones can be used in this specific ritual.

Cover the green candle and the stone with Archangel Gabriel's Problem Solving Oil in the following way:

Softly ask Archangel Gabriel to help you and then pour some oil on your hands. Roll the stone between your palms, all the time visualizing a silver-white light infusing the stone. Ask him to place his blessing on the stone.

Oil the candle from the top to the middle and the bottom to the middle while seeing the same light. Ask him to bless the candle.

Write a specific problem down on the piece of paper, preferably with green ink on white paper. Another color can be substituted in case of emergency but try to stick to white and green if possible. Hold the Howlite in one hand and call on Gabriel to help you find a solution for the problem you wrote down.

Light the candle and ask Archangel Gabriel in your own words for help in finding a solution for the problem. Place the paper and Howlite in front of the lit candle and leave the candle to burn halfway. Snuff out the candle and leave it undisturbed. You should always snuff a candle and not blow it out. This is good ritual practice with many reasons behind it. The simplest explanation is that the element of fire should not be offended by killing it through the direct use of another element. Blowing the candle out uses the element of air.

Wrap the note around the Howlite and sleep with it under your pillow for three nights. (Even if the solution should happen on day one, keep to the three days.) After three nights, light the candle again and burn the note in the candle flame. Allow the candle to burn out.

Keep the Howlite on your bedside table until the problem is solved. You can then cleanse it by leaving it in salt, uncooked brown rice or a crystal clearing mixture for a full day and redo the ritual for another problem.

### **Archangel Gabriel's Blessing Ritual**

This ritual is to ask Archangel Gabriel to do a general blessing on your life. When you do this please do not focus on any specific problems you may have or any specific area in your life. Allow the blessing to flow where it will do the most good.

#### GATHER:

1 Lilac Candle

1 Vial of Archangel Gabriel's Blessing Oil (see Recipes)

A candle holder

Matches

An Awl or a sharp object you can use to write on the candle with.

#### INSTRUCTIONS:

Take the candle and inscribe your name on it. Now pour some oil on your palms and gently rub the oil into the candle. Work it into the candle from top to the middle and again from bottom to the middle. Do not simply use up and down strokes.

Ask the Archangel in your own words to place a blessing on your life. Include the following words: 'With harm to none I ask this blessing for my greatest good.'

Light the candle and just meditate in front of it for 5 minutes. Allow it to burn out.

## Recipes

### Archangel Gabriel's Problem-Solving Oil

This is a very handy oil to have around so when you mix it, make sure you mix at least 20 – 30ml and place it in a dark glass bottle that seals tightly between uses. You can use it during meditations, for rituals like the problem solving one in the Rituals section or simmer it in an oil burner within your vicinity while battling with problematic situations.

#### INGREDIENTS:

Glass bottle or vial

25 ml Almond or Hazelnut carrier oil

5 Drops Jasmine essential oil

5 Drops Sandalwood essential oil

A small piece of Willow Bark

#### INSTRUCTIONS:

Blend all the ingredients together in the glass bottle.

After blending it do the following blessing directly onto the bottle by holding the open bottle between your palms.

'Archangel Gabriel, I evoke you now.

I ask for your blessing on this oil so that its energies will keep aiding me in finding solutions to my problems. Thank you for your blessing.'

Cap the oil and store it. Remember a little goes a long way.

## **Archangel Gabriel's Blessing Oil**

This oil is used as candle anointing oil for the Blessing ritual. It can also be used by tapping a little on your wrists or pulse points in the mornings and asking for Archangel Gabriel's Blessing on your day.

### **INGREDIENTS:**

Glass bottle or vial

25ml Sweet Almond Carrier Oil

3 Drops Lavender essential oil

3 Drops Jasmine essential oil

1 Pinch Orris Root powder

### **INSTRUCTIONS:**

Mix all the ingredients together and shake the bottle well. Open the bottle again. Hold the bottle between your palms till it feels warm and then do the following blessing:

'Archangel Gabriel, I call upon you to bless this oil. Let your energies infuse this oil to bring blessings to me whenever it is used. Thank you.'

Cap the oil and store it in a cool place. Shake well before each use.



## **Archangel Raphael**

### **Description**

Archangel Raphael is often depicted wearing winged sandals like the Greek God Hermes. A lot of theories suggest that they are the same being. He will also sometimes carry the Caduceus as a staff when you see images of him or when you call on him for healing.

In his capacity as messenger he is also one of the Angels you can call on if you need messages to be carried to divinity or the astral in a hurry. He ensures swift delivery and swift answers so in urgent matters he is the one to contact rather than Archangel Gabriel.

He also has the capacity to act as intermediary between a person and another Archangel or Ascended Master. We sometimes get a feeling that there is a certain Angel or Master we must work with but just cannot make the connection ourselves. This can be very frustrating, you literally sense there is something you must hear or learn but for some reason communication is blocked. Very often it is our own need that gets in the way. In a case like this you can call on Raphael in meditation and ask him to bring or invite the other Angel or Master to join with you. If you struggle to hear the

other master he can even act like a translator. I have called on him in the past for that specific reason and met with great success. I got my answers and messages without further glitches or stress.

Where one school of thought claims that Raphael means messenger, another school of thought says his name means 'Healer from God' or 'God has healed'. That is the main function on this planet of Archangel Raphael. He is the master healer and is here to help directly and indirectly with the healing of people. I found in my work that he can be helpful in both areas so I guess the name's meaning is only semantics – we should rather concentrate on the functions in his case.

He has as his twin flame Mother Mary, also known as Mary, Queen of Angels. He carries the active energy of healing while she carries the qualities of nurturing and compassion. While Raphael concentrates more on the physical aspects of the healing process, Mary concentrates on the emotional aspects. The emotional aspects can include illnesses coming from emotional causes as well as the emotional impact of physical disease. A sore throat or laryngitis may be caused by a bug or an emotional inability to speak your mind for instance. Together they perform a holistic form of healing. We are all aware that physical ailments often have emotional causes. Whenever you call on Raphael for healing, Mother Mary will automatically support him with the emotional aspects to restore wellness.

Together they support all kinds of healers and therapists: doctors, nurses, spiritual or energy healers and even mothers. If anybody involved with the healing of someone else calls on them, the healing will be strengthened and the course of action the healer should take will become clearer. They will also help in preventing little mishaps in medication or procedure that would not be in the patient's best interests. They will basically guide the hands of the healer. Medical personnel and healers who call on them for assistance will have a higher success rate than those who work strictly under their own steam.

Where the healing of sick people is concerned, you can call on him for help for yourself or someone else. This is one of the few instances you can do spell-work or prayers for someone else without their express permission since Raphael will judge for himself whether the person wishes to be healed or whether it is in their best interest to be healed.

Raphael will speak with the higher self of someone who is terminally ill or comatose and find out if that person is willing to be healed. Very often it is the will of a person's family that holds a person back from moving on. If the patient had a choice, they would have left long ago. If the person does not want to be saved or if it is in his soul's best interest to pass on, Raphael will help him make that transition with more ease and relieve some of the suffering the person has had to endure.

A while back I had a situation where our beautiful German shepherd girl was very sick. We took her to the Veterinary Hospital where they did every test imaginable and nothing came up. She was in ICU for 3 days with no change. She could not eat or keep anything in, couldn't walk unsupported and was slipping downhill fast. They finally asked us if we want her put down or if we want to take her home to die with the family she loves. We chose to bring her home. I sat with her, watching her struggle to breathe and at times watched as her breathing hitched and stopped altogether. Every time I thought it was over her breathing restarted. I finally got up and gathered light blue candles and Archangel Raphael's Healing oil. I oiled the candles and placed them in a

rough square round her. I called him and asked to please either relieve her suffering or give her the strength to pull through. Either way her struggle must be stopped. After I lit the candles her breath became more normal. A quarter of an hour later she lifted her head. I started giving her water and food every hour – a bit at a time in a syringe. She pulled through and is still a perfect part of our family.

In the case of a smaller illness – anything not life-threatening – Raphael can be called to speed the process of healing and help ease discomfort. His task is to help heal humanity, the planet's living creatures and the planet Earth itself. In that aspect he can be asked to help with plants, animals and other aspects of the planet that require healing. An oil spill or hurricane for instance would be an example of two places you could call him to take his energy to. He will help with the healing of all the living organisms there as well as the damage done to the Earth herself.

Archangel Raphael will also help you remove the emotional blocks and causes of disease in the body. A lot of illness has an emotional cause, whether it is a block you built in this life or a past one or a recent emotional stress. If you suddenly develop a sore throat for instance, you need to look at the days preceding the infection where you held back from speaking your mind or expressing yourself. If you constantly suffer from throat infections it needs to be traced back to before the infections started. If it happened since early childhood the problem may stem from a past life. He can help you clarify the cause and through identification enable you to start the healing.

In my case we have a perfect example. From very early childhood I've been prevented through violence and threats from speaking my mind. I used to suffer from serious tonsillitis and my tonsils were actually removed and grew back three times. I suffered from throat infections that affected my voice often. When I was 25 I had my tonsils removed a fourth time. Shortly afterwards I attended a Louise Hay workshop and never had a problem again. I worked on the emotional cause in the workshop and that cured the physical side. You do not have to suffer with a problem for 25 years before you find the solution. Call on him today to help solve any nagging and repetitive health problems you are experiencing.

He is also the Angel involved with the enhancement of psychic skills and intuition. He will help you develop your inner vision through the third eye. Clairvoyance can be a double-edged sword. If your abilities awake due to trauma or other forced methods, you can see into the lower realms and that can be a shock. Raphael will gently aid you to open yourself to the higher realms instead of staying focused on the places where lower vibrational entities dwell like poltergeists or demons. That way you will be able to connect your clairvoyant and clairsentient abilities to seeing and hearing the Angels and more evolved, honest and helpful energies. He will teach you to use your skills with more wisdom.

He can also help you to start trusting your intuition and gut instinct. Trusting your instincts will lead to your acting on them and this again will lead to more and more messages coming through to you. The more a muscle in the body is used the fitter it becomes. It becomes strong enough to repeat an action again and again. The muscle memory is better trained with repetitive use and it will take longer for the muscle to fall into disuse again. The same goes for your instincts. The more you use it the more effective and accurate it becomes.

Raphael will also help you gain the focus and concentration needed to manifest something in your life. The clearer you can visualize something, the easier it becomes

to manifest it. A vague picture shows that you are not clear in what you truly desire. Ask him to help you clarify your desires into clear and concise pictures to help your manifestation abilities.

A good exercise on visualization is to start simply. Focus on an image like a red ball or a yellow square and practice keeping your focus on that image without wavering for a couple of minutes at a time. Keep practicing until you do not lose focus for at least two minutes. After that you start making the images more involved for instance, place a flower inside your square or practice on a tree. Keep challenging yourself a little more each day and soon you'll be a master of visualization. Before each exercise you should call on him for help and guidance.

You can ask Archangel Raphael to help open someone's eyes to the truth. Very often someone we love just can't see the truth in a matter that everyone around them seems to realize. They are literally blind where a certain person or situation is concerned. Ask Raphael to open their eyes to truth but always ask him to open yours as well in case you are the one who is blind in this situation. You never know if you are the one operating under an illusion instead of the person you are asking help for.

Archangel Raphael can help you with work on both the Heart and the Crown chakras. He can help you to open the Crown chakra to increase the flow of information received from the Universe. A closed Heart chakra blocks the flow of healing energy so ask him to help open the chakra as part of healing. This is especially important in cases of emotional disease.

A way for you to start connecting closely with his energy is to sincerely ask Archangel Raphael to help with the healing of yourself and others for a week. Use every opportunity where you see a sick person to communicate with him. If someone at work is sick, ask him softly in your mind to help. If you see a stranger with a broken leg or arm, ask his blessing. If you develop a case of the flu or a headache, ask him for relief.

## **Correspondences**

When you are working with Archangel Raphael for healing you can use colors ranging from light to medium blue. If it is healing on emotional level you require, add some light pink. If you are working with the healing of plants, add a dark green or brown candle. You can burn yellow candles or simply use the color yellow if you wish to work with him on any communication matters. Use dark blue (not indigo) and gold colors if you plan on working on any matters pertaining to psychic skills, visions, visualizations and intuitive work. You can combine dark blue and yellow if you wish to receive messages through your guides via channeling.

Each Angel carries certain elemental, planetary, timing and seasonal vibrations. Archangel Raphael corresponds to Spring in its healing and renewal energy as well as Winter for its healing and resting energy. The planet he carries a strong affinity for is Mercury. His elemental energy is Air (symbolizing the healing breath) and that would make his direction on the elemental wheel East. You can work with Raphael on any day, at any time. If you wish to work with the Mercury energy, Wednesdays are good days. Wednesdays are excellent for any kind of communication work.

The crystals, gemstones and metals from Earth that Archangel Raphael corresponds to are: Agate (especially the blue-gray agates), Aluminum, Diopside, Emerald, Malachite, Opals, Quicksilver, Serpentine, Turquoise and Yellow topaz. The animal and

mythological symbols that can be used in work with Archangel Raphael include monkeys, apes and other primates. The mythological creature he resonates to most is the unicorn and he loves all kinds of birds. He does resonate very closely to the Holy Ibis and the Hadida but please note that any strange bird you do not normally have in your yard can be a message from him. You can also use the Caduceus and the eight-pointed star as symbols for him and his energy. Any of these images, objects or symbols can be placed on an Archangel Raphael altar.

You can use any part of the following plants fresh, dried or as incense for Archangel Raphael: Almond, Angelica, Ash, Aspen, Blackberries, Blueberries, Bottle brush, Caraway, Carrots, Celery, Cinquefoil (Five-finger grass), Cloves, Dill, Eucalyptus, Fennel, Juniper berries, Lavender, Lemon Eucalyptus, Lemon, Lily of the Valley, Maidenhair Fern, Mandrake Root, Marjoram, Mulberries, Palm trees, Peppermint, Pine, Pumpkin Seed, Rowan, Silver Birch, Vervain and Wintergreen.

## **Meditation**

### **Visit to the Healing Sanctuary - Archangel Raphael**

During this meditation you are going to go through to Archangel Raphael's healing sanctuary. He runs this sanctuary with Mary, Queen of Angels and they welcome all who require physical or emotional healing. Please light a stick of clove incense and a candle, any color before you start the meditation.

Light your candle. Sit quietly and look at the flame. Breathe in deeply and smell the fragrance of the melting wax in the air.

Now close your eyes.

Breathe in deeply, hold, release. With each breath you take in, count to three, hold for three counts and then release slowly for three counts. Repeat this six times.

Allow yourself to feel your body. Be aware of each part of it. Now fill it with light and air with each breath you take. With each breath your body becomes lighter and lighter until you feel as if you are floating in the air. You are floating higher and higher, free from physical constraints. You feel like a cloud, just drifting softly on the breeze.

You are hovering before a marble stairway stretching into the heavens. You need to climb those steps to a door you see at the top. There are 30 steps and you should count them as you move up.

You are in front of the door now. Remember what the door looks like so you can return whenever you need to. On the other side of this door is the gardens of the healing sanctuary run by Archangel Raphael and Mary, Queen of Angels. Open the door and step through.

You find yourself in beautiful gardens. There are birds everywhere and the sound of birdsong fills the air. You feel a great peace descend upon you. Across from you there is a large temple-like building and all around you there are gazebos and smaller buildings that are private healing rooms and temples. There are even open places between the trees and in the gardens that have been set up with healing couches.

Either Archangel Raphael or Mary will come to greet you now. Talk to them, hear them welcome you.

When they have finished greeting you they will give you over to priests, priestesses or

other Angels that will take you somewhere to help with your healing. They will know where to take you, what to do and what to work on. Make yourself comfortable in the healing space they lead you to and just allow them to work on you.

You may now leave your healing area. Thank the beings who worked on you and go back to the garden. You feel cleansed and renewed. Thank Archangel Raphael and Mary and step back out through the door.

In front of you is the staircase you used earlier. Now descend, counting each step as you go.

When you reach the bottom you come back to the here and now. Open your eyes, stretch as high as you can and then bend down to touch the Earth. Allow all the energy from the meditation to flow into the Earth and draw grounding energy from the Earth. Keep the feeling of well-being and peace you found.

Remember you do not need to be sick when you visit this sanctuary. If you are in need of some peace you can visit there and just wander around in the gardens.

## **Rituals**

### **Archangel Raphael's Intuitive Growth Ritual**

GATHER:

1 Yellow candle

1 Turquoise candle

Vial of Archangel Raphael's Communication Oil

Clove incense

Whole cloves

Knife

Incense holder

2 Candle holders

Notepad

Meditation music (optional)

INSTRUCTIONS:

You need to mark the yellow candle with the knife, separating it into seven portions or sections. These sections represent the seven consecutive nights you need to call on Archangel Raphael to increase your psychic skills, communication and intuition.

Scribe or scratch your name into the turquoise candle.

Scatter the cloves on your surface where you will work. Make yourself comfortable in front of the table and have a notepad close by. Play some soft music if you prefer. Light a stick of the incense and the turquoise candle.

Now call on Archangel Raphael and ask him to help and guide you in your quest. Light your yellow candle.

Every night you must burn one marked portion of the yellow candle. While it's burning you need to make notes of any insights, intuitions or messages coming through to you.



If you choose to meditate, make notes of your meditation. When the wax has melted to the marked line, snuff the candle to relight the next evening.

The turquoise candle is simply to announce your intention to grow your own skills so it must be allowed to burn out that first night.

You need to record your dreams or pieces of your dreams for the next seven nights. Take note if there is an increase in clarity of your dreams, intuitions and visions during the seven days. It is very important for you to listen and act on your intuition during this week. Every time you take action you strengthen your intent and enhance your chances for future success.

### **Archangel Raphael's Healing Ritual**

This is a very simple ritual that can be done quickly to send healing energy to someone. I use this whenever I need to send healing to someone in hospital, in a medical emergency or who has had a breakdown. The results are fast and effective. Keep a stash of light blue candles for this. I have a box of light blue candles with a bottle of healing spray and a pen without ink under my altar permanently. If someone phones about an emergency I can do the ritual quickly.

GATHER:

1 Light blue candle

1 Bottle of Archangel Raphael's Healing Spray

An awl or sharp pen

Matches

INSTRUCTIONS:

Simply scribe the name of the person on the candle and lightly spritz the candle with Healing Spray. Take care not to get the wick wet.

Say the following:

'Archangel Raphael, (person's name), is in need.

Please transform your energy into a healing deed!

Help him (her), save him (her).

Bring your power to him (her).

Act fast and act for the best,

Help (Name) to pass this test!

Thank you.'

Allow the candle to burn out.

### **Recipes**

#### **Archangel Raphael's Healing Spray**

This spray can be liberally sprayed in a sickroom, on the linen of a bed or lightly sprayed on a person.

## INGREDIENTS:

250ml Plastic spray bottle (pump model)

100ml Vodka

150ml Spring Water

Any of the Raphael gemstones in a polished version (optional)

5 Drops Eucalyptus essential oil

5 Drops Wintergreen essential oil

5 Drops Pine essential oil

5 Drops Peppermint essential oil

Blue food coloring

## INSTRUCTIONS:

Pour the Vodka in the bottle and place the gemstone inside.

Add a tiny bit of food coloring – you need to achieve a very pale blue that will not stain anything.

Now add your essential oils drop by drop. With each drop say the following words: 'Archangel Raphael, with this drop please mend bodies, minds and souls.' Repeat this with all twenty drops.

Gently swirl the contents in a clockwise direction and say: 'Round and round we go, into this the healings flow. See the growth of energy. Thank you now and blessed be.' Visualize blue healing light glowing brighter and brighter in the bottle.

