

How paying attention
can change your life...

To Commune with Angels

★★★★★

"Empowering! This
book changed my
life."

— Bernadette
Perres

Andrew Pacholyk MS LAc.
*author of Pearls of Light:
passion, poetry & positive
affirmations*

To Commune with Angels
by Andrew Pacholyk MS L.Ac
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The Hierarchy of Angels

As with everything in the Universe, there is an order. This includes the celestial realm. Found in different religious ideologies, the Hierarchy of Angels (somewhat) defines which angelic influences rule the "spheres" or "choirs", what their duties are and who they are in charge of. There are Seven Heavens and 9 spheres (choirs) of angels. Subdivided into three tiers, the **Seraphim choir** is the highest order and closest to heaven and God while the **Angel choir** is the furthest from heaven and closest to Earth.

One of the most influential figures in the history of early Christianity, was the 5th century theologian, Dionysius the Areopagite, sometimes called "Pseudo-Dionysius the Areopagite". Dionysius wrote **The Celestial Hierarchy**, which describes the three levels or spheres of angelic influence.

In the Old Testament, angels are mentioned at least 108 times and there were two orders of angels the Seraphim and Cherubim. In the New Testament, angels are mentioned 165 times and it is within this book that Saint Paul extended the number spheres or choirs by adding seven new orders bringing-the number to nine orders.

Thomas Aquinas was a great medieval theologian, and is known as the "Angelic Doctor" for his extensive writings on angels in his book, the Summa Theologica (written 1265 -1274). Thomas Aquinas believed that angels, being spiritual beings, influence mankind by illuminating one's mind with an idea. Quoting Scripture, he named 9 orders of angels in 3 groups:

FIRST SPHERE:

1. Seraphim

- **Isaiah 6:2** - These angels are closest to God. They are the highest order, level or choir of angels. They praise God and represent His love. They are the angels who are guardians before God's throne. They appear with six wings and are known as the "inflamers", entities of pure fire and light. They sing the sacred song of the angels, the Trisagion, "Holy, holy, holy". These angels include Seraphiel, Metatron, Michael, Jehoel, (Lucifer, before he fell).

2. Cherubim

- **Genesis 3:24 and Ezekiel 10:1-22** - The second highest in the hierarchy of angels, Cherubim are the intercessors of God. They symbolize God's power and intimate knowledge. In the New Testament, **Rev 4-6** they are considered celestial attendants in the Apocalypse. The Cherubim hold the energy of the sun, moon and stars. These angels include Gabriel, Raphael, Zophiel, Cherubiel, Ophaniel.

3. Thrones

- **Colossians 1:16** - Their name literally means throne or highly ornamented chair. Thrones are the angels of pure humility, peace and submission. They reside in the area of the Universe where

material form begins to materialize. These angels dispense God's divine will and judgment. The lower hierarchies of angels need the Thrones to gain access God. These angels include Orifiel, Japhakiel, Raziel, Baradiel, Zaphkie.

SECOND SPHERE:

4. Dominions

- **Colossians 1:16** - These