Add the water, close and shake very well. The alcohol will preserve this for a long time as long as you do not store it in a very hot place or direct sunlight.

## **Archangel Raphael's Communication Oil**

Mix the oil in a dark glass bottle that seals tightly for storage between uses. You can use it for rituals like the Intuitive enhancement one in the Rituals section or simmer it in an oil burner in your vicinity when channeling, doing card readings or meditating. You can also anoint your third eye with it daily to enhance general communication from the Angels and guides.

## INGREDIENTS:

Glass vial or bottle

25 ml Pumpkin Seed or Grape Seed carrier oil

1 Drop Clove essential oil

1 Drop Rosemary essential oil

1 Drop Juniper essential oil

1 Juniper Berry

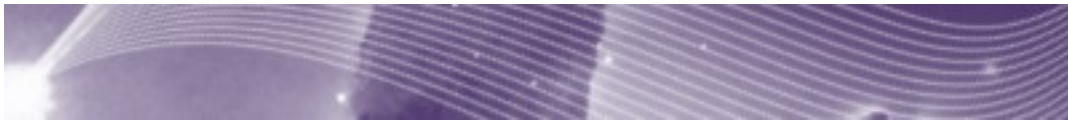
Blend all the ingredients together in the bottle.

Then do the following blessing directly onto the bottle by holding the open bottle

between your palms.

‘Archangel Raphael, I evoke you now. I ask for your blessing on this oil so that its energies enable the opening of the channels of communication between myself and my Higher Self, myself and my guides and myself and the Angels. Help me understand messages and receive messages without blocks. Thank you for your aid.’

Cap the oil and store it.



## **Archangel Anael**

### **Description**

Archangel Anael is known as the Rose Angel or the Angel of Love. He deals with all aspects of love and friendship on the physical, emotional and spiritual levels.

Archangel Anael teaches us about unconditional love. We tend to love people with reservations. We love them but it would be better if they didn't have this habit or that way of doing things. There are a couple of very important things that we need to learn from Archangel Anael regarding love.

Firstly there is no such thing as ownership in love. Love is two people choosing freely to walk a path together. One cannot own or control the other otherwise the path is no longer shared but forced. You and your partner have not become one person. You are still two individuals although you are sharing the same life for a portion of each day. One cannot keep the other captive in any way for a relationship to flourish.

Any path where two people have not got equal rights and equal voice is not a relationship of balance any longer. The moment that you need to keep silent to preserve the peace then you are doing yourself and your partner an injustice. If you and your partner have different interests and you have to always accompany him in what he likes to do but he never does the same for you, there is no balance.

Compromise is part of any healthy relationship. Always having to give in is not. Because Archangel Anael promotes balance between men and women he will very often appear to a person as a woman in meditations or channeling sessions.

All the people in your life have habits you would rather have them change. Is this the right thing to do? No. People are made up of all the little puzzle pieces of their personality. This includes their ways of expressing themselves and all their habits and ways of doing things. If you remove a piece of them, they change a little and there is a hole in the puzzle. Remove enough pieces and they change completely. They are not the same person you fell in love with or started a friendship with any longer.

Change in a person should be a personal choice of evolution. This makes for a smooth process that heals all the parts of the whole into a complete being again. It cannot be forced because then the edges of the person remain jagged and incomplete. You often get someone who completely remakes the person they married. A couple of months later they cannot understand why they do not like or love that person any longer. It is because it is no longer the same person they married. See your romantic partner as the

manufacturer of their own puzzle. Only they have the power to remove a piece and reprint another piece to fill the hole.

Another thing you should consider is that the people in your life are a mirror to you. The things you love in them are things you can be sure to find in yourself. The same goes for the things that irritate you. Always look to see whether there are changes you need to make in yourself before you attempt to shift the blame elsewhere.

Archangel Anael can be called for help in all these matters. He can also be asked to help you strengthen and deepen the bond of love and understanding between you and your current partner. He can help with the resolution of arguments and tensions between you and calm troubled waters.

He can also help you find a partner that is right for you. If you are feeling lonely or feel that the time has come for love in your life, ask him to help you find the correct person who will be a good partner on both a spiritual, physical and emotional level. He can help you attract this person into your life without you having to go through a lot of unsuitable options.

I channeled a piece from Archangel Anael that I was instructed to place in the book as a direct quote.

“Gold symbolizes the Light of the Universe which is Love. That means the rings exchanged in a marriage ceremony are not supposed to be symbols of ownership but rather a promise exchanged to ring the partner’s heart with the Light of Love. Keep that in mind during a wedding ceremony. You have lost sight of the true meaning of so many sacred symbols.”

2. “Marriage has been perverted through the ages. It’s become a thing of contracts and ownership. The true symbolism in a marriage ceremony is the union of the Divine Masculine and the Divine Feminine of which all things and beings in creation are a part of. You and your partner represent that Divine Masculine and Divine Feminine in the ceremony.”

3. “It is something that can only be undertaken if a couple living in true balance love each other on both the spiritual and physical planes. It is the only way a true and correct sharing of the Light of Love can happen. The reason so many of the modern day marriages fail is because it symbolize a physical love only and that promotes a consciousness of separateness between partners.”

4. “The witnesses at a ceremony of Light in Love stand as representatives of the Universe. Their eyes carry the Light of the sacred union to the far corners of existence and all beings can see and hear the Light created in the ceremony of joining. All can experience the divinity and joy of two souls joining in True Love. The witnesses are not there to judge but to act as messengers to the Divine”

5. “Even in the earth based religions of your times there are often mistakes in how a true union should be formed. It should never be turned into a physical and sexual union instead of a Union of Spirits. A time limit should not be placed on something timeless because time does not exist as you understand it. A marriage bonded in spirit carries on even when the physical aspect ends. There can be no end or beginning to it. It is perfect in the moment and therefore perfect always. A hand-fasting linked to time will not be representative of a Sacred Union but rather a Physical Union.”

6. “A true Union brings freedom for the spirit, a freedom free from fear and anxiety and filled with trust.”

7. "Most of the weddings happening now in your time are not considered marriages in the Universe, merely a contract between people according to the rule of law instead of the rule of love to spend a period of time together. If more people start having Sacred Unions instead of weddings, your world's perception of Love and experience of Love will change completely."

I hope you found the channeled piece enlightening and consider the words when you consider commitment.

He can also be helpful in attracting new friendships into your life. Ask him for new friends and be specific as to the kind of friends you would like. Explain what they should enjoy doing and thus ensure you draw people who will fit in with your own spirituality and lifestyle. Friends with different habits from yours can actually enrich your life so be sure not to be too strict in your guidelines.

Archangel Anael is also helpful on the physical level of love namely sex. Sex is a sacred ritual we share with the one we love. Every time you engage in sexual activity with someone astral bonds form between you that can last up to seven years. You can see how exchanging passion with someone has spiritual benefits and repercussions in your life. That is the real reason a spiritual person should not engage in casual sex without first shielding themselves. You could be creating cords and bonds all over the show with people you do not even really like. Through these cords you keep exchanging energy for years after the person has left your life.

For that same reason sex with someone you love is one of the deepest and most profound ways you can share of yourself. You strengthen the cords of intimacy, trust and love between you with each encounter. If you are in a relationship you need to make sure your sex life stays healthy. Keep things alive and interesting by studying the Tantra and the Kama Sūtra, make dates with each other and keep things from getting too mundane.

Finally, if you are in a relationship, you can do a breathing exercise with your partner. You need to either lie against each other or the shorter must sit on the lap of the taller. Your chakras should touch or be right across from each other. Both must take deep breaths, when one breathes in the other must breathe out and vice versa. Start by just breathing normally and then start 'breathing' through the chakras one at a time.

Example: On your in-breath you draw light and air through your partner's heart chakra into yours. On the out-breath you send light and air into his heart chakra from yours.

Keep doing this for a couple of times and then repeat for each of the other chakras.

This exercise will deepen and strengthen your connection.

Archangel Anael helps you to realize that should you not love yourself nobody else can do it for you. He will help you work on your self-love in order for you to attract more love from others into your life. We will cover this in the meditation.

Archangel Anael can also help you with manifesting ideas from the spiritual to the physical. You must start bringing your dreams down from the state of wishful thinking and daydreams into physical reality. Dreaming about something is hoping it will work without you having to do something about it. Display faith in your dreams by starting to work on it in the physical. Ask his help in the achievement of this.

Archangel Anael is an Angel with very specific duties so if you have a perfect love life and good friends as well as wonderful relationships with all your family members, you would not need his help at this time. If this is the case, look at your friends and family members and ask him every day to help them with relationship problems they have in

their lives. That way you will get used to his energy and help others at the same time.

## Correspondences

When working with Archangel Anael there are certain colors that will strengthen the vibration of his energy as well as the intent you require when working with him. When you are working with Archangel Anael on any aspect of love, all shades of pink and red are good. For gentler love like romance, friendship or that of family use light pink and dark pink for passion. Use bright red shades for faster results and deep, wine red colors for slower maturation with a deeper and longer lasting effect. When you want to work on the healing of rocky relationships you should use the colors of light pink and green. For self-love use light pink and emerald green colors.

Each Angel carries certain elemental, planetary, timing and seasonal vibrations. Archangel Anael's main season is Summer although he carries a vibration for all the seasons. Just like emotion goes through seasonal changes his energy does the same. The planet he carries a strong energy for is Venus, the planet of love. A good day to work with him is Friday, Venus's day. His elemental energy is Water and that would make his direction on the elemental wheel the West.

Archangel Anael works on the Heart and Sacral chakras where your emotional and sexual energy flows through. A simple exercise is to visualize a rope of braided green and pink energy flowing in a figure eight from the heart to the sacral chakra and back again. Keep this up for about a minute a day.

The crystals, gemstones and metals that Archangel Anael corresponds to are: Brass, Carnelian, Copper, Emerald, Garnet, Lapis Lazuli, Pink Tourmaline, Rhodochrosite, Rose Quartz, Ruby and Turquoise. The mythological creatures precious to Archangel Anael are elves. Seeing an image or actual animal that corresponds to him can be a symbol of his presence or a message to you. These include animals like rabbits, kangaroos and other 'lovable' rodent-like creatures including squirrels. The birds that vibrate to Archangel Anael are lovebirds, finches, doves and sparrows. The insects are caterpillars and butterflies. The symbols you can use for him are hearts, roses and the seven-pointed star (elven star).

The plants, flowers, herbs and oils sacred to Archangel Anael are: Almond, Apple, Beetroot, Cape Honeysuckle, Carnations, Cherries, Cinnamon, Cleavers, Coconut, Damiana, Delphiniums, Elder, Fennel, Fig, Ginger, Gooseberries, High John the Conqueror, Honeysuckle, Jasmine, Lemon Verbena, Monkshood, Passion fruit, Pomegranate, Quince, Roses (Pink, white, red), Strawberries, Tansy, Tree ferns, Vervain, White Ash, Willow and Ylang-Ylang.

If you start working specifically with Archangel Anael there are certain signs you should watch for that announce his presence. Noticing a beautiful butterfly or a selection of butterflies shortly after asking for his help should be a sign that he has granted help. One day just after I started working on his chapter in this book, I saw seven different and beautiful butterflies in the course of about 15 minutes. Two of those were butterflies I have never seen in my garden before.

Two birds involved in a courtship ritual will also be a definite signal, as will a gift you receive with hearts on the card or the wrapping.

## **Meditation**

### **Love yourself - Archangel Anael**

Loving yourself is the most important relationship you could have. If you cannot love yourself you cannot truly love another. You can desire them and it may feel like love but in reality you cannot give others anything that you do not have to give to yourself. You can also not expect another to truly love you if you hate yourself. In this meditation Archangel Anael will introduce you to yourself and teach you self-love. Archangel Anael may present himself in his Feminine Aspect. I am using the male pronoun throughout.

Make yourself comfortable in your meditation area.

Now close your eyes.

Breathe in deeply for three counts, hold for three counts and then slowly release your breath for three counts. Repeat this cycle six times.

Allow yourself to feel your body. Be aware of each part of it. Be amazed at the intricate working of each cell and unit of your body. See how the parts work together as a unit to house your spirit. Now fill it with light and air with each breath you take. With each breath it becomes lighter and lighter until you feel as if you are floating in the air.

Feel your spirit float higher and higher into the air. Count slowly to ten and as you count you float up through the clouds and the atmosphere until you find yourself in infinite space.

You may have created your sacred space in a previous meditation. This is the place only you can go to – others can only go by invitation. A portal opens up before you in space and you step through it into your own place. Get to know it again and get comfortable again. You can refurnish or redecorate or do anything you wish there. You can even change the place completely.

If you have not created your sacred space before, you need to still enter the glowing portal or time-gate in space. You will pass through this portal in space to a dimension where you are going to create your own sacred space. This place is somewhere only you can go and nobody else can enter except by your call or invitation. The place is yours alone and you should make it into a space where you feel comfortable and at home.

Think of it as being able to build and decorate a place with an unlimited budget where no idea you have is impossible. You can create anything there that you wish. You can keep it simple or make it a complicated place. You can be in a forest, underwater, inside a mountain, in a temple, hut or desert. You can change the place any time you wish and keep visiting it in meditation to think and communicate with your higher self. You can visit there just to relax if you wish, or use it as a meeting place where you can talk with your guides and Angels.

In front of you a portal now opens in space. Go through it and create your sacred place.

Call on Archangel Anael and invite him to join you. If you see the Feminine Aspect of Archangel Anael just flow with it. Ask to be shown your true self and ask for help to find ways to appreciate and love yourself more. He will now create a screen on a wall or flat surface in your sanctuary. On this screen you will be shown an image of yourself as a child. The image or event will remind you how worthy of love you were as a child because you loved and trusted in yourself and your abilities.

He changes the image to one of your outer beauty. He shows you the things of beauty in your body and how to appreciate the beauty in your uniqueness. He may lift out a certain part of your body like your eyes and show you their beauty.

Now he will show you a series of images and events that will show you your inner beauty. You will see all the things inside of you that are beautiful and should be loved and admired by you.

Thank him for his time and ask him to keep showing you ways and reasons to love yourself. He now hands you a gift to help you with your relationships with yourself. Look at this gift and keep it in your memory.

Now say goodbye and thank you.

Step through the portal again and find yourself back in boundless space.

Count from backwards from ten to one. Come back to Earth while you count. When you reach one you can touch the Earth again and open your eyes.

Stretch and touch the Earth to ground yourself.

## **Rituals**

### **Archangel Anael's Relationship Improvement Ritual**

GATHER:

Archangel Anael's Herbal Simmer Incense

An oil or salt burner with a solid top bowl over the candle compartment

Notepad

INSTRUCTIONS:

Fill your top bowl with boiling or very hot water and light the candle below.

You need to place approximately a tablespoon of the herbal simmer incense in the water. Allow it to start simmering.

Call on Archangel Anael and ask him to help you see ways in which you can improve relationships with friends, family members, children or life partners. If there is a specific problem with a person you would like to sort out, concentrate on that and do a general meditation at another time.

Simmer the mixture while you meditate on ways to improve your relationships or reconcile and forgive where it is needed.

Afterwards make notes on what messages came to you and apply that to your life. Try to make notes about your dreams every night after doing this ritual or meditation.

You can repeat the session as often as you like.

### **Archangel Anael's Love Dreams Ritual**

GATHER:

2 Red Roses

2 White Roses



## 2 Pink Roses

Notepad or voice recorder

### INSTRUCTIONS:

Pull the petals from the roses and sprinkle them on your sheets just before you go to bed. Ask Archangel Anael to guide your sleep and dreams in love.

Sleep directly on the fresh rose petals and discard them in the morning. Record your dreams of that night and your thoughts before you fell asleep and after you woke up in a journal or on a recorder. Concentrate on finding the messages and insights related to love and self-love and apply them to your life.

## Recipes

### Archangel Anael's Herbal Simmer Incense

In this recipe you should feel free to substitute any of the herbs or oils for something else that is part of the Archangel Anael correspondences. Keep the recipe to three herbs and three oils though. Six is the sacred number of Archangel Anael.

### INGREDIENTS:

A glass or plastic tub with an air tight lid

A coffee grinder or a mortar and pestle

2 Tablespoons Jasmine Flowers dried

4 Tablespoons Rose Petals dried

2 Tablespoons Cleavers dried

3 Drops Rose Geranium essential oil

3 Drops Rose essential oil

3 Drops Ginger essential oil

### INSTRUCTIONS:

Mix all the ingredients together thoroughly in a bowl. Grind them (with the oils already added) to a fine powder in your coffee grinder or powder them with your mortar and pestle. Tip: cut the whole rose petals a bit smaller with a pair of scissors before you start powdering.

Now pour the powder into the bowl again and mix with your fingers while saying the following:

'Archangel Anael, bless this powder with the power to evoke love, friendship and forgiveness. Let it bring emotional wisdom and a creative approach to love.'

As you stir the mixture visualize pink and green energy flowing from your fingers and activating each and every granule in the mixture.

Store between uses in an airtight container in a cool area.

### Archangel Anael's Love Bath Oil

This is one of those nice to have bath oils that you cannot get enough of. Mix yourself a

nice sized bottle and use for every day baths to help you feel loving and sensual as well as for the times you need to put some extra oomph in the love life. It can double up as massage oil.

#### INGREDIENTS:

Glass bottle with lid or cork

250ml Mineral Bath Oil or Grape Seed Carrier Oil (I prefer Grape Seed)

35 Drops Ylang-Ylang essential oil (see if you can get the one from the Comoros Islands)

15 Drops Cinnamon Bark essential oil

5 Drops Vanilla essence or essential oil

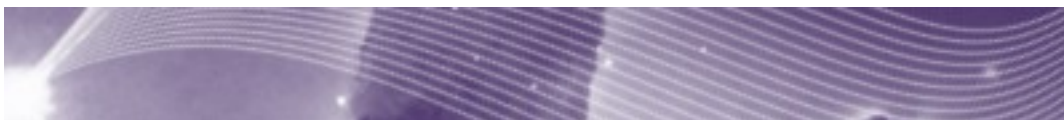
Pink food coloring

#### INSTRUCTIONS:

Blend all the ingredients carefully and test on your skin to test sensitivity. If no redness or burning sensation is experienced you can add more essential oils if you wish. If you do get a burning sensation dilute further with carrier oil or only use it as bath oil.

Do a simple blessing with your hands cupped over the open bottle. 'Archangel Anael please let the Light of Love flow and grow in this bottle. As I bath so Love will come.'

Cap and store.



## Archangel Uriel

### Description

Archangel Uriel is known as 'The Light of God' or the 'Angel of Peace'. He is in charge of thousands of peace Angels that work around the globe. He is the Angel appointed to clear and uplift the energies on Earth. In that capacity everything on Earth is precious to him and under his protection. That includes all the animals, plants, birds, water, soil and people. I must admit that he is one of my favorite Angels.

Let's consider his name 'Light of God' for a moment. Whether you call the energy of divinity God, Goddess, Source, The Universe or something else, the word Light remains clear. Uriel carries the Light of the Universe and his role is to carry the Light on Earth as well. All the other things he does are for one goal only: to spread the Light in the constant battle against the lower vibrations or the Dark. Picture a light-bulb glowing in a room. It has several effects that have nothing to do with its main purpose. It creates heat around it. It changes the perceived colors of objects in the room. It attracts small insects. The bulb is fulfilling its main purpose of spreading light but it is also involved in smaller projects of heat and aesthetic matters. It even calls sustenance for larger insects that feed on the smaller. Just like that light-bulb, Archangel Uriel is involved and

willing to involve himself in even more initiatives that will strengthen the vibration of Light on Earth.

He can be called on to help traumatized or hurt animals, birds or places on Earth. An example would be where water has been poisoned or the soil eroded through human mismanagement. He will throw his energies into whatever we point out to him. The key here is to ask. As we push energy towards the situation through asking with a true desire to help, he will do the same. We are willing to pay attention and that is enough to start a reaction from his side. He dislikes apathy and believes people should get involved. If a beloved animal is hurt or ill, you can ask him to help in conjunction with Archangel Raphael.

In his capacity as peace ambassador he is trying to steer humanity into finding other solutions for their problems instead of war. In war it is never the people who made the decision to go to war that suffer. Instead it is the pawns they chose or force to fight for them and the people and children unfortunate enough to live in the war torn area that get torn apart. The actual people fighting the war are seldom aware what the exact reasons are for the fighting. Normally the powers that be choose a slogan to enflame people and create a justified war. The decision makers are safe behind doors or in shelters. Gone is the day where warriors formed up behind their chieftain with a common cause and stormed the enemy. Now everybody of importance hides behind walls while the weapons they use on each other take out the innocent and vulnerable. This method of warfare is dishonest and dishonorable and Uriel is willing to help the innocent victims of these wars.

You can ask him to send his Angels of peace to any area where there are wars, revolutions, strikes and general upheaval. Ask him to open the eyes of those responsible and to send the Angels of peace to calm the region. Ask him to open the eyes of the fighters and to help prevent unnecessary cruelty. The same can be done for areas that are stricken with a lot of violence and crime. This is just another aspect of warfare and where he can help.

Archangel Uriel can also be asked for help wherever natural disaster has struck. He is the Angel that can guide and protect people during hurricanes, earthquakes, tsunamis and other natural disasters. If you ever face an approaching disaster, ask him to keep your family protected and together. The greatest trauma is the way families are split up and lose each other in the chaos that reigns after disaster had struck. Children are separated from parents and partners are torn apart from each other. Ask him to keep everybody together because the trauma and stress is lessened when the whole family can focus their joint energy on keeping safe.

Archangel Uriel helps you dissolve fears that are lodged in your solar plexus chakra. These fears may stem from events in this or a past life but they hold you back from progressing as you should. We all have an innate fear of suffering. This fear can be warped through time into something deeper and darker that holds you captive. To be cautious is healthy and shows respect for your life and your body. To live in fear is not only an unhealthy process but it also manifests the events you fear most into your life. An example: Locking your doors and keeping your children from wandering the streets on their own at night in high crime countries is being cautious. If you keep them locked up and hidden behind the curtains day in and day out while refusing to leave the house, you are living in fear. He can help release the unhealthy fears that keep you from living your life to the fullest.

Archangel Uriel also deals with the nasty things people do to each other. He can work with the breaking of most hexes, curses, dark energy work and ill-wishes that have been sent your way. A person does not have to do magick to curse someone else. Wishing someone ill with enough emotion and passion can also affect their lives quite badly. All these little events, someone cursing at you in traffic, a friend saying something bad when angry, your partner saying something when angry etcetera all have an effect on your life and your personal energy field. It creates a small amount of dark energy hanging about in your life, waiting for chances to manifest. Archangel Uriel can help clear these effects from your energy field and protect you from new attacks.

A while back, one of the people I trained in Angel work ran into a situation where something was scratching a baby in her cot. It grew steadily worse to the point where fresh scratches would appear on the child even when held in someone's arms. The Angel worker used a combination of Archangel Uriel, Archangel Michael and Archangel Samuel's energies to clear the situation and protect the baby. The problem was completely resolved and did not recur.

He can also be called on when you do house cleansing to clear the energies in the home. Ask his blessing on each room after you cleared the energy and you will have more time before the energy starts going stagnant again.

He can help souls that got trapped here after death to move on. One of the legends about him is that he was actually placed in charge of guarding the gates of the Otherworld.

He has a great appreciation for words of beauty. If you are a writer of poetry, songs or fiction he can help you by being your patron or Guardian Angel. Thus he can help you realize your full potential when writing or composing.

He is also the patron Angel of those who serve humanity for unselfish purposes: idealistic lawyers, social workers, environmental activists, farmers who farm for the love of it instead of profit, missionaries, nurses, peace-keeping forces and many more.

He stimulates a sense of brother and sisterhood in humanity. He will help people realize that no matter what their outer differences, inside they are all part of one collective in spirit. Archangel Uriel wants us all to realize that we are all part of the whole. It does not make us all the same. Think of how an eye and an ear are not the same. They are both part of the same body and the same unit. The eye does not hate the ear for looking different or fulfilling a different function, it works with it in unity of purpose. We should not allow our differences to foster a sense of separateness. We are never separate from the Universe in spite of our individual energies.

A while back I was very sad and shocked when I posted an appeal for tolerance for people who are gay on my Facebook profile. I have many gay friends and often share little posters and sayings to grow people's awareness for the challenges they face. In this particular instance I was viciously attacked by someone for publicly supporting a lifestyle that brings disease and promiscuity to the world (his words, not mine). I was told via private message that people listen to me and I am dragging them into the gutter. Needless to say, this intolerant person was removed from my friends list. I did however use that message in a ritual with Archangel Uriel and asked him to please bring the light of tolerance and understanding into that person's life. When you experience similar intolerant behavior and hate speech directed at yourself or someone else, do not hesitate to call on Archangel Uriel to bring light to the situation and understanding to the person.

Archangel Uriel can assist you with work on the base chakra that holds your feelings of security and safety. He helps keep the base chakra open and rotating even in difficult and fearful times. He can also help dislodge old fears rooted in the solar plexus and the meditation is in support of that.

A good way for you to start connecting closely with his energy is to sincerely ask Archangel Uriel for his aid in transforming any negative energy you encounter during your day into positive energy. Do this every morning and even during the day if you find yourself in a particular negative situation or place.

## **Correspondences**

When you are asking Archangel Uriel for help with peace during war or when you ask him to send his Peace-keeping Angels, you can work with grey and silver colors. In an emergency when speed is essential, you can add red. When working with the banishment of fears you can work with black and white. For the banishment or clearing of negative people, situations or habits use red, black and white together or separately. Use grey candles whenever you need him to neutralize a volatile situation.

Each Angel carries certain elemental, planetary, timing and seasonal vibrations. Archangel Uriel corresponds to Autumn with its energy of clearing out the old and stagnant before a period of rest. The planet he carries a strong affinity for is Uranus. His elemental energy is Earth (symbolizing the stability of rock and the planet surface) and that would make his direction on the elemental wheel North. You can work with Uriel on any day and time but Saturdays are good for any clearing work.

The crystals, gemstones and metals from Earth that Archangel Uriel corresponds to are: Amber, Black Onyx, Black Opal, Black Tourmaline, Obsidian, Ruby, Smoky Quartz and Snowflake Obsidian.

All animals are sacred to Archangel Uriel so you can use a whole menagerie when dealing with him. He holds great affection for owls, condors and vultures in particular. Bats, spiders and silvery moths are also good symbols for him. He works with all the elemental energies and beings of the planet so mythological creatures like Water sprites, Gnomes, Salamanders and Dragons are all of equal importance to him. He also uses a triangle or an arrow as a symbol.

You can use any part of the following plants fresh, dried or as incense when working with Archangel Uriel: Anise, Asaphoetida, Bananas, Bryony, Clary Sage, Clove, Cowslip, Deep Red Roses, Dragons Blood, Fennel, Field grasses, Juniper, Lotus, Mango, Nuts, Oak, Orchids, Pansies, Parsley, Plantain, Pokeweed, Rosemary, Sage, Straw, Thyme, Tobacco, Valerian, Vanilla, Vervain, White ash, White lilies and White Sage.

## **Meditation**

### **Letting go of Fear – Archangel Uriel**

In this meditation we will ask Archangel Uriel to help you release unhealthy fears. Fears – rational or irrational – can trap you in cycles that are harmful and unnecessary for your personal growth and success. Before you start the meditation, please decide on the fears you wish to address. You can also address the fears one at a time and do a separate meditation for each one if you feel more comfortable doing so.

Sit quietly and comfortably. Lie down if that works better for you.

Now close your eyes.

Breathe in deeply for three counts, hold for three counts and then slowly release your breath for three counts. Repeat this cycle six times.

Allow yourself to feel your body. Be aware of each part of it. Now fill it with light and air with each breath you take. With each breath it becomes lighter and lighter until you feel as if you are floating. You are floating higher and higher, free from physical constraints. You feel like a cloud, just drifting softly on the breeze. This breeze blows you gently along above the surface of the planet. You drift around and around until you pass a range of mountains. This is where you need to be so stop and hover over the mountains.

You see before you a marble stairway stretching down into the mountains. You need to climb down those stairs to the portal you see at the bottom. There are 30 steps and you count them as you descend.

You are in front of the portal now. On the other side lies the sanctuary of Archangel Uriel. Step through the portal into a large and beautiful temple and be welcome.

Archangel Uriel meets with you himself. In the center of this temple there is a lifted platform filled with comfortable and colorful pillows. Walk with Uriel towards the platform while you tell him what fears you feel are unnecessary, limiting and unneeded in your life. When you get there, settle into the pillows and make yourself comfortable.

Ask him show you the place your fears originated to enable you to learn from the experience. When that is done, ask him to remove them from the place where they are rooted in your solar plexus. This will enable you to start overcoming your fears as they are loosened from your central being.

Thank him for the healing session and the blessing of his time and go back to the portal.

Go through the portal and return to the staircase you used earlier. Ascend while counting backwards from thirty to one.

When you reach the bottom you can come back to the here and now. Open your eyes, stretch and touch the Earth. Allow all the energy from the meditation to flow into the Earth and draw grounding energy from the Earth.

## **Rituals**

### **Archangel Uriel's Room Cleansing Ritual**

This ritual is a short one that can be used when a single room or area needs to be cleared of negative energy.

Mix the Archangel Uriel's Cleansing Floor Scatter according to the recipe in the section below.

#### **INSTRUCTIONS:**

Take the herbs in handfuls and scatter it all over the room that needs an energy cleansing. Make sure you scatter it into the corners and even against the walls so it drops down.

As you scatter keep on chanting:

‘Leave my hands and fly away!

Make sure no negative energies stay!’

Repeat the chant as you scatter till the bowl is empty.

Leave the herbs undisturbed for 24 hours then vacuum and discard away from your property the next day.

## **Archangel Uriel’s Peace Ritual**

GATHER:

1 White candle

Archangel Uriel’s Peaceful Vibrations Spray

Rosemary Incense Sticks

Watch the news and find a place where there was a natural disaster or a place where there is a lot of violence or war. Alternatively do the ritual for a place close to you where you are directly affected.

Light the incense and then spray the candle without getting the wick wet. Now light the candle and call on Archangel Uriel. Ask him to send his Angels of peace to the region to help people. Tell him what is happening there and explain what upset you about it.

Go into a state of light meditation. Through visualization, build a light bridge or tunnel from the heavens to that specific area on Earth so the Angels can easily and quickly find the trouble spot. A light bridge built by a concerned human helps them reach a place with a lot of negative energy faster and allows them to do their work more easily than if they had to go there on their own.

Thank Archangel Uriel and allow the candle to burn out.

## **Recipes**

### **Archangel Uriel’s Peaceful Vibrations Spray**

This spray can be liberally sprayed in a home to bring peaceful vibrations, used in peace rituals or even sprayed on yourself for a calming effect.

INGREDIENTS:

250ml Plastic spray bottle (pump model)

100ml Vodka

150ml Spring Water

Small Black Tourmaline

5 Drops Clary Sage essential oil

10 Drops Vanilla essential oil

5 Drops Rosemary essential oil

INSTRUCTIONS:

Pour the Vodka in the bottle and place the Tourmaline inside.

Add your essential oils drop by drop. With each drop say the following words:  
'Archangel Uriel, drop by drop please add your peace so love can grow and flourish.'  
Repeat this with all twenty drops.

Gently swirl the contents in a clockwise direction and say: 'Thank you for the energy, let love now flow and peace will grow. As I will so it will be.' Visualize a beautiful white light infusing the mixture.

Add the water and shake well. Close the bottle and use when needed.

### **Archangel Uriel's Cleansing Floor Scatter**

This is an excellent tool for a deep cleansing of energy in a room or house. It takes a bit of time to clear afterwards but the actual clearing takes minutes.

#### **INGREDIENTS:**

Glass bowl like a mixing or salad bowl

1 Cup Rosemary

1 Cup Sage

1 Cup Thyme

1 Cup Juniper berries

3 Roughly chopped Vanilla pods

1 Cup salt

#### **INSTRUCTIONS:**

Place all the dry ingredients in a large glass bowl. Now place both hands in the mixture and start mixing and moving it around. Rub it and pour it – really handle all the parts.

While this is taking place say:

'Archangel Uriel, Archangel Uriel, Archangel Uriel!

I call you far, I call you near

Let cleansing energy abound here!

And as I twist and as I turn

These herbs will negativity burn!'

Follow the instructions in the Ritual section to do a clearing or seal it in an airtight jar for later use. It is best used within twenty-four hours after mixing and blessing.



### **Archangel Samael**



## Description

When you call on Archangel Samael his presence will often be felt by butterflies in the stomach or a sudden peaceful mood. His name means Warrior of God and he brings with him a feeling of safety, security and being protected. Where Archangel Michael is more concerned with global matters, Archangel Samael is here to act as the protector of individuals.

Archangel Samael helps you with the giving, understanding and receiving of unconditional and Divine love. Through this important aspect, he can help you find a soulmate or improve communication in your current relationship. He will help you give love without rules and conditions and help you to recognize love offered unconditionally. People often think that when you are in a relationship with your soulmate everything will be pure bliss. This is not an automatic truth. Soulmates need to work even harder to make their relationship work because they carry so much baggage from past lives. Remember that a soulmate relationship may be a lot rockier, especially in the beginning stages, than any normal romance. Remember you and your soulmate both carry unresolved past issues from previous incarnations that could affect this one. Soulmates often have the same blocks to resolve this life and that could become a point of contention.

He will open your heart chakra for receiving love if you've cut yourself off from the world. The problems created by a closed heart chakra are legion. You may have accidentally closed the chakra when you were disappointed in love or suffered emotional trauma. It was an automatic reaction to protect yourself against further pain. The consequence of this is that you are now struggling to receive unconditional love. You may also have difficulty in connecting with the Angels since they need an open heart chakra to communicate. Your ability to experience joy in everyday life may be hampered by the consequences of closing your heart chakra.

Use the following method to re-open the heart chakra: Lie down quietly – play some meditation music if you like. Open your clothing so your heart chakra is exposed and call on Archangel Samael for his help. Now visualize your heart chakra as a beautiful pink rose bud. See the rose open petal by petal. If you find the process blocked or stopped after a couple of petals, ask Archangel Samael to gently blow his breath into the rose until all blocks are cleared and all petals have unfolded. When you can see the heart of the rose, visualize a golden light shining out from the rose into the Universe. Repeat this short meditation for at least three days in a row.

Archangel Samael will help repair a damaged relationship if there is something left to save. If he sees that the relationship is no longer in anybody's best interest, he will gently help you release the person and move on to someone more in tune with your life and needs. In other words, he will only intervene if the continuation of the relationship is for both your greatest goods. If the relationship has come to the end of its natural time he will not try to save it or drag it out. He will however help to pick up the pieces so that you can freely continue with your life.

You may ask yourself why a Warrior Angel would be so concerned with love. Think of a soldier you know. Any well balanced soldier wishes the war to end and peace to reign. Love and relationships are a battlefield for many people. That is why he will infuse tense situations with love and peaceful vibrations. If you are in a room where people are arguing, call on him to change the energies surrounding the participants. He will also bring truth and the recognition of truth to situations where people are disagreeing

over what the truth is. He creates peace through love whenever you ask.

This is also helpful when you are struggling with squabbling kids. He has a unique ability with children and knows how to calm their energies and take the reason for their fight away by making it seem less important. You can also ask his help with kids that have been diagnosed with ADD or ADHD. My little girl has been diagnosed with ADD. We refused to go the route of medication and decided to home school with the aid of crystals, Angels and creative study methods. This has met with great success. I ask Archangel Samael at the beginning of each school week to help her with focus and control during her schoolwork. When the schoolwork is done we allow her to dream on and ask him to protect her while she wanders around the garden with half her mind not on this Earth.

Archangel Samael is the protector of the weak, innocent and vulnerable so you can ask him to protect anyone in a vulnerable situation. He is very helpful with the protection of children and is often the better choice because of his affinity with kids. They tend to love the idea of having an Angel protecting them wherever they go and can be taught to call him for protection themselves. You can ask him for protection of all the people you love.

He helps you discover your true purpose in life. This is something that can be very useful if you still need to discover your soul purpose. Ask him to clarify that purpose under meditation or via messages or signs. This will enable you to start working towards changing your life to a point where your current life path can meet and join with the path that brings you to achieving your soul purpose. It provides a direction although he does not give a roadmap on how to reach the destination. People often think they have to abandon their old way of life completely in order to start walking their destined path. This is most often not the case. Most people are already halfway there and just a slight shift in direction will get them all the way.

He can also help find the best career for you and assist you with choices during career transition periods. If you feel you want to change your job, ask him to help you find something better suited to your needs, purpose, passions and talents. After that you need to take notes on dreams, intuitions and other guidance you receive in order to help you identify your correct direction. Also ask him to confirm for you if changing jobs is really the best thing for you right now. It may be that you are on the verge of learning a certain lesson in that job and leaving would stop that process.

Sometimes you may find yourself suddenly facing tension and stress at work. Nothing seems to be going right and work seems to be out of control. This may be a sign from the Universe that you've outgrown your current job and need to look at making a change. You can ask him to help you identify whether this is really the case or if it is just a bad spot you need to work through.

Another one of Samael's specialties is helping you find misplaced or lost items. Since nothing is ever truly lost in the Universe, Archangel Samuel can direct you to the location of an item you cannot readily see. If you need to find an object that you misplaced, such as keys, jewelry, glasses, or a book, ask Samuel for help. Use a simple invocation such as the following: "Archangel Samuel, I seem to have lost my keys. Please guide me to relax and think so I can find them. Thank you." Now relax and then take note of where your attention is directed and follow up on the guidance received.

It would be very good for you to familiarize yourself with Archangel Samael's energy so

you can call him quickly when needed. Train yourself by calling on him whenever you see a child or innocent in need of protection. Just do a protection blessing in your mind whenever you wish to. Just say softly or think: 'May the blessing of Archangel Samael's protection cover you in light.'

## **Correspondences**

Colors that vibrate strongly to Archangel Samael are all the shades of blue from medium blue to indigo. He also works well with black and with bright red. When you do any kind of protection work with Archangel Samael you should use one of the darker shades of blue or even black. This will work for homes, children, adults and possessions. Bright red can be used to intensify any protection work or couple a sense of urgency to it. When doing any love or soulmate related work you should use bright red, baby pink and white. For peace and calm workings, use the lightest of the darker blue shades and couple it with white.

Archangel Samael carries the vibration of Summer. He vibrates well to those long, hot summer days where the world is open for you to explore. He also brings the energy of the sudden summer thunderstorm that refreshes and feeds the Earth. He carries an affinity for the planet Mars – the planet of Warriors but his special day of the week connects to Fridays to bring the element of love in.

The crystals, gemstones and metals that Archangel Samael corresponds to are: Amethyst, Bloodstone, Blue Topaz, Botswana Agate, Carnelian, Chalcedony, Clear Quartz Clusters, Diamond, Garnet, Labradorite, Lodestone, Red Jasper, Ruby and Sulphur. He vibrates well to the mythological creatures that carry a strong fire element like Fire Dragons and Salamanders. There are quite a few animals he vibrates and connects to. They are, amongst others, goats, lions, tigers, caracals, wolves, bears, horses and large dogs bred for protective purposes. Where birds are concerned it is only the hawk and falcon that are worth mentioning. He does however use stinging insects like wasps as a symbol. Wasps in particular are used by him to warn of impending danger. A wasp or wasp nest at your entrance or a wasp in your home is a warning to be more aware and safety-conscious. If you have always had lots of wasps in or around your home you will have to disregard this as a sign.

The plants, trees, herbs and flowers sacred to Archangel Samael are: Acacia, Alyssum, Barley, Basil, Belladonna, Benzoin, Black Pepper, Blackthorn, Calamus, Calendula, Caper, Cardamom, Carnations, Catnip, Cinnamon, Coriander, Cypress, Devil's Claw, Dragon's Blood, Euphorbia, Flowers of Sulphur, Garlic, Geranium, Ginger, Hawthorn, Hellebore, Holly, Horse Chestnut, Lotus, Marigold, Mistletoe, Monkey Puzzle, Myrrh, Nettle, Onion, Patchouli, Plantain, Poppy, Rosewood, Rowan, Rue, Spearmint, Star Anise, Thistle, Thyme, Tobacco, Turmeric, Water Hyacinth, Wild Rose, Woodbine, Wormwood and Yarrow.

White feathers in unexpected places would always be an indication that Angels are close and hearing you or sending you an answer. Look at where you find the feather – a feather on your own or the children's beds, in a windowsill or a doorway or even in your car shows that you are protected. Archangel Samael also uses the symbolism of the five-pointed star or pentagram.

## **Meditation**

## **Protecting Your Precious Ones – Archangel Samael**

Archangel Samael works with protection and in this meditation we are going to ask him to protect our loved ones. This meditation is best done lying down somewhere you can feel completely comfortable and secure. Unless you feel a hundred percent secure in your environment, do not do it outside.

Take some deep, slow breaths.

Allow yourself to feel your body. Be aware of every part of it. Now fill those parts with light and air with each breath you take. Breathe white light into your toes, feet and ankles. Breathe out slowly. Breathe light into your lower and upper legs and knees. Breathe out slowly. Breathe white light into your hips and genital areas. Release your breath slowly. Draw light into your whole torso and then release slowly. Now breathe light into your arms, elbows and hands. Breathe out slowly. Draw light-filled air into your neck and head. Feel it filling your brain and shining through your Crown chakra. With each breath your body becomes lighter and lighter until you feel as if you are floating.

You now need to visualize that you are lying on soft green grass. Watch the white clouds drift overhead while you feel a soft breeze on your face. You can smell the flowers around you and hear the birds singing. Place every thought you have in your mind into a cloud and let it gently drift away. Just let it go. It is of no importance right here and right now. Place all the stress and worries you have in the clouds and see them slip away.

You notice the air getting a silver glimmer between the clouds and from the glimmer a shining Angel appears.

You sense his loving energy as he speaks to you and tells you that he will help you protect yourself and the ones you love today.

Call up each of your loved ones, one at a time. Start with the people closest to you. As the image of the person appear before you, Archangel Samuel will build a shield-bubble of gold and indigo energy around the image and that will transfer to their real bodies. When he completes the shield on one person, call on the next to take their place.

The Angel now turns to you and places the same shield of energy around you. You can reinforce this shield by yourself daily by simply drawing energy from the surrounding atmosphere.

Say thank you and good bye to Archangel Samael. He disappears back amongst the clouds while you lie down on the grass again.

Feel the sun on your face and hear the birds. Take a deep breath in... release. In... release. In... release.

Now open your eyes and come slowly back to the here and now. Allow yourself a couple of moments to just be before you start moving about.

## **Rituals**

### **Archangel Samael's Boundary Protection**

I normally do a boundary protection as soon as I move into a new place but some years ago I had so many things to do just after the move that it simply slipped my mind. A

couple of months later we had a break-in. Amongst other things my laptop, with versions of three different books I was working on, was stolen. Needless to say, the boundary salt was mixed and done even before the security doors were fixed and we did not have a problem again during the remaining four years we lived there. This is a once off protection as it sinks into the soil. You can maybe renew it every five years or so but its energy will remain strong.

GATHER:

4 Indigo or dark blue candles

Bowl of Archangel Samael's Boundary Salt

INSTRUCTIONS:

As Archangel Samuel is the protector of the innocent and the vulnerable, he is also the Angel who will best protect your home environment and the occupants. Your first step will be to figure out where you want your boundary protections to be. Do you want your protection on the boundary of your house or the boundary of your yard? You may need a double batch of salt for a bigger home or garden. Keep in mind that the salt may damage your plants or kill the more fragile ones where the salt is poured. If you have only one or two plants where the salt must go on the boundaries, dissolve a bit of the mix in a liter of water to use on those spots.

If you are planning to do only the residence, the salt will have to be poured against the outside walls of the house. If you do the yard, the salt must go on the inside of the fence if you have neighbors and on the outside only if you have open fields on all four sides. Where buildings or homes go right up to the fence or form one boundary, salt needs to be sprinkled and thrown onto the roof. Apartments can be done inside against the walls but then the salt must be left for 5 days and the ritual repeated once a year.

Your first step is going to be to invoke Archangel Samael into his element of fire. Place your candles in the four corners of your apartment, on the four outside corners of your house or in the four corners of your yard. You can place covers or wind shields around them to ensure they keep burning.

Go to each candle in turn, light it and say the following:

"Archangel Samael, Warrior of Light,

I invoke you in to Fire's might.

Bless my home with your protection

Put in place walls of Fire and Light."

Take the salt, go outside and sprinkle the mixture on your boundaries or outside all your windows, doorways and gates. The salt must lay for a minimum of five days after which you can sweep it up and discard it if you wish. Alternatively just leave it where it is to form a permanent protective energy. While you sprinkle the salt, keep repeating the words: 'Walls of fire and salt protect me and mine...'

### **Archangel Samael's Child Protection Rite**

GATHER:

1 Bottle of Archangel Samael's Child Protection Spray

½ cup Salt  
2 Tablespoons Anise Seeds  
2 Tablespoons shredded Tobacco  
2 Tablespoons Calendula Oil  
2 Tablespoons Sunflower Oil  
1 White candle per child  
4 Dark blue or Indigo candles  
Small Mixing Bowl  
Metal fireproof oven dish  
Lighter or Matches  
Awl or sharp object for inscribing the candle

#### INSTRUCTIONS:

Place the spray behind the oven dish on your table or altar. The spray will not be used during the ritual but it will pick up an extra charge for use afterwards.

Write the child's name on the white candle. If this is for more than one child, use a separate candle for each name. Fasten them together in the middle of the oven dish with a drop of wax.

Place the blue candles in a rough square around the white candles – approximately 2.5 centimeters or an inch away from the white candles.

Mix the salt, oils and herbs in a mixing bowl and pack in a solid boundary around the inside edge of the oven dish. It must completely encircle the candles with no breaks in the salt and oil.

Call on Archangel Samael in your own words.

Say out loud:

‘This candle represents (child’s name) and I ask for him (her) to be protected.

Protect him (her) from all harm with walls of fire and salt.’

Light the white candle. Repeat this step for each child.

Now light the blue candles and simply say: ‘Fire protects’ as you light each one.

Sit for a while and visualize the child being surrounded by shields of blue flames that keep them safe.

Thank Archangel Samael and allow the candles to burn out.

## Recipes

### Archangel Samael’s Child Protection Spray

This is a protective spray that you mix and prepare to use daily on kids. The fragrance is light and it will not irritate sensitive young skins.

#### INGREDIENTS:

250ml Plastic spray bottle (pump model)

100ml Vodka

150ml Spring Water

Amethyst

5 Drops Rosewood essential oil

5 Drops Geranium essential oil

Blue food coloring

INSTRUCTIONS:

Pour the Vodka into the bottle and place the Amethyst inside. Drip one drop of blue coloring inside – you require a very light shade so that clothing will not stain when you use it.

Call on Archangel Samael and say the following: ‘Archangel Samael, I ask for your blessing on this spray to help protect my child (or my children).’ You can name your child if you wish.

Now drop the Rosewood oil into the Vodka. With each drop say:

‘With each drop I now surround

A ring of thorns around you bound.

It will not allow harm to cross

It will keep you safe from loss.’

Add the Geranium essential oil while simply visualizing an indigo protective light soaking into the bottle. Shake gently. Now top up the water.

Thank Archangel Samael in your own words and store the bottle where you will see it every day.

### **Archangel Samael’s Boundary Salt**

This recipe is for a boundary protection salt I mixed shortly after a break in. It proved very effective in preventing future trouble. The ritual to use it with is under the ritual section.

INGREDIENTS:

2 kg Natural Salt

1 cup Black Peppercorns

1 cup Basil

½ cup Barley Powder

1 cup Poppy Seeds

1 cup Thyme

1 cup Star Anise

1 cup Yarrow Flowers

1 cup Wormwood

2 cups Cypress needles or leaves

#### INSTRUCTIONS:

Pour all the ingredients together in a big bowl or bucket.

Call Archangel Samael and ask him to bless the boundary salt in your own words. Describe your boundaries to him.

Now place both hands in the bowl and start mixing the materials together. Keep saying: 'With Samael's Fire and salt from Earth,

My property will be with protection girthed.'

Repeat this at least 10 times.

Now use the salt according to the instructions. You can leave out ingredients you cannot find but the salt, cypress, barley and basil is essential. Make sure you use at least five of the ingredients for a successful mix.

## Archangel Sachiel

### Description

Many people confuse Archangel Sachiel with Archangel Zadkiel. There are many sources that claim that they are one and the same Angel but I disagree. When working with the two Angels in channeling, there are two distinctly different personalities that surface with completely different Earth oriented work. Archangel Sachiel is far more oriented towards working on the physical and material challenges humanity face while Archangel Zadkiel's focus is the emotional and spiritual challenges.

Archangel Sachiel's primary focus is prosperity and abundance. For some reason this is a big problem area for many spiritual people. A belief seems to be in place that one cannot have a spiritual life as well as a materially successful one. This is not true. The secret lies in balance. As long as you do not allow your material pursuits to overshadow your spiritual pursuits or the spiritual to completely shift your focus away from the material world in which you are living, it is possible to be successful in both areas. Yes, you heard me. A spiritual person has as much right to an abundant life as the non-spiritual people out there whose only focus is money creation.

Archangel Sachiel can help you overcome the subconscious blocks and feelings of guilt that prevent the flow of abundance into your life. You are a spiritual being having a human experience and in the human world you need material goods to survive and flourish. You need money for the roof over your head, food on your table and clothes for yourself and the children. Whether you chose to work in a mundane or a spiritual job, the fact remains that it must bring you material rewards.

I work in the spiritual field and I must admit that this concept is one I still struggle with at times. I have certain talents and that places me in a situation where I have many acquaintances who believe that they can phone or SMS me for free advice whenever they run into a problem. I always struggled to say no to these demands on my time and ended up just doing it although I resented the fact that I had to drop my work to draw their cards. Shortly after starting to work with Archangel Sachiel I had a day where I



spent most of my day advising and doing readings for others at no charge. I even phoned some people back from my cell phone to give them the advice they asked for. When I realized that I had not touched any of my work yet and it was six hours into the day already I realized I needed help. I called on Archangel Sachiel and he explained the difference between charity and generosity during a channeling session.

He explained to me that I am treating people like a charity would treat them. I am disempowering them by not treating them as people who are successful beings with the power to pay. I am devaluing the advice and answers I was giving because they would automatically show less respect for something they got for free. I was told that my advice was often disregarded because they made no emotional or physical investment in this advice. Finally, I was showing no respect for myself or any of my gifts by offering them for free when I actually required an income to support my family. He suggested I rather start treating people with generosity. I could listen and then suggest courses of action like readings, books, crystals or products that can help them. It places the power in their hands to take action in their own lives and it teaches me to respect my time and gifts. Giving with generosity will always benefit both parties in some way – either spiritually or materially. A transaction should always be balanced in that both people involved should receive something to sustain them.

Archangel Sachiel also helps us understand the difference between abundance and prosperity. Prosperity is simply a matter of having plenty money available. Abundance can include prosperity, but it is not simply about money. It is about having enough of everything you need to live a good life. This can include your emotional, physical and spiritual needs. We should rather aim for abundance in our lives as it is less restrictive in the rules you need to follow to achieve it. Someone who is living on their own land and completely sustains themselves with fibers for clothing, food and natural electricity and being happy and satisfied while doing it is living an abundant life. Abundance will include the satisfaction of living as you wish. Prosperity will simply bring you money and the objects that money can buy.

Even so, money is important in our existence. If you are in need of money you can call on Archangel Sachiel. He will lend his energy to help you get money together for a specific goal. He can also help you achieve the more difficult goal of living an abundant life. For this you will have to involve him in your life on a daily basis and ask his guidance in all decisions that you make.

You can work with Archangel Sachiel and Metatron together if you want to manifest a material goal. A very good idea would be to create a nine day Angelic Novena and work with the two Angels on the specific goal. The creation of Novenas will be discussed later in the book.

Archangel Sachiel can be very helpful in the acquisition or selling of property. If you are trying to sell a property you can ask him to help you find a buyer and get a good price. There is a little ritual where you can ask him to bless an orange ribbon to attract serious buyers to the property. This ribbon should then be hung on the door handle of the building. If you are buying you can ask him to direct you to the correct property and to help the process run smoothly.

Do you dream of owning your own property or home but just cannot seem to get it together? Ask his help in this. He is adept at helping people change a negative flow into a positive flow and can do the same for you. Work on it daily with him and ask him to help you change your position and circumstances to the point where you can

purchase the place you want.

The final area the Angel deals with is Law and Justice. If called to assist in legal matters he will ensure fair treatment to all parties involved. He can help you find the tools you need to strengthen your case and guide you to the correct lawyers and helpers. He will help protect the innocent in all legal matters and protect the people not directly involved from negative fallout. An example for this would be children in a divorce situation.

Start connecting with Archangel Sachiel in your everyday life by calling on him every time you see someone with financial problems. Simply ask him to place an abundance blessing on that person. You will probably never see the results from these blessings if you give it to strangers but the simple act of charity will place a great blessing on your own life.

## **Correspondences**

When working with Archangel Sachiel there are certain colors which will strengthen the vibration and focus of the task you are busy with. When you are working with Archangel Sachiel on any aspect of money drawing, emerald greens and dark greens are good. Gold can also be used in this case. For work on success deep gold, copper, yellow and red are good colors. For property work you can use dark orange, golden yellow and chocolate brown and for manifestation, purple and emerald green. For matters involving the law the colors purple, violet and orange can be applied.

Each Angel carries certain elemental, planetary, timing and seasonal vibrations. Archangel Sachiel's season is Summer and the planet he carries a strong energy for is Jupiter. Summer carries a great energy of abundance. Summertime is when most flowers bloom and reach maturity, trees are full in leaf and fledglings are leaving the nests to explore the world. His elemental energy is Water and that would make his direction on the elemental wheel the West.

The crystals, gemstones and metals that Archangel Sachiel corresponds to are: Citrine, Copper, Emerald, Gold, Gold Tiger's Eye, Goldstone, Malachite, Moss Agate, Pyrite, Red Tiger's Eye, Sand from a beach, Silver and Yellow Quartz. The animal totems and mythological creatures precious to Archangel Sachiel can be used on his altar or during ritual work to strengthen his vibration. His animals include cheetahs, leopards, whales, wild cats, domesticated cats and cattle. His insect correspondences are bees, damselflies and butterflies. His bird is the red finch. He also works with mythological creatures like the leprechauns and brownies. Other symbols he uses are the square, an acorn and a bunch of grapes.

When working with Archangel Sachiel you can use the following plants, flowers, oils and incense: Alfalfa, Almond, Bayberry, Bergamot, Chocolate and Cocoa, Cinnamon, Cinquefoil, Coffee, Copal, Fig, Frankincense, Grapevine, Honey, Honeysuckle, May Chang, Mint (all kinds), Oak, Oat Grass, Olive, Patchouli, Pine, Rice, Sunflower, Tea, Tomato, Tulips, Vervain, Vetiver, Wheat and Wine. Consider placing a bunch of grapes or a cup of wine on your altar when doing ritual work with him.

If you start working specifically with Archangel Sachiel there are certain signs you should watch for that announces his presence or even his agreement to help you if you asked for something. If a bee sits on your body or flies closely around you (without stinging), it is a sign from Archangel Sachiel. Dragonflies and Damselflies where they

do not normally fly or acting in a way they do not normally act is another.

## **Meditation**

### **Vault of Riches – Archangel Sachiel**

In this meditation we are going to create a vault of Abundance for you with the help of Archangel Sachiel. We are going to go over the top and create an experience of absolute earthly riches for you in order to change your mindset to one of abundance. We will concentrate on physical wealth in this meditation.

Sit quietly and comfortably. Lie down if that works better for you.

Now close your eyes.

Breathe in deeply for three counts, hold for three counts and then slowly release your breath for three counts. Repeat this cycle six times.

Allow yourself to feel your body. Be aware of every part of it. Now fill it with light and air with each breath you take. With each breath it becomes lighter and lighter until you feel as if you are floating. You are floating higher and higher, free from physical constraints. You feel like a cloud, drifting softly on the breeze. This breeze blows you gently along above the surface of the planet. You blow around and around until you drift over a mysterious deep green forest. You find a clearing in this forest. Drift downwards and land in the clearing.

The clearing is filled with an abundance of flowers and tree orchids make a jeweled display in the surrounding trees. Everything is in deep and vibrant colors – you spot deep and velvety reds, emerald greens, rich purples and golden yellows all around you.

An Angel steps from the trees and approaches you. He introduces himself and tells you he is here to gift you with the keys to your own vault of riches. He hands you a large key on a purple cushion. Take the key.

In front of you, previously hidden by the trees, the door to a vault suddenly appears. This is your own personal vault. Take a minute to study the door, walk up to it and touch it. Remember what it looks like. Your key and your vault will be unique to you.

Now place the key in the vault and open it. Archangel Sachiel tells you that this vault is filled with all the riches you are able to acquire in this lifetime. He explains that you can fill this vault with any material objects you can possibly imagine. The only limit as to what goes into the vault and that you can gather in your life lies in your own mind.

He tells you to leave the limits behind and find all that your heart desires inside the vault. Enter the vault now.

In your vault you can have piles of gold and jewels, or neatly shelved and labeled treasures. Create the inside and the contents to your personal desires. Take your time, handle your items and feel the satisfaction of holding something precious.

It is time to leave your vault and return to the world where you can start recreating what you saw in your meditation. Whenever you start doubting your ability to create abundance for yourself, visit your vault in your mind and reaffirm your ability and your intention.

Outside the vault you must thank Archangel Sachiel and ask him to help you achieve this abundance in reality.

Count backwards from thirty to one and on the count of one you will return to the here and now.

Open your eyes, stretch and touch the Earth. Allow all the energy from the meditation to flow into the Earth and draw grounding energy from the Earth. Keep the feelings you experienced during the meditation close and use the emotions in your manifestation of your dreams.

## **Rituals**

### **Archangel Sachiel's Stovetop Money Ritual**

GATHER:

Pan

Tinfoil

A container of prepared Archangel Sachiel's Stovetop Money Melt

Electric or Gas Stove

Wooden spoon or spatula

INSTRUCTIONS:

Cover your pan smoothly with two layers of tinfoil. Believe me, you do not want to try to remove this mix directly from your pan bottom. Place the foil with the shiny side up.

Pour all the Money Melt into the pan. Place the pan on the burner and switch to low heat. Call on Archangel Sachiel to join you.

Stir the mixture lightly without tearing the foil. Keep saying the following words: 'With Angel blessings this pan will glow, with ease of smoke my money will flow.' Repeat this 3 times then stop and visualize money and prosperity flowing into your home – drawn by the pan on the stove. Do this another three times and visualize again. Keep repeating this process until your ingredients are melted or start smoking.

Remove from heat, say thank you and place the pan in a safe place to cool down.

Repeat the ritual the next two days, once a day, by simply placing the pan back on the burner and continuing until everything is melted again.

After the third time, the foil should be wrapped up around the mixture and buried in soil on your property or in a potted plant.

### **Archangel Sachiel's Emergency Money Ritual**

Everyone reaches that point where you urgently need money for some emergency through illness, accident or simply bad planning. In a case like this, you need a specific amount of money and you need it quickly. Do not fall into the trap of asking for more money here than you actually need for the specific emergency. This will cause the spell to fail.

GATHER:

Green Candle (or white)

Archangel Sachiel's Money Oil (or olive or sunflower oil)

A Teabag

Newspaper

A thick marker or crayon

A metal oven dish or fireproof container

#### INSTRUCTIONS:

The idea behind this is to use ingredients you have. If no white or green candles are in the house but you do have a half used tea-light candle, do not hesitate to employ that.

Call on Archangel Sachiel and ask for his urgent assistance in your own words. Tell him why it is urgent.

Take a sheet from the newspaper and on it write the amount you need along with an explanation why, with the marker. Inscribe the same amount on the candle.

Cover the candle with Archangel Sachiel's Money Oil from the top to the center and the bottom to the center. You must keep chanting: 'This money to me, this money to me, this money to me...', while you oil.

Open the teabag on the newspaper and roll the candle in the tea leaves. Remove the candle, fold the newspaper a bit smaller and place the oven dish on top. Drip a bit of wax to help stand the candle. Light it and leave it.

When it is burnt out, roll the leftover wax and leaves up in the newspaper and thank Archangel Sachiel for his time and help. Throw the leftovers away somewhere away from your home to send the message out in the Universe.

## Recipes

### Archangel Sachiel's Money Oil

Mix the oil in a dark glass bottle for a longer shelf life. You can use this oil in money rituals, prosperity baths and as burner oil in your home or office. You can anoint cash registers with it and even dab some on your cash and ask it to return to you.

#### INGREDIENTS:

Glass vial or bottle

30 ml Olive Oil (use the best quality you can afford)

5 Drops Pimento (Allspice) essential oil

5 Drops Patchouli essential oil

5 Drops Bergamot essential oil

Tiny piece of polished Malachite (optional)

#### INSTRUCTIONS:

Blend all the ingredients in the bottle and shake well. Then do the following blessing directly onto the bottle by holding the open bottle between your palms.

'Archangel Sachiel, I evoke you now.

I ask for your blessing on this oil. May it attract only abundance, good flow and money luck to me and mine. Thank you for your support.'

Cap the oil and store it.

### **Archangel Sachiél's Stovetop Money Melt**

This mixture must be made three days before you start the Stovetop Ritual.

#### **INGREDIENTS:**

A tub or container with an airtight lid and a large opening

½ cup Frankincense or Copal resin granules

¼ cup Honey

2 Tablespoons powdered Patchouli

2 Tablespoons Cinnamon powder

2 Tablespoons Raisins

#### **INSTRUCTIONS:**

Mix all the dry ingredients together in the container and shake well to distribute evenly.

Pour the honey in and close the lid.

Keep in a cool place and remove once a day to stir through thoroughly.



## **Archangel Haniel**

### **Description**

Archangel Haniel is the archangel most directly involved with Earth's planetary energies. His main role is to teach us how to access Earth and elemental energies. He will teach us how to use those energies in magick and ritual work. Because of his close affinity with the Earth as a whole he is the guardian Angel of the plant, mineral and animal kingdoms. Everything from Earth can be used to connect with him – any crystal of your choice, all herbs, flowers, trees and all animals are channels to him. It depends on your particular affinities as to which materials or correspondences you use.

He will help healers who use crystal and herbal therapies and those who access Earth energy during their healing work. In other words, you can call upon him for help when healing someone but only when you use Earth products or natural remedies to do so. If you are asking for help for someone who is getting chemotherapy or using antibiotics, you would be better off dealing with Archangel Raphael. Anybody who makes or uses natural remedies for healing purposes can ask for his blessing on it to strengthen and focus the effects. He can optimize the vibrational frequencies of herbs and crystals used in the healing process. He can also help raise the vibration and therefore effectiveness of the practitioner doing healing work with earth and elemental energies.

You can ask him to help clear and program or charge any of your crystals. Simply call on him while holding the crystal in your hand and visualize the crystal filling with green energy. Call on the green energy to cleanse the crystal and remove any previous charge. Now reprogram the crystal with white light and the energy you would like it to carry. Thank him and start using the crystal as you intended. Remember, charging a crystal with specific energy is very important. Every crystal carries a lot of different energies. You need to select from those energies the one that you would like to use, for instance, the sleep energy of red jasper or the protection energy of amethyst. Charging it focuses the crystal's intent so that the energy you need is strengthened and the other energies toned down.

If you want to start working with Gaia or Earth energy for magick or ritual you can ask him for help. He is our teacher of elemental and Earth magick and all the directions that include that. He gives excellent guidance when working with any of the energies of Earth, Water, Fire or Air. He will often come through in dreams or meditations with a lot of instructions on ritual work and explain what steps you need to take. He can be very specific. Many years ago he came to me in a dream and described a ritual I needed to do with Frans-Carel. He told me the place, time, date and exactly what preparations we should make. It is a great help when you start doing ritual work to have someone who is willing to fill in the blanks. He helped me create a lot of my product recipes by suggesting an important oil or herb that must be included in a preparation.

Call on him at the beginning of any new magickal, meditation or occult study you start. He will help you get the most out of it. He helps you to understand the material better and tends to show you the practical applications of your studies in a very easy and doable way. He also helps you see past all the involved methods a lot of courses have and simplify the methods into something easier, shorter and just as effective. Magick and ritual work should be understandable and accessible to everyone.

He is the Angel who represents the Divine Feminine. Part of this is because of his close work with the Earth, our closest big feminine aspect or energy. He is also associated with Venus and the Moon, two more Goddess energy planets. Through this affinity his work here is to bring balance between the masculine and feminine aspects of humanity. He will build a new reverence for the feminine and a renewed respect for the feminine part of Source, something that has been damaged during the ages of masculine divine worship. Please understand he is not trying to swing the power balance to women on Earth. He is attempting to get us to a point where power is distributed equally and evenly between the masculine and feminine vibrations. This is one of the reasons we have so many openly gay people now. They chose to incarnate as living representatives of a masculine or feminine power balance in a single body and chose to teach us balance between the masculine and feminine through example. This does not mean you have to become gay to be in balance but rather use their beautiful example to come into balance with the energies of the opposite sex both around and inside you.

Find a friend or partner of the opposite sex to help with the following energy sharing exercise to obtain balance. Sit across from each other in the lotus position with knees touching and palms flat against the other person's. In other words your left palm must be placed flat against the partner's right palm and vice versa.

Start breathing deeply. Do the breathing part on a count of three. Breathe in for three counts, hold three counts and breathe out for three counts. When you breathe out your partner must breathe in and when you breathe in, they must breathe out. You hold your

breaths together for three counts.

When you have the breathing's rhythm flowing smoothly start sending energy through your palms to your partner when you breathe out and draw energy when you breathe in while they do the same. Do this for a couple of minutes and experience the feeling of closeness with no demands on either side between two people suspended in perfect balance.

Haniel has an amazing energy. He is a soft, friendly and often joking Angel who seems more a friend than a teacher or guide. Very often Haniel is experienced by people as a female Angel. He will often appear as emerald green light energy but the glow will always come across as warm and comforting.

Due to his Earth and feminine energies he is the one to call on for balance in sexual matters. Except for his knowledge in the direction of sexual energy to perform magick, he is also involved with the theory behind the practice of the Tantra and tantric sex. The lesson he brings across is that sex is not about the physical act and orgasm but about the closeness and the energy flow between people. If you are experiencing problems with either a lack of, or no desire for sex in your life, call on his help.

Archangel Haniel deals with the promotion of unselfishness and self-less actions. If you find yourself in a situation where someone's selfishness threatens a venture or the people surrounding him or her, call on Haniel to gently remind him to take the other people into consideration. He will help people adapt their goals for the greater good instead of self-gratification.

He is one of the Angels who can help escort the souls of the dead to the Otherworld. If you are struggling with a spirit who is confused and struggles to move on, call on his help. He can also facilitate contact between the souls of loved ones who moved on and the people who stayed behind, therefore he can be a very helpful Angel to people who do psychic work or crossing overs.

Finally, you can call on him for any situation where you need grace and calm. This could be before a test or exam, a speech, performance or public event. You can even call him if there is a social event that you are nervous about attending. He will lessen the nervousness and help you come across as calm and graceful even if some butterflies still remain.

To connect strongly with Archangel Haniel's energy you should try to spend a couple of minutes every day outside in a garden, park or veld. Just absorb and feel the energies of the plants and soil. Work on experiencing Nature as fully as you are able to.

## **Correspondences**

Archangel Haniel works on the Base and the Earth Star chakras and will help you strengthen your connection with Earth. On the elemental wheel he will act in the North because of his Earth element. Remember, he vibrates to three planets, Earth, the Moon and Venus. All elemental beings correspond with him during magical work and he adores all animals, birds and insects.

Working with Archangel Haniel when you use herbs and crystals is a wonderful adventure. You can literally use any crystal or any herb combination you choose in your work. I have some fixed recipes that I channeled for products I made with his energies but mostly I work purely on instinct when making his mixtures. Any plant material can



be used when working with him. You could add a bit of Vetiver, Tagetes or Patchouli to any of his recipes just to anchor the Earth energy if you wish.

The only metal you should avoid when working with him is Iron. He vibrates closely to the colors silver, green, brown, blue-white and rainbow. I use the term rainbow as in the color of a Moonstone... That would be his strongest color vibration.

When you wish to use a symbol for him an image of Earth, the Yin-Yang symbol or the Infinity sign would all be appropriate.

## **Meditation**

### **Crystal Cavern – Archangel Haniel**

The focus of this meditation is to put you back into contact with the Earth on which you live. It will strengthen your Earth connection as well as provide you with grounding where needed. Remember that Archangel Haniel often appears in his feminine aspect although I use the masculine pronoun here.

Lightly oil your palms and the soles of your feet with some of the Archangel Haniel Vibrations Oil from the recipe section or alternatively just use pure Sweet Almond Oil.

Close your eyes.

Take a deep breath in for three counts, hold it for three counts, release for three counts. Every time you inhale you should visualize the air you take in as filled with pure white light. When you hold it inside, see how it soaks through your body. When you exhale you will see how your breath is filled with murkiness and all that was negative that was trapped in your body. Repeat for a cycle of 7 times.

Clear your mind completely. Allow no outside noises to penetrate the feeling of deep relaxation in your body. Every muscle feels loose and relaxed and you feel as if you are floating on a calm, peaceful lake.

Count to 30, starting with the number one. With each count you will slip deeper into this state of peace and relaxation. You are simply floating on this lake, closer and closer to shore.

You now find yourself floating into a cave at the side of the lake. In front of you there is a small, sandy beach at the far end of the cave. You get out of the water onto the beach and your attention is drawn to a milky blue light shining from an opening, big enough for a man to walk through, in the cave wall. You feel safe and secure and enter this opening. You find a set of rough steps spiraling downwards, glowing white in the light, and you follow them all the way down.

In front of you there is a sight very few people have seen. You are in a large underground cavern that is lit up from the glow of thousands of beautiful clear quartz crystals. Huge clusters of crystals are growing in groups on the cavern floor and the walls are covered with small crystal points that absorb and reflect the light energy generated by the large clusters. The cavern floor is made up of soft golden sand – the type you would normally find on beaches.

A glowing being of light steps out from one of the largest crystals and welcomes you to the heart of Earth. He explains that this chamber sustains the energy of Earth and that you are invited to share in, and experience that energy. He introduces himself as Archangel Haniel – the caretaker of elemental energy. He invites you to walk around

the cavern and touch the crystals. Find a place you feel most comfortable in and simply sit there with an open heart. Breathe deeply of the energy of Earth and experience the wonder of our planet.

It is time for you to go now but remember you are welcome to return here whenever you need to. Thank Archangel Haniel for his invitation and help and say goodbye.

Climb back up the spiral steps and then swim out of the cave back to the lake shore. When you step onto the shore you will be back in the here and now.

Take a moment before moving to just remember your experience. Thank you.

## **Rituals**

### **Archangel Haniel's Magickal Goal Ritual**

You are going to ask Archangel Haniel's help with a magickal goal in a very simple ritual. This can be any small goal you want to achieve quickly and need some magickal boost for.

GATHER

Archangel Haniel's Vibrational Oil

1 Silver or white candle.

INSTRUCTIONS:

While oiling this candle concentrate on what you need. Do not allow your mind to wander. Oil it from top to center and bottom to center if you need something to come towards you. Oil the candle from center to top and center to bottom for something to go away from you.

Choose an elemental energy you feel would be appropriate for your chosen ritual. While you work with the oil feel the energy of the element moving from your hands onto the candle. Use fire to give energy and passion, water to bring love or healing, earth to bring calm and stability and air to bring movement and thought to your goal.

Call on Archangel Haniel to help you in your own words and then spend a couple of minutes visualizing him, the element and what you asked for while holding the candle between your palms.

Now light the candle and allow it to burn out completely to carry your magick into the ether.

### **Archangel Haniel's Crystal Vibrations Ritual**

This ritual is partly in the form of a meditation but its purpose is to connect you with all the crystals you own.

GATHER:

White candle

Candle holder

Notebook

Your gemstones and crystals

## INSTRUCTIONS:

Collect all your crystals, gemstones, crystal jewelry and crystal ornaments from everywhere in your house and pack it in a circle on the floor.

You must be able to lie down full length in the circle and be comfortable so the circle must be large enough to accommodate you. You can also place pillows or even a mattress or yoga matt inside the circle.

Place the candle in the space inside the circle just above your head and light it.

Gently take yourself into meditation. You can play music if you like. Look for Archangel Haniel and ask him to clear and then bless all your crystals. Ask him to reconnect your energy with that of all your crystals.

During the meditation, visualize every crystal around you and connect an energy band between your body and the crystal. First see the crystal in your mind's eye and then allow the energy to flow from one of your chakras to the crystal and back to the chakra after it connected. Do this for each crystal.

You may also receive information from some of the crystals during the meditation and should remember the details in order to record later.

Come out of the meditation when you are ready but stay in the circle for at least an hour. Sleep in it if you can or feel up to it.

Record any information you received during the meditation, during dreams and afterwards.

## Recipes

### Archangel Haniel's Vibrational Oil

You can use this oil during and after meditations, for rituals or simmer it in an oil burner in your vicinity while working or studying any magickal or healing matters.

#### INGREDIENTS:

A Glass vial or bottle

25 ml Almond or Hazelnut carrier oil

5 Drops Camphor essential oil

5 Drops Sandalwood essential oil

5 Drops Patchouli essential oil

#### INSTRUCTIONS:

Blend all the ingredients directly in the vial.

Then do the following blessing directly onto the bottle by holding the open bottle between your palms.

'Archangel Haniel, I evoke you now. Please lift the vibrations of this oil to lift my vibrations when used. As I will and with your aid it will be.'

Cap the oil and store it. Remember a little goes a long way.

## **Archangel Haniel's Grounding Bath Crystals**

This recipe is perfect to have around for use when you are feeling overexcited, irritable or ungrounded. It is enough for three uses.

### **INGREDIENTS:**

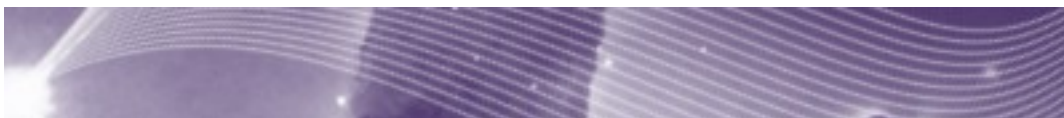
- 1 Tub with an airtight lid
- Glass mixing bowl
- 1 Cup of coarse sea or non-iodized Salt
- 2 Tablespoons of dried Patchouli
- 2 Tablespoons dried Rosemary
- 8 Drops Vetiver essential oil
- 8 Drops Cedar Wood essential oil
- 16 Drops Patchouli essential oil

### **INSTRUCTIONS:**

Mix all the ingredients together in a glass bowl. Hold your hands cupped upside down over the mixture and say the following:

'Archangel Haniel, I call you now! Please bless this mixture to bring me back to a perfect state... to a perfect balance... to a perfect me. Thank you.'

Relax in the bath for at least 15 to 30 minutes when you use this salt.



## **Archangel Zadkiel**

### **Description**

Archangel Zadkiel is called the Angel of Joy. He will go to great lengths to help people rediscover the benefits of bringing joy into their lives. He will show people the emotional healing that needs to be done to help them in the process of creating joy in their lives.

Make a list right now of all the things that inspire joy in your heart. Put everything on that list, even if it seems insignificant. You will normally find that you do not have such a long list. Choose something on that list that allowed you to experience simple joy with no negative emotional attachments. Say, for instance, eating ice cream on the beach filled you with a feeling of joy sometime in your past. Now take that memory and ask him to help you find and create more events in your life where you can experience a similar feeling. Eventually you will not have to work on finding joy, it will become a way of life to find joy in all matters. Find the joy in the small things and this will grow into a place where you can experience joy in the bigger matters in your life like your job, studies or love life.

Through his ability to instill joy, he can also help people with forgiving each other for real or imagined transgressions. Have you ever experienced the golden feeling of true joy after you've completely forgiven someone else? Experienced that moment when the whole weight of carrying all that anger and bitterness got lifted off your shoulders? When there is no longer a wish or even a thought for vengeance or revenge? Think how you felt when someone you have wronged in the past completely forgave you?

Forgiveness is something that does not always have to be earned, asked or begged for. It must be freely given even if it was not asked for. Often we cannot forgive someone because we do not understand their motives for what they did. Although it is not essential for forgiveness, some people find it easier when they better understand the underlying motives of a person's actions. Ask Archangel Zadkiel for his help. He can facilitate an opportunity for you to talk to the other person to understand better. We will be doing this in the meditation.

He can also help you understand that some of the things that happened to you were actually due to soul contracts. You will be able to see where events occurred because you agreed with a person, before this incarnation, to take a specific action against you so that there will be an opportunity for you to learn a certain lesson. Imagine the great love it takes on a spiritual level to commit to being the bad guy to help someone learn their life lessons. Through this knowledge you can reach a greater spiritual understanding of events and forgiving a person on a spiritual level will conclude the contract without creating additional karma.

Sometimes something bad happens to balance your karma. We often lose sight of the importance of fulfilling soul contracts and karmic agreements while we are here. We live in the present and often do not remember a past event that triggered a current event due to karma. This makes it very easy to build up new negative karma on an event you are experiencing specifically to clear old karma. We do not learn the lesson or move on if we simply react to every event without proper investigation. Ask Archangel Zadkiel to help you understand the origins and possible repercussions of hurtful events in your life.

Zadkiel can help to heal rifts between people. Sometimes you know someone with whom you were very close. For some reason you drifted apart, it could be an argument or even something silly as having been too busy to make time for each other. Now you may find that whatever the initial reason was, it grew fuzzy and unimportant with time. The chasm still lies between you and neither knows quite how to breach it. Ask his help and advice to repair bonds that have grown frazzled over time.

Archangel Zadkiel is also the Archangel who deals with mercy and compassion.

"Compassion is the foundation of a good heart, the heart of one who acts out of a desire to help others. – Dalai Lama"

"Teach me to feel another's woe, to hide the fault I see: That mercy I to others show, that mercy shown to me. – Alexander Pope"

Mercy and compassion are often mentioned in the same sentence as if they are one thing but they are not. Compassion is something you feel for someone else's circumstances or situation. You will show compassion to a friend who lost a loved one. You feel and understand their pain. Compassion is helping people out of a deep understanding of their situation and giving of ourselves freely with love.

Mercy on the other hand is something we extend to others who are suffering

punishment for something they have done. It falls closer into the category of forgiveness. We show mercy to a thief if we are lenient with them. We show mercy to a child who was when we make the punishment lighter. People show mercy to us when we do something wrong by forgiving us. Mercy is something we show and receive very often due to our compassion and love for others.

Archangel Zadkiel will help us show both mercy and compassion where needed. He will help us distinguish when the application of these virtues would be helpful or harmful to a person. A child getting away with everything without ever being punished or corrected is not being shown mercy. The mother who neglects her children after the loss of a husband does not need your compassion but rather your help to work through her loss. There is a difference between compassion and feeling sorry for someone. Feeling sorry for someone takes their power away. Compassion strengthens them.

On a more practical level the Archangel is instrumental in DNA changes. Our DNA is busy changing as we raise our vibrations and he ensures the changes happen at a pace we can cope with. Even if we go for DNA reconnection therapy he regulates the reconnection and helps you through the coming changes. Someone else can never reconnect DNA strands for us if we are not ready for those changes on a soul level.

He fights beside Archangel Michael in battle. As such he is often depicted with a sword similar to Michael's but his glows with a violet flame instead of fire. He is therefore a good Angel to call if you have to fight a personal battle or need some extra protection. You can call on Michael, Zadkiel and Samael to do a triangle of protection around you... Use the words "I call before me, Zadkiel to my left, Samael and on my right, Michael. I stand safe and protected in a triad of Angels." Use this call for help whenever you feel unsafe or you find yourself in a dangerous situation.

Archangel Zadkiel works on the crown chakra. He opens the flow of Universal energy into our lives and will help our connection with our Higher Self through Chakra work. Visualize the opening of the chakra by spinning a violet light clockwise over the crown of the head. Spin it faster and faster till it forms a vortex pulling Universal Light into your body through the crown chakra.

The final message of Archangel Zadkiel is to stop being so hard on yourself. There is no need to keep punishing yourself for mistakes or errors of judgment you made. Just admit the error to yourself and then FORGIVE yourself. Do not dwell on past mistakes and stop beating yourself up over ancient history. The price has been paid and it is over now. Let it go otherwise it will continue dribbling slow poison into your life and heart.

If you want to start working with the Archangel Zadkiel and connect strongly with his energy, there is an exercise you can do. Make a list of all the people you know and are acquainted with. Call on Archangel Zadkiel and ask him to show you in what way that person deserves either your mercy or your compassion. Take a couple of minutes on each name and see what guidance comes to mind.

## **Correspondences**

Colors that vibrate strongly to Archangel Zadkiel are all the shades of purple from lilac right into violet. He also works well with black and with dark blue. When you do any kind of forgiveness work with Archangel Zadkiel you should use one of the darker shades of purple together with white. Dark blue, violet and purple can be used for

protection work. When doing any mercy or compassion oriented work or meditations you should work with white and lilac. For self-forgiveness rituals you should use violet, purple and lilac – three shades of purple from dark to light. When you need to attract joy and happiness you can use lilac, pink and light blue colors.

Archangel Zadkiel carries the vibration of Winter. He works with the deep down healing and rest that Winter carries. He will always counsel you to slow down and think rather than act in a fast and impulsive manner. He carries an affinity for the planet Jupiter but his direction on the elemental wheel is in the center. This is because he carries the energy of Spirit (which will be the top point of a five-pointed star or middle of a square or circle).

The crystals, gemstones and metals that Archangel Zadkiel corresponds to are: Amber, Amethyst, Beryl, Blue Lace Agate, Chalcedony, Kyanite, Lapis lazuli, Lepidolite, Moldavite, Petrified Wood, Rock Rose, Sapphire, Sugilite, Tanzanite and Turquoise.

Archangel Zadkiel vibrates and connects to quite a few animals. These are bears, wolverines, wild horses, zebras and all types of dogs. Insects that can announce his presence are ants (especially the small black ones) and worms. The birds he connects with are woodpeckers, Gouldian Finches, Golden pheasants and Birds of Paradise.

The plants, trees, herbs and flowers sacred to Archangel Zadkiel are: Arnica, Borage, Cedarwood, Evening Primrose, Frankincense, Ginseng, Grapefruit, Hemp, Lavender, Lemon Balm, Lemon Verbena, Neroli, Nutmeg, Orange, Orchids, Purple Roses, Rosemary, Rosewood, Sage, Self-heal, Sweet Violet, Tangerine, Violet and White Sandalwood.

Other symbols that can be used for Archangel Zadkiel are a Sword of Light, a Cup, a Crown and a Spiral.

White feathers in unexpected places would always be an indication that Angels are close by, listening to you or sending you an answer. If you find a white feather after doing a forgiveness ritual, know that your ritual has been seen and that Archangel Zadkiel is acting on it.

## **Meditation**

### **Forgiveness – Archangel Zadkiel**

This meditation is to help you forgive someone for the hurt they caused you. You do not have to be physically in contact with the person for the meditation to work. You can do it with someone who has passed on from this physical existence or left your life completely.

Sit quietly in your meditation area and look at a candle flame. Open your heart chakra by visualizing a pink flower opening and readying itself to absorb the rays from the sun.

Now close your eyes.

Breathe in deeply for three counts, hold for three counts, then slowly release your breath for three counts. Repeat this for a cycle of six times.

Allow yourself to feel your body. Be aware of each part of it. Now fill it with light and air with each breath you take. With each breath it becomes lighter and lighter until you feel as if you are floating amongst the clouds. Continue breathing for a minute.

You are standing on the bank of a stream. It is night-time. You see the moonlight turning the water into liquid silver and when you look upwards you notice the moon is full. Everything is brightly lit by the moon and stars. You notice large leaves floating slowly by. Start placing thoughts onto those leaves. Place all the stresses and tensions of the day onto a leaf and allow it to float away. Place every intrusive sound and thought onto a leaf and watch it float away. Your mind and heart will be cleared and ready for the task at hand.

Slightly upstream you notice a white marble bridge over the stream and you start walking towards it. There are seven steps leading up to the bridge. Climb them now and count them as you climb. Walk to the center of the bridge where a blue and violet glowing Angel is awaiting you.

He explains to you that he is Archangel Zadkiel and he is here to help you with the process of forgiving someone. He explains that if you want to go through the process you must cross the bridge with him to the campfire on the other side. If you are not willing or ready you are welcome to stay on the bridge and just relax for a while. Forgiveness is not something that can be forced, it must be a willing commitment.

If you decide you want to follow through, walk over the bridge to the other side. Take a seat next to the fire. The Archangel will sit down with you. Call upon the higher self of someone you are angry with. This person and their higher self will take seats by the fire. You can now talk. Ask questions and receive answers, give answers where it is required. Be honest and remember the person's higher self will facilitate for them as Archangel Zadkiel is doing for you.

You now need to offer forgiveness to this person and clear your heart of anger and blame. Do this in whichever way feels right to you. Afterwards thank them for joining you and let them go.

You must now get up from the fire and walk with Archangel Zadkiel halfway across the bridge. He draws water with a cup from the stream and pours the water over your body. Feel how it washes you clean from all resentment and heartache. You feel cleansed and renewed.

Thank the Angel and go back to the steps you came up with. Climb down them again and count slowly as you descend. When you reach the bottom you can come back to the present. Open your eyes, stretch your body and bend down to touch the Earth. Allow all the energy from the meditation to flow into the Earth and draw grounding energy up from the Earth.

## **Rituals**

### **Archangel Zadkiel's Forgiveness Rite**

This ritual has been created to help you with the forgiveness of people from your past. It gives you both an opportunity to get all resentment and hurt off your chest and then to let the person go in love.

GATHER:

A bottle of Archangel Zadkiel's Forgiveness Oil

Notepaper or a writing pad

Blue Pen



A fire in a fireplace inside or an outside barbeque pit

Tissues

#### INSTRUCTIONS:

Call on Archangel Zadkiel and ask him to keep you company and give you strength during this rite.

Write a letter to the person you want to forgive. In this letter you must mention every bit of hurt and pain they caused, discuss events fully and explain your feelings. Write everything down. Cry if you need to.

You must be completely honest in this letter. It is the last chance you will get to say it all. After this the person will be in the past and their effects on your life will be gone. You must get it all out onto paper.

Sign your name to the letter.

Now read through the letter out loud.

Afterwards say: '(Name), with the power of the Angels I declare this hurt to be done.

No more time in my life will be given to this pain.'

Dab forgiveness oil onto the paper. Now drop the letter into the fire and say:

'With love I now forgive you,

With love I let you go,

With love my life will start to flow.'

Truly let this matter go. Let all the blame and resentment go up in flames.

Thank Archangel Zadkiel for lending you strength.

#### **Archangel Zadkiel's Happiness Ritual**

This ritual has been created to help you to attract the things that will bring you joy.

#### GATHER:

1 Lilac Candle

1 Pink Candle

1 Light blue Candle

A photograph of you (No matter what the age or circumstances it must be one where you are happy. If someone else is in the picture, cut it so you are alone.)

Orange slices (Fresh if possible)

An oven dish or flame-proof container.

#### INSTRUCTIONS:

Place the photograph in the middle of the dish and stand the three candles around the photo in an upright triangle. Let the lilac candle be the top corner.

Pack the orange slices in a circle around the candles like a round of happy sunny faces.

Now call on Archangel Zadkiel using your own words.

Ask the following:

‘Archangel Zadkiel,

Help me find,

The joy that flows from

my own heart and mind.

When happy inside

I can be happy outside.

Help me now to enjoy my life.’

Light the candles and focus on your face. Concentrate only on the happiness you felt in the picture and softly invite it back into your life.

Thank Archangel Zadkiel and allow the candles to burn out. Place a small piece of the leftover wax under your mattress and discard the rest. Consider using the Archangel Zadkiel’s Happiness Soap daily.

## **Recipes**

### **Archangel Zadkiel’s Forgiveness Oil**

This oil can be used in forgiveness meditations or forgiveness rituals. You can use it daily when you are working on self-forgiveness.

#### **INGREDIENTS:**

A Glass vial or bottle

25 ml Almond or Comfrey carrier oil

10 Drops Lavender essential oil

5 Drops Sweet Orange essential oil

5 Drops Neroli essential oil

#### **INSTRUCTIONS:**

Blend all the ingredients directly in the vial.

Then do the following blessing directly onto the bottle by holding the open bottle between your palms.

‘Archangel Zadkiel, I evoke you now. Please infuse this oil with the energy of forgiveness. As I will it will be.’

Cap the oil and store it.

### **Archangel Zadkiel’s Happiness Soap**

This soap is created with the essential oils that uplift the heart to help raise more joyful feelings in your heart.

#### **INGREDIENTS:**

150g Glycerin soap or Vegetable based White Soap

A soap mold of your choice (from hobby shops)

Double boiler or two pots where one is smaller and can fit into the other

10 Drops Jasmine essential oil

10 Drops Lavender essential oil

10 Drops Palma Rosa essential oil

Purple coloring (optional)

#### INSTRUCTIONS:

Choose any one of the Archangel Zadkiel crystals in a small polished version. The crystal can be reused every time you make a new soap.

Melt down the soap in the top part of the double boiler over the water in the bottom pot. This is the safest method to use since it insures the soap will not get too hot and melt through your mold. Stir frequently and remove from heat as soon as all the lumps have melted down.

Place the crystal in your mold and place the mold on a surface able to handle heat.

Mix the oils into the soap and stir very well. You can add purple soap color now if you wish.

Pour into the mold while simply asking Archangel Zadkiel to strengthen the uplifting properties in the soap to help you find joy.

Let it set and use it. If you want to store it you can wrap it in brown paper and store in an airtight container.



## Metatron

### Description

Metatron is known as an ambassador and scribe. He is the Angel who is the direct link between Divinity or Source and humanity. As such he can bring you in touch with the path you've chosen as a part of Source, your soul path or soul destiny. He can also align your current life path with the path you've chosen before you incarnated. This will ensure you get slowly back onto your destined path if you got side-tracked sometime in the past. Even the Talmud mentions Metatron as the link between God (Divinity) and humans. When you are addressing him, he prefers being called Metatron instead of Archangel Metatron.

In his capacity as scribe and record-keeper he can help you with the ability to write about your experiences accurately. He can help with any form of record-keeping: Bookkeeping, diary, blogging, accounting or to-do lists. Try to ask his aid when you write a list of all the tasks you must accomplish that day. He will help you remember all the things you need to add to the list, as well as help you get through the list in an orderly manner. He can even help you with good record-keeping of your Angel work,

dreams and meditations.

When writing a book Metatron is one of the Angels to call on. He will help you to write in an understandable and believable manner. He could be helpful in fiction but his specialty is non-fiction where honesty and accuracy is required. Simply light a yellow and turquoise candle to help the inspiration flow. Remember that Archangel Gabriel can help you with the creative aspects of the book.

He is very concerned with truth and honesty between people. In that aspect he is one of the Angels you can ask for help when you need to reveal the truth in a matter. If you are certain that someone is lying to, you can ask his help to let the truth come out. He will use signs and guidelines to take you down the path to the truth and will often let the truth erupt in a matter that will reveal it to everyone involved.

He can help you be more honest with yourself and with others. We love lying to ourselves and this becomes a way of limiting ourselves. He can help break down those self-imposed limitations and free us from the fear that convinced us to initiate the lie. An example here would be someone who keeps telling themselves they cannot sing. Even when their hearts sing with the words of a song they refuse to sing it out loud. They limit the experience of joy in their lives that singing a song out loud can bring by telling themselves they cannot sing. What they actually mean is that they are self-conscious about their voices. They can sing, they do not wish to sing out of fear and self-doubt.

Metatron is a great promoter of freedom of speech. He believes everyone should be able to speak their minds without fear of reprisal and that the truth must always come out. That is one reason his energy clashes completely with that of our governments. He dislikes secrets and believes everyone should know the whole truth to enable them to make informed and responsible choices. He believes an atmosphere of truth also make people take more responsibility for their actions – you will not do something evil or underhanded easily if you know the rest of the world will also know about it. An atmosphere of absolute truth actually negates a lot of potential evil and darkness.

He is the Angel to call on if your achievements at work or home is being overlooked by loved ones or superiors. He will highlight your achievements in your own eyes and those of others. We tend to often miss our own achievements in the process of concentrating on everything we still need to do. A lot of people tend to downplay attention to their own achievements because the limelight makes them feel uncomfortable or shy. He can help alleviate the discomfort and shift the focus to what you've done without you having to say anything to draw actual attention to it.

He also helps you to make your voice heard without resorting to arguments or shouting. Very often people who are a bit withdrawn get overlooked when matters are under discussion at work or home. Their opinions may be very valuable to the conversation but somehow nobody gets around to listening to their input or gives them a chance to speak. Sometimes they do get a chance to speak but nobody really hears what they are saying because the other participants are just waiting for their turn to start speaking again. In cases like this you can quietly call on Metatron's help and then state your case. You will discover a big difference in how your words are received and in how people listen to you.

If you are studying or you need to increase your focus and concentration for a project you are working on, Metatron can help. He will assist you by increasing your focus on a particular matter and by increasing the time and strength of your concentration ability. As such he can be helpful to schoolchildren or students. Call on him and send him to a

child who suffers from ADD or ADHD. His input can be very valuable. Alternatively teach the children to call him on their own. They will soon develop a good relationship with Metatron that can help them make progress in their schoolwork.

Metatron can aid you with the manifestation of your goals from the spiritual realm (imagination, dreams etc.) into the physical realm. He is especially helpful with the manifestation of your bigger and more long-term goals. He can help with the manifestation of smaller matters like the money to pay the rent at month-end but his focus is more on bigger matters. He doesn't like to be rushed and prefers working in terms of months or years. That way he also ensures you are manifesting something you are really committed to and not just something that is the fad of the week.

A suggested way for you to gain his help with the manifestation of something big is to go through a solitary prayer-fasting period. Either one day or ten days are suggested with this method. You need to be on your own for this and not eat anything between sunrise and sunset. You are allowed unlimited water though. This is not the only method. There are a lot of different ways to ask him – meditation, talking in your mind or out loud (he likes out loud) or a simple ritual with a white candle.

Finally Metatron can also guide you towards joining a spiritual group that will support your greatest growth. If you are looking for a group to join for magickal ritual, meditation or spiritual discussions, he will direct you to the best group to join. He will also let you know when the time has come to leave a group and look for a new one. We tend to stay in our comfort zones and do not want to see when the time has come to take what we've learnt and leave the nest.

Please call on Archangel Metatron for a couple of weeks every time you need to express yourself in a group or even one-on-one situation. Make notes on your progress in speaking up for yourself. This will help you grow in confidence and help you learn how to connect with Metatron's energy easily.

## **Correspondences**

When working with Metatron certain colors will strengthen certain aspects of him. It would be wise to use those colors for the specific goals you have. Sea-green and turquoise are used for any work where you are trying to make your voice heard or build your confidence in expressing yourself. White and black are good for revealing the truth in matters. If you are working on the concentration aspects of his work especially for children, you should use all the fire or flame colors, orange, gold, yellow and red. When working on manifestation you could use yellow and turquoise or orange and yellow.

Each Angel carries certain elemental, planetary, timing and seasonal vibrations. For Metatron the season is the shout it out energy of Summer. His elemental energy is Earth to balance the summer energy and that would make his direction on the elemental wheel North.

The crystals, gemstones and metals from Earth that Metatron corresponds to are: Ametrine, Azurite, Clear Quartz, Diamonds, Fairy Quartz, Meteorite, Selenite, Turquoise and Watermelon Tourmaline. There are also certain mythological creatures that can be used in work with Metatron. Amongst these are faeries, rocs, manticores, sirens and mermaids. He also vibrates to sea-animals like whales, dolphins and sea-lions. On land he vibrates to elephants, rhinos and hippos. The birds he considers

sacred are parrots, canaries and songbirds in general. You can also use the symbol of the tree of life for him and his energy.

The plants, trees, herbs and flowers that correspond to Metatron are: Almonds, Benzoin, Cinnamon, Copal, Deadly Nightshade, Eucalyptus, Fir Tree, Frankincense, Grapes, Gum Arabic, Gum Mastic, Hemlock, Mistletoe, Morning Glory, Myrrh, Pine Tree, Sandalwood Red, Wintergreen and Wolfsbane. You can use any part of these plants fresh, dried or as incense. You can also place leaves or flowers on your altar where you do Angel work. Dried petals or pieces of bark can be scattered directly onto your table as a cover before you start your working.

## **Meditation**

### **Manifest Now – Metatron**

The aim of this meditation is to help you with successful manifestation.

Close your eyes.

Breathe in deeply for three counts, hold for three counts and then slowly release your breath for three counts. Repeat this cycle six times.

Allow yourself to feel your body. Be aware of each part of it. Be amazed at the intricate working of every cell and unit of your body. See how all the parts work together as a unit to house your spirit. Now fill it with light and air with each breath you take. With each breath it becomes lighter and lighter until you feel as if you are floating amongst the clouds.

Feel your spirit float higher and higher into the air. You are going to count slowly and as you count you are going to float up through the clouds and the atmosphere until you find yourself in infinite space. Count slowly to ten.

You may have created your sacred space in a previous meditation. This is the place only you can go to – others can only go by invitation. A portal opens up before you in space and you step through it into your own place. Get to know it again and get comfortable again. You can refurnish or redecorate or do anything you wish there. You can even change the place completely.

If you have not created your sacred space before, you need to still enter the glowing portal or time-gate in space. You will pass through this portal in space to a dimension where you are going to create your own sacred space. This place is somewhere only you can go and nobody else can enter except by your call or invitation. The place is yours alone and you should make it into a space where you feel comfortable and at home.

Think of it as being able to build and decorate a place with an unlimited budget where no inspiration you have is impossible. You can create anything there that you wish. You can keep it simple or make it a complicated place. You can be in a forest, underwater, inside a mountain, in a temple, hut or desert. You can change the place any time you wish and keep visiting it in meditation to think and communicate with your higher self. You can visit there just to relax if you wish or use it as a meeting place where you can talk with your guides and Angels.

In front of you a portal now opens in space. Go through it and create your sacred place or redecorate and get to know it again.

Now call on Archangel Metatron and invite him to join you. Tell him about a goal in your life you have trouble manifesting. Ask him to help you by giving you pointers, suggestions and focus points. Ask him for affirmations and other tools you can use to achieve your goal.

Metatron now turns to a wall in your sanctuary and with a movement of his hand he manifests a large screen on the wall. He invites you to create the scenario you want on the screen. Give it your attention. Color in the details. You can even create it as a movie that plays on the screen. Concentrate on every detail and be as clear as possible. Create each element, object and color of the goal.

Metatron will now give you some advice on the manifestation of your goal. It may be in the form of a visualization you need to repeat or even affirmations you need to say. Listen carefully for any instructions or messages.

Thank him for his time and ask him to keep showing you ways to achieve your goal during the next couple of weeks. Now step through the portal and find yourself back in boundless space.

Count from ten to one now. Come back to the surface of Earth while you count. When you reach the number one you can touch the Earth again and open your eyes.

Stretch and touch the Earth to ground yourself.

This is a good meditation to repeat a couple of times with the same goal in mind. Every repeat will bring new information or clarify old information. Try not to do the meditation for too many things in the same meditation. This tends to scatter your manifestation energy. Focus on one thing at a time and when that is achieved, start working on the next goal.

## **Rituals**

### **Metatron's Truth Ritual**

GATHER:

1 Black Candle

1 White Candle

1 Grey Candle

Brown Paper cut into a dinner plate-sized circle

A red felt tip pen

Metatron's Truth Oil

2 small candle holders (best would be ones that allows wax to run out onto the paper)

An awl, needle or sharp instrument to carve onto the candles with

INSTRUCTIONS:

In the center of the brown paper circle you must write down the matter that you require the truth on. Mark the paper into pie slices and in every 'slice' you write a possible truth. Mark one section unknown.

Carve 'Remove veils' on the black candle and 'Truth' on the white candle. Place the candles in holders next to each other in the middle of the brown paper.

Call on Metatron. Then say: ‘

‘Metatron I asked you here

To help the truth come clear.

Hiding veils must be torn (light the black candle)

And from the chaos truth be born.’ (light the white candle)

Do not remain there. Just leave the candles to burn out. When they die, thank Metatron in your own words.

Look at the wax – if it ran out onto any of the sections this may point to a direction where the truth lies hidden or clues may be found. Repeat this every three days until the truth comes out.

### **Metatron’s Expression Spell**

GATHER:

Frankincense resin

Charcoal block or disc (the type used in a hubbly bubbly or hookah)

Fireproof pot, holder for charcoal blocks or metal candle holder

INSTRUCTIONS:

The charcoal block must be placed on a fireproof metal candle holder or inside a lifted metal pot. It burns extremely hot and will crack glass or heat metal that standing directly on a surface enough that it will burn the surface below. I have a beautiful wooden table with a blackened hole burnt in it that attests to this heat. Be very careful please.

Hold the resin in your hands and with your eyes closed ask Metatron to bless the resin for you. Ask him to bless the resin so it will help to open your throat chakra.

Place some of it on the charcoal block. Light the block by holding a flame to its side. It is lit when it starts to sizzle or glows orange on the side. Do not hold it too long. Place it on the fire-proof surface immediately.

Ask Metatron to show you if there is something you need to say or express to someone else. If there is someone specific you need to talk to, explain the situation to him and ask him to guide you to find the best words to use.

Now go into a light meditation and see what guidance comes through to you.

Afterwards remember to thank Metatron. Approach the person and follow the guidance you received as soon as possible.

### **Recipes**

#### **Metatron’s Truth Oil**

This oil was created to draw the Light of truth to a situation. Use it in truth rituals or burn it in a burner in a room where you want only truth to be spoken.

INGREDIENTS:

A Glass vial or bottle



25 ml Virgin Olive oil

5 Drops Wintergreen essential oil

10 Drops Cinnamon essential oil

5 Drops Myrrh essential oil

#### INSTRUCTIONS:

Blend all the ingredients directly in the vial.

Then do the following blessing directly onto the bottle by holding the open bottle between your palms.

‘Metatron, I evoke you now. Bless this oil with the power of Truth. As I will so mote it be.’

Cap the oil and store it. Remember a little goes a long way.

### **Metatron’s Self-expression Spray**

This spray will work on the throat chakra and help you to express yourself better and with more confidence. Use it before public speaking, before meetings or even in a room where you would like creative ideas to flow freely in a group of people.

#### INGREDIENTS:

250ml Plastic spray bottle (pump model)

100ml Vodka

150ml Spring Water

Polished Turquoise

10 Drops Bergamot essential oil

5 Drops Grapefruit essential oil

5 Drops Geranium essential oil

Blue food coloring

Green food coloring

#### INSTRUCTIONS:

Pour the Vodka in the bottle and place the Turquoise inside. Drip one drop of blue and one drop of green coloring inside – you require a very light shade so that clothing will not stain when you use it.

Cup your hands over the open bottle, call on Metatron and say the following: ‘Metatron, I ask for your blessing on this spray to help me speak my truth.’

Now drop the oils into the Vodka. With each drop say:

‘With each drop I add

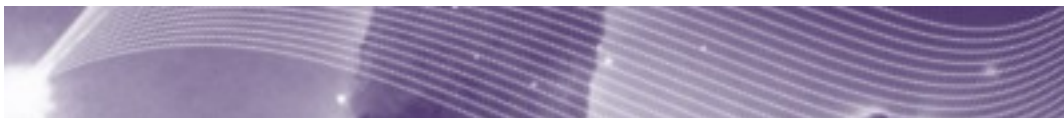
My confidence grows,

My voice flows.’

Shake gently. Add the spring water. Cup your hands over it again and say:

'This will help to open hearts so my voice and message will be heard.'

Thank Metatron in your own words and store the bottle in a shady, cool area.



## **The 2012 Angels**

I mentioned the Angels that came in on the 2012 energy shift earlier in the book and feel that a bit more information should be given about them. When the Earth went through the energy shift that peaked on 21 December 2012, humanity went through a lot of changes on a subconscious level. Their vibratory frequencies lifted slightly with that of the planet.

The effects of this event differed greatly from person to person but a couple of things happened almost universally. People's creative sides and their appreciation of beauty have increased. Those with creative ability will be able to start creating more music, art and written words that will have the ability to move people on a very deep level. You will find that you are more often feeling awestruck by a piece of art. It will speak to you and evoke deep emotions like tears of joy. Art will start speaking in a louder voice and people will start listening and looking with more appreciation.

There was also something about this shift that brought people's deep seated uncertainties and fears to the surface. I picked this up very strongly over the Old Year's Eve and New Year's Day period. I found that many people were irritable and negative. I heard so many complaints that it shocked me. We were standing on the threshold of a new year and instead of being positive people seemed to be immersing themselves in moaning and complaining. Even my always positive life partner went through a couple of hours where he felt very down. I phoned my friend Patsy, a brilliant old herbalist lady, at around 12h00 on the first of January to wish her a beautiful New Year. I told her that 2013 is the year we will get our paperwork sorted out, our books published and create order from the chaos. She thanked me for saying the first positive thing to her that she heard all day. It seems to me that many people got struck by an aftershock of the shift over the New Year period.

The effect the new energy will have is to accelerate our growth and increase our chances for growth. The time has come for humanity as a whole to make serious changes to the way we operate. We need to stop declaring war on ourselves, our Earth and our animals. For that to happen we are going to have to face our fears, prejudices and heal ourselves. To help with this process some new Angels came to Earth to support us. I am going to mention a couple so you can start familiarizing yourself with their energy.

The new Angels are split into Environmental and Humanitarian Angels with Archangel Sandalphon being the director who blends their efforts into a cohesive whole.

## **Archangel Sandalphon**

Archangel Sandalphon has a very strong connection to Metatron. They seem to be either warrior brothers or twin brothers. Metatron is the Universal Voice and Sandalphon is the Earth Anchor. Archangel Sandalphon has been around for quite some time but during the shift his responsibilities changed. His main focus is to anchor the energy shift firmly to Earth and to ensure that everything that will keep it anchored here happens. This means many people will be approached by him through dreams and during meditations with specific directions as to actions they should take. Fulfilling this action in the speediest possible way will not only benefit the individual but also humanity on a planetary level. Keep your eyes peeled for messages. We all need to work together to keep this energy anchored strongly and support his incredibly important task.

### **Archangel Shapnael**

Archangel Shapnael crosses the line between Environmental and Humanitarian with ease. He works in both categories. His main aim is to eradicate the poverty consciousness humanity is stuck in. He works on lifting individuals from the poverty consciousness so that humanity benefits as a whole. On an environmental level he is the Angel who will teach us about the spiritual, emotional and physical healing properties found in small, flowering plants. He is also tasked with the protection of these plants. People tend to focus on protecting the big and spectacular members of the plant kingdom while the small plants get lost without notice. Whole species of small plants were wiped out through urban development without people even noticing.

### **Archangel Phadkiel**

Archangel Phadkiel is a Humanitarian Angel and he is here to help people deal with addictions. More and more people are exhibiting addictive behavior. Some addictions are harmful only to the person, others are harmful to everyone close to that person. One thing all forms of addiction have in common is that it lowers the frequency of the collective consciousness. Whether it is smoking, drugs, gambling, alcohol or shopping, all actions that you overdo and cannot operate without qualifies as an addiction. The moment your actions harm either yourself or the people around you in some way the time has come to put a stop to it. Archangel Phadkiel will help those who wish to help themselves. You can call on him and ask him to open the eyes of an addict but you cannot ask him to cure someone of an addiction. He will guide a person and try to lead him towards making the choice to quit. Once the choice is made, he will help the addict change his ways and fight the addiction. You can also ask him to help cure you of an addiction.

### **Archangel Jeriel**

Archangel Jeriel is an Environmental Angel who came in specifically to work with the animals faced with extinction. It is a sad fact that some animal species have already decided as a collective that they wish to leave the planet. Some others are uncertain about whether they wish to stay or go and some wish to stay and wish to keep living on Earth. He is here to help those who are uncertain and those who wish to stay. When doing any kind of ritual work for animals threatened with extinction you can call on him for help. I googled each of the new Angel names I was given just to check that I do not

claim them as new Angels if they've been around a long time. Imagine my surprise when I found that a baby was born and christened 'Angel Jeriel'. I have to wonder if there is a connection and what this baby's future will be like.

### **Archangel Jenadkiel**

This Angel is another environmental Angel and he came specifically to help with solving the problems we face due to the pollution of salt water and fresh water resources. He will play a supportive role for scientists who are trying to find solutions to purify our waters. He will help those who are making plans to stop pollution and working on water saving and desalination processes. He will help activists who fight to stop the pollution by humanity and industry and those who help to make people more aware of the problem.

### **Archangel Assaniel**

The final new Angel we will cover here is a Humanitarian Angel with a less than pleasant job description. He should not be confused with Archangel Asariel from the Kabbalah. Assaniel is the Angel who is charged with bringing a person's hidden fears to the surface. The reason for this is to teach people to deal with their fears so that it does not remain a subconscious block in their lives. Clearing out fear creates space for new growth. If you are brave enough you can ask him to bring out your fears so that you can face and overcome them one by one.



## **Guardian Angels**

### **Description**

All of us know the term Guardian Angel. Everyone has a Guardian Angel that is charged specifically with helping to keep them safe. A lot of people also have a Guiding Angel and that is where it gets confusing. A Guiding Angel is an Angelic energy who acts in the capacity of one of a person's spirit guides. Everyone does not have an Angelic spirit guide though.

Where someone does have a Guiding Angel that Angel may or may not be their Guardian Angel as well. Some Guiding Angels fill both roles in an individual's life. Others will strictly guard a person or a group of people while other Angels do the guiding work.

Because this issue gets so confusing, you should consider doing the following meditation twice instead of only once. Consider doing it once to meet your Guardian Angel and the next time to meet your Guiding Angel.

You Angelic Guide's work is to give you guidance on matters in your general life. He

sometimes speaks to you using that inner voice and sometimes through using your 'gut' instinct. Think of for example if you meet someone for the first time. The instinctive feelings you have towards that person for no physical reason is often the work of your Spirit Guide or Angelic Guide trying to get a message through to you. I know when I met Frans-Carel the first time I felt as if I know him and he knows me. When I met my friend Miki seven years after leaving school in a different town from the one we both grew up in I knew she was going to be important in my life in some way. Today she is Godmother to my children. I still think it divine intervention that we lived in the same place for 18 years and never met till we both left our childhoods and childhood issues behind us.

Your Guardian Angel's work is to keep you safe. Think of those miraculous escapes that kept you from being in accidents. Think of the times you were being prevented from being in a certain place in a certain time and that kept you safe. These are all examples of the work of the Guardian Angel. We always joke that my little boy has six of them working in shifts of two at a time. He is incredibly accident prone but for all of his accidents he never saw the inside of an emergency room or doctor's office due to injury. They are obviously doing their job very well.

Meeting your Guardian Angel is not essential to your path since they will do their jobs whether you know them and thank them or not. It is nice to be able to put a face or name to the Angel saving you though so do try to meet them through the below meditation. Everyone has a Guardian Angel and some have more than one.

The meeting of your Guiding Angel is a different story. If you do have one (remember, some people will have different spirit guides like an ancestral spirit, totem animal or Ascended Master), knowing them is of utmost importance to your path. Do the meditation to meet them and try to connect with their energy on a daily basis. They are there to help and guide you so get to understand them better. When you understand their signals and messages you will benefit immensely.

## **Meditation**

### **Meet your Guiding Angel or Guardian Angel**

We are going to do a meditation where you go back to your sanctuary that you created in previous meditations and meet both your own Guardian and Guiding Angels. These Angels may be someone you already met, felt a strong affinity for or worked with before or it may be someone completely new. You will be allowed quite a while to get to know these Angels. Just keep in mind the differences between the two Angels and their roles as explained in the book.

Close your eyes.

Breathe in deeply for three counts, hold for three counts and then slowly release your breath for three counts. Repeat this cycle six times.

Allow yourself to feel your body. Be aware of each part of it. Be amazed at the intricate working of each cell and unit of your body. See how all the parts work together as a unit to house your spirit. Now fill it with light and air with each breath you take. With each breath it becomes lighter and lighter until you feel as if you are floating in the air. Feel your spirit float higher and higher. Count slowly to ten and as you count you are going to float up through the clouds and the atmosphere until you find yourself in infinite space.

You may have created your sacred space in a previous meditation. This is the place only you can go to – others can only go by invitation. A portal opens up before you in space and you step through it into your own place. Get to know it again and get comfortable again. You can refurnish or redecorate or do anything you wish there. You can even change the place completely.

If you have not created your sacred space before, you need to still enter the glowing portal or time-gate in space. You will pass through this portal in space to a dimension where you are going to create your own sacred space. This place is somewhere only you can go and nobody else can enter except by your call or invitation. The place is yours alone and you should make it into a space where you feel comfortable and at home.

Think of it as being able to build and decorate a place with an unlimited budget where no fancy you have is impossible. You can create anything there that you wish. You can keep it simple or make it a complicated place. You can be in a forest, underwater, inside a mountain, in a temple, hut or desert. You can change the place any time you wish and keep visiting it in meditation to think and communicate with your higher self. You can visit there just to relax if you wish or use it as a meeting place where you can talk with your guides and Angels.

In front of you a portal now opens in space. Go through it and create your sacred place or redecorate and get to know it again.

Now call on your own Guardian Angel and your Angelic Guide to join you in your Sacred Space. Talk to them. Get to know them, get a name, ask for messages and guidance.

Thank them for their time and care and ask them to keep showing themselves to you. Ask them to keep talking to you and guiding or protecting your path. Say goodbye.

Now step through the portal again and find yourself in boundless space.

Count from ten to one now. Come back to Earth while you count. When you reach 1 you can touch the Earth again and open your eyes.

Stretch and touch the Earth.



## **Angelic Novenas and Complete Angelic Rites**

The word novena comes from a Latin word meaning nine and got adapted to describe Angelic rituals stretching for nine days or nine separate actions. Through experimentation I found that a nine day ritual or Angelic Novena is very powerful and has an intense effect on your chosen goal. There is however Novena-like rituals that can be done for different numbers of days that also work extremely well. These rituals are called Complete Angelic Rites.

Both Angelic Novenas and Complete Angelic Rites bring spectacular results. They are

time-consuming and require a bit of thought and planning but your results will be worth the time and effort. You can use the correspondences section in the different Angel chapters to work out a ritual for your specific goal. I am giving an example for each type but a Novena or Complete Rite can be done for anything you can think of. Your only constraints are that a maximum of three Angels can be used per Novena or Rite and that you must stick to the numbers and times.

## Angelic Novenas

Angelic Novenas can be done in two ways. You can do it over a period of nine days and do your work at the same time every day. Do not deviate from this time. You can also do it for a period of three days and do your working three times a day at the same times each day. This makes the length of a ritual something similar to a long weekend which is often easier for working people to manage.

You must stick to certain times each day that will fit into your schedule but it must be the same times repeated. If you choose to do your first day of a nine day ritual at six o'clock in the evening it must be repeated at the same time each consecutive day. The only exception to this is if you choose to do it at sunrise or sunset. If you choose that way you need to look up the sunrise and sunset times for your area for the nine days and do each repeat at the specific day's correct time. I am giving you an example of a Nine day Novena I created for myself many years ago.

I was at a point in my life where I really needed new friends that were more supportive of the new, more spiritual lifestyle that I chose to follow. My group of friends at that point in my life was a clubbing and party crowd and although I loved them I knew I needed some people who are on a similar journey who can understand the things happening in my life. I was guided to working with Archangel Anael for this Novena and found an inscribed copper disc with a rose on it at a flea market.

I gathered the following materials:

A lavender candle representing me

9 Pink candles representing Archangel Anael

9 Yellow candles representing friendship

A thin white taper candle to use as lighter or a box of matches

Dried rose petals

The copper disc

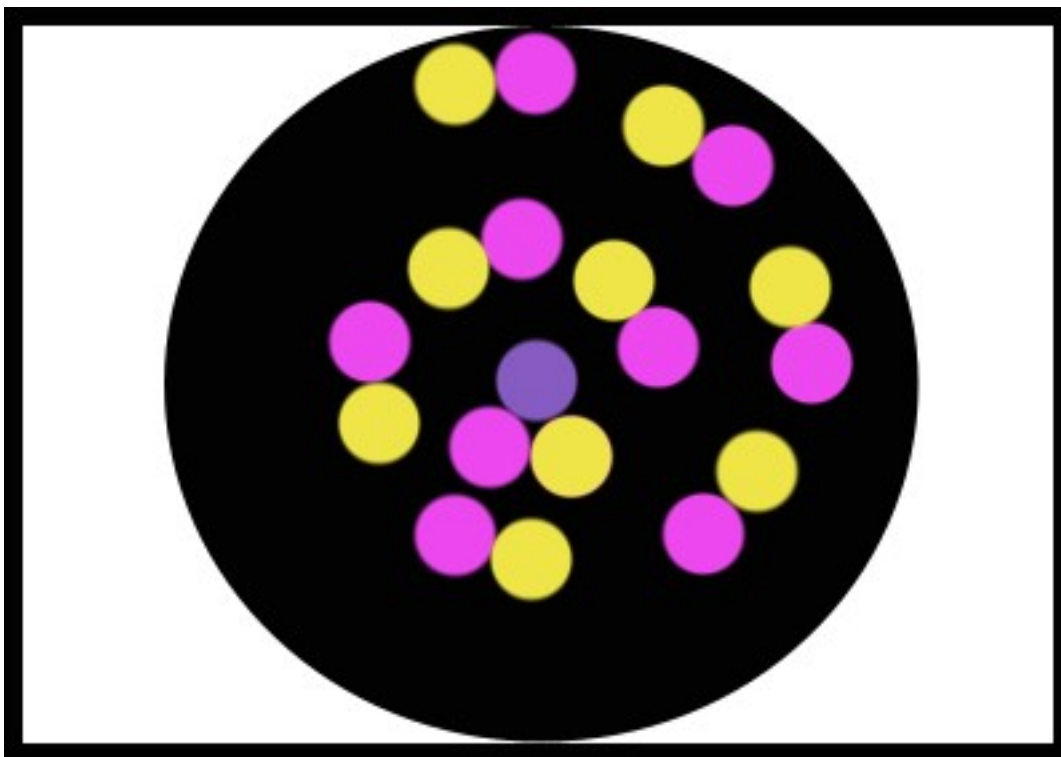
A large round metal serving dish

I followed the following steps:

I chose the time of 6 o'clock each evening to do the ritual. Number 6 is the number of love and friendship.

I marked the dish with a felt tip pen. I made one mark at the very edge and one mark in the middle of the plate where the lavender candle would go. I then did another seven marks, equally spaced in a clockwise spiral pattern from the mark on the edge to the mark in the center. Every night the pink and yellow candles will go come one mark closer to the middle and the last night it will be placed against the lavender candle in the middle.

I fastened the lavender candle with my name on it in the middle of the plate. I scattered rose petals all around the outside of the dish and stood the disk upright against the lavender candle.



The first night I called on Archangel Anael for his help and explained in great detail what I required. It is important to repeat the explanation every evening to strengthen the intent going into your ritual. Maybe write it down on a piece of paper if it makes it easier to remember.

I then placed the first Angel and friendship candles on the furthest end of the dish, touching each other since I want the Angel to bring me the friends. I lit the candle representing me and the other two and meditated a bit on my requirements.

I then snuffed the lavender candle so I can relight it the following night and allowed the Angel and friendship candles to burn out.

The next night I repeated the process but moved the two candles to the next spot which brought it a bit closer to my candle in the middle. I repeated the same process every night until the ninth night.

On the last night I placed the candles tightly next to the remaining bit of lavender candle, lit them together and allowed them to burn out. After my explanation session I added a section to say thank you.

The results from this Novena were as follows:

I met my soon to be husband on the sixth day of the Novena and we became friends very quickly. Although the marriage did not work out, I learnt many lessons from him that I will always be grateful for.

I met my next spiritual teacher a couple of weeks after the Novena and we remain great friends and soul sisters even today.

I met a friend on the same path as me days after the Novena who ended up becoming a



house-mate for a couple of months.

There were other smaller results but these were the ones with the most impact. As you can see from my example a Novena always brings results – sometimes even more than you asked for.

If you do a three day Novena you need to choose three times every day. Put some thought into your choices. You can choose to do it sunrise, noon and sunset or choose three times where the number meanings symbolize an affinity with your goal. See the example I've given below. This was a ritual I designed for someone who had limited time before they needed results.

#### GATHER

9 Orange candles

9 Yellow candles

9 Turquoise candles

1 Violet (very dark purple) candle

1 Rectangular Oven pan

2 Red Ribbons, 2cm shorter than the long side of the pan

Matches or a lighter

Awl or sharp instrument for writing on the candle

An extra candle for dripping wax onto which you fasten the other candles

#### AIM OF THE NOVENA

The person applied for his dream job and aced the first interview on the Thursday. His next interview which included a verbal test was scheduled for the Monday morning after which an offer will be made. He approached me the Friday morning and needed a ritual that would help him both ace the verbal test and get a good financial offer from them. This was really the type of job he has been working on manifesting for a very long time. We will also use the tool of gratitude in the working to strengthen the manifestation.

#### TECHNICAL DETAILS

I chose a three day Novena to fit in with his tight schedule before the next interview. I chose to work with Metatron to help him with both the manifestation and the speaking aspects. The hours we were going to use were 6 o'clock, 8 o'clock and 10 o'clock each evening. Six because it is a job he will love, eight to strengthen the financial aspects and ten for a new beginning. The yellow candles are for general financial success, the orange for fast manifestation and the turquoise candles are for eloquence and the ability to bring his message across.

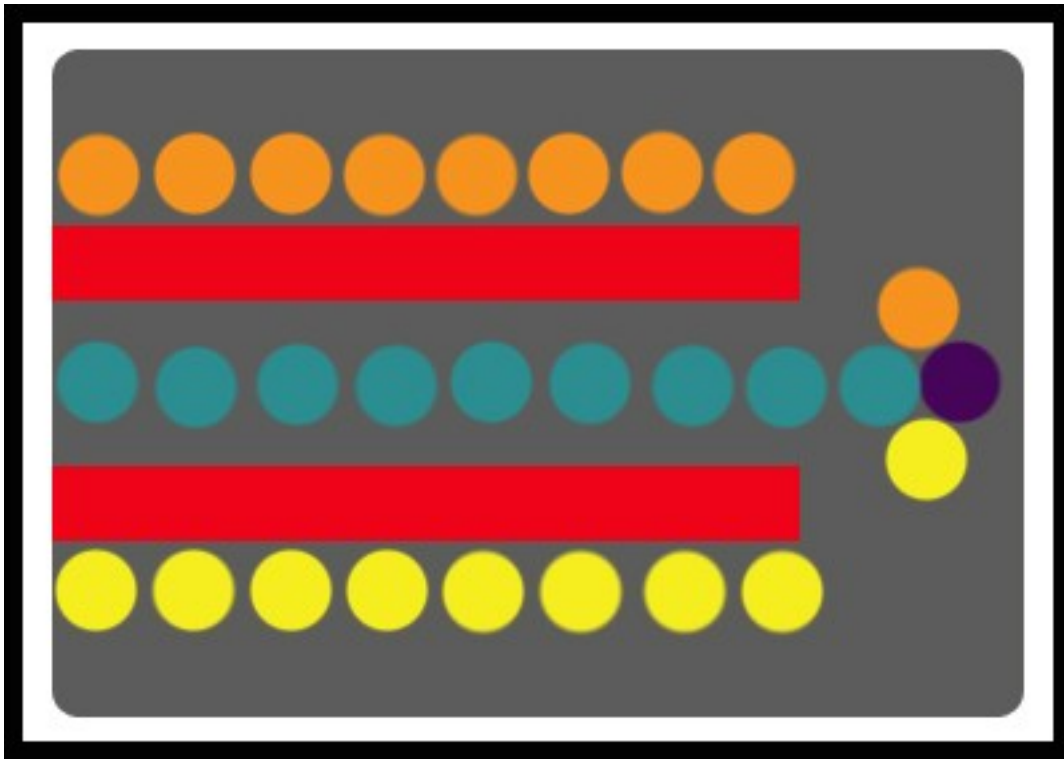
#### INSTRUCTIONS

This is the instructions I gave to him:

Carve the word 'Success' on the Yellow candles. Carve the word 'Manifest' on the Orange candles and the word 'Voice' on the Turquoise candles. Carve the goal in your own words on the Violet candle.

Place the pan in a position where the longest side is closest to you. Using a drop of

melted wax, fasten the violet candle in the middle of the far right hand side of the dish. It must be as close as possible to the edge.



Fasten the red ribbons, with wax, onto the pan from the left hand side, in the middle, straight across to the right. The ribbons should not reach all the way to the violet candle. Leave enough space between the ribbons to place other candles. The ribbons now represent an open path across the pan towards the candle.

The turquoise candles will be burnt in the middle of the path formed by the ribbons, the orange candles will be in the above the top ribbon and the yellows ones will be lined up below the bottom ribbon.

Place the candles one color at a time and fasten them with a drop of wax. Only eight of each color should be placed. One yellow, one turquoise and one orange should be kept aside and only set at the final hour of the last day. Space the eight candles so that the first one is set right next to the edge on the left hand. The eighth candle should be set about 4 cm from the right hand edge.

At 6 o'clock on Friday night light your violet candle and call on Metatron. Tell him about the job and ask his help in the manifestation of a good offer to you. Be specific as to your minimum requirements. Ask him to help you express yourself well to the test panel.

Light the first three candles – one from each of the colored rows of candles. Meditate and think for a couple of moments on what you want. Say the following words:  
'Metatron, I am grateful for my brilliant new job offer.'

Snuff out the violet candle and return at eight o'clock. Repeat the instructions exactly for the second set of candles.

Do this until the ten o'clock session of the Sunday night. Now set the last three candles. All three must touch the violet candle. Call on Metatron and then light all four candles

together. Express your gratitude for his energy and aid and then leave the candles to burn out completely.

## RESULTS

The presentation and verbal exam went very well and an offer was presented above the expectations and minimum requirements of the person applying for the job. He is now working very happily at the company.

## Complete Angelic Rites

The Angelic Rites must be done with a minimum of six repetitions. Even if you should choose to do a Rite for only two days, you must work out something with at least six repetitions. That means that on a two day rite you will have to repeat the working at least three times per day. The power in both Novenas and Rites lies in the amount of time, intent and repetition you give to the rituals. The amount of correspondences you use to strengthen the intent also makes a difference.

You should choose and use numbers that carry a meaning complimentary to the goal you wish to achieve. One of the benefits of doing a Rite instead of a Novena is that it can be better for your cash flow. You can divide a single candle of the correct color into, for example, nine or twelve equal sections, by engraving lines onto it. A section can be burnt at a time instead of the whole candle. Personally I prefer doing a full candle at a time except when I am traveling. Where space or safety is a concern, one candle can be very useful.

Rites can also be designed to burn hourly. You will literally light a candle each hour from a certain time in the day. You can do a twenty-four hour Rite, a twelve hour Rite or even a Rite where the number of hours are specified by the type of ritual, for instance, an eight hour Money Rite or a 9 hour Addiction Breaking Rite. I will give you an example for a Money Rite.

### Money Rite with Archangel Sachiel

#### TECHNICAL DETAILS:

The Rite was designed for someone who had to urgently manifest a certain amount of cash to look after her family for a month until she started her new job.

Archangel Sachiel works with emergency money so he was chosen for the Rite. The Rite runs over eight sections or hours on a single day to accommodate the urgency factor.

#### GATHER:

8 Short Yellow candles

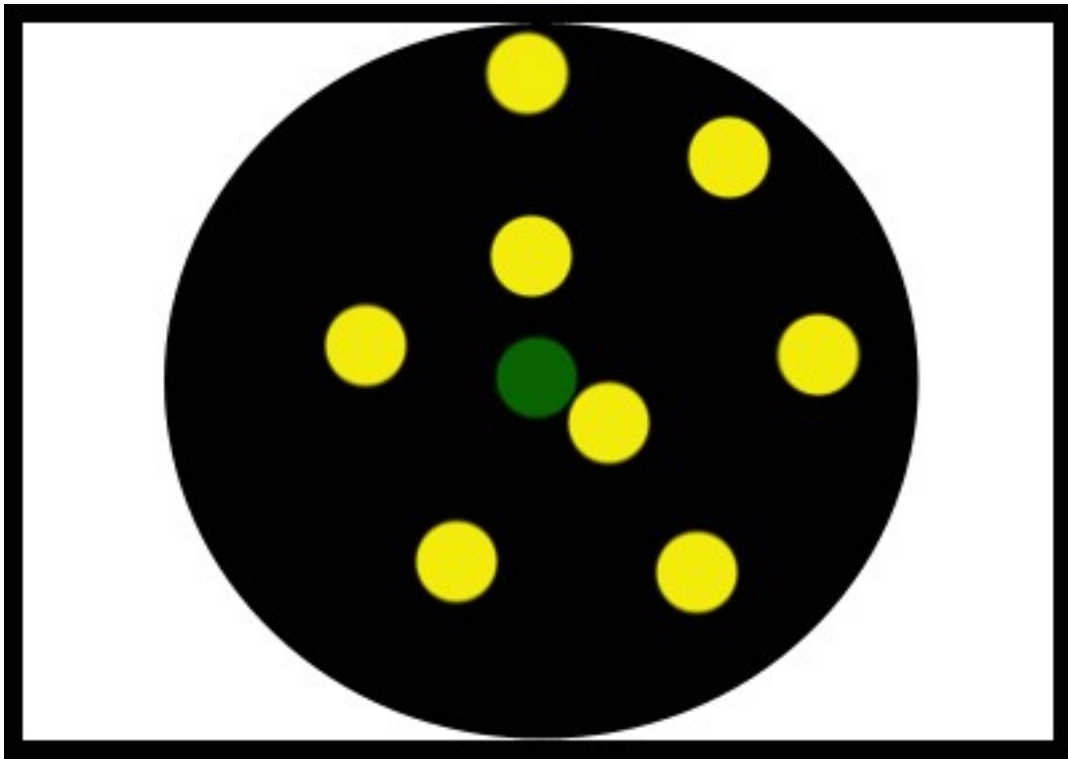
1 Tall Emerald Green candle

A round pie dish or plate

Lighter or matches

#### INSTRUCTIONS:

Engrave the exact amount you require on the green candle. Write your name on all the yellow candles.



Fasten the green candle in the center of the plate with a drop of wax. Fasten seven yellow candles in a spiral moving clockwise from the outer border of the plate to about an inch from the green candle on the inside. Keep one yellow candle aside for use during the final hour.

Exactly one hour apart you should call on Archangel Sachiel in your own words. Keep it simple. Light the green candle and the first yellow candle furthest from the green one and just ask him for that sum of money. Do not justify your reasons and do not specify a specific source unless you are 80% certain of the source. After 5 minutes, snuff out only the green candle.

Every hour you should repeat the process exactly and stay there for five minutes.

At the eight hour you should take the eighth yellow candle you set aside previously. You should fix it tightly against the green candle. Light both the green and yellow candles and do not snuff out the green candle this time. Instead of asking for the money, thank him for the sum and leave the candles to burn out.



## Glossary

**Source** - Source is an all-encompassing name for God or Goddess energy. It means Divinity, no matter what shape or form your personal religion places your God or Goddess in. It means the Source of all that exists and in my belief system everything in existence is part of

Source.

**Anthroposophy** – Anthroposophy aims to rationalize and proof the spiritual world through the application of natural sciences.

**Apocryphal books** – These are books found in the Roman Catholic and Eastern Orthodox Bibles that is not included in the Protestant Bible.

**Feminine and Masculine aspects** – Each Angel carries balanced Feminine and Masculine aspects. Just like any human, whether male or female, carries both masculine and feminine energies, Angels do too. They can choose to appear in masculine or feminine form in meditations or other contact. Archangels like Haniel and Anael mostly appear in feminine form while Michael and Samael seldom do.

**Chakras** – Chakras are the energy centers or the centers of our life force or vital energy placed in the body's energetic field. It can affect certain emotional or physical conditions in the body.

**Otherworld** – The concept of Otherworld is used in this book to describe the place souls go to after the death of the physical body. It can be called Heaven, Hell, Summerland, Nirvana or a different dimension.

**Gaia** – The term is often used as a name for the planet Earth. It is also the name of a Goddess who represents Earth.

**Karma** – Karma is a term normally used to indicate the repayment of spiritual debt incurred in the past or in past incarnations. Some people see it as a form of punishment but that is not the idea. It is repayment to master lessons.

**DNA reconnection therapy** – This is a type of holistic therapy where the practitioners reconnect the spiritual links between your DNA strands.



## Afterword

Writing this book was an absolute joy. From a young age I've been told to write by teachers and friends. I always wrote whenever I got emotional about the World but before I started writing courses for workshops I offered, I never for a moment considered writing for other reasons. The writing I did for workshops was something I fit in between my other jobs and projects. I always considered it as an additional feature of my work and never a main focus.

When I sat down to write this Angel book and take all the information I wrote down and gathered over the years to blend into a single volume I certainly never expected to enjoy it this much. I loved every moment of writing this and penning ideas for future works. I didn't stop (nor did I want to stop) except to feed the family. My progress was immense partly due to the fact that parts of the book were already written for workshop guides and rituals and partly because I just could not stop until my eyes started seeing double.

It is my heartfelt wish that this book brings you as much joy and knowledge as it brought me while writing it.

Bless your path through this book and through this book, bless your life.

## Sources and Inspirations

The reason this section says 'Sources and Inspirations' is because I did not really use many sources except for my own channeling and experiences. There are however quite a few sources that placed me on the road to learning more about Angels and that taught me to channel. I wanted to take the opportunity to acknowledge and thank these authors for the impact they had on my life.

The first book on Angels I ever read was 'Finding Your Guardian Angel' by Michael Howard. This book really fired my imagination when I read it seventeen years ago and it paved the way for much deeper explorations into the World of the Angels.

Two books from Diana Cooper really changed my way of looking at the world and kick started my investigations into Angels: 'A Little Light on Ascension' and 'Discover Atlantis'.

Oriah Mountain Dreamer's book 'The Invitation' has nothing to do with Angels but placed my feet on a road of personal and spiritual growth that had a great impact on my later work with the Angels. You can say her book started the healing process required for me to become fully empowered in my Angel work.

'Advanced Candle Magick' from Raymond Buckland created a base from which I seriously explored Candle Magick and it led to the creation of many of the Angel Rituals I wrote and used in later times.

I am aware that many of the areas I mention my Angels are working on will be similar to other sources but I have only included work that I, myself, channeled. I know a lot of the Angels are working in other areas according to other sources but I did not include these since they were not given to me directly.

## Disclaimer and Copyright

The author will take no responsibility for any disasters following the performance of any of the rituals in the book. It is assumed that the reader will take all normal safety measures in the use of burning candles and fire, that they will not ingest any herbs or oils and that they ascertain themselves of any possible allergic reactions before they apply any products directly to the skin. It is assumed that a reader will take every possible safety precaution before doing any of these rituals and that burning candles will not be left unsupervised.

The author can place no guarantees on the results of any of these rituals. They are all given in good faith based on personal experience and no responsibility will be taken for the results when the rituals or instructions are performed or followed by readers of this book. Everyone doing a ritual brings in their own energy and flavor and this will affect results.

This book is a work of non-fiction. Names have been changed where stories are told but the events are reality as perceived by the author and the people involved. Any resemblance to other actual persons, living or dead, or the events experienced by them is entirely coincidental.

This file is licensed for private individual entertainment only. The book contained herein constitutes a copyrighted work and may not be reproduced, stored in or introduced into an information retrieval system or transmitted in any form or by any means (electronical, mechanical, photographic, audio recording, or otherwise) for any reason (except for the uses permitted to the licensee by copyright law under terms of fair use) without the specific written permission of the author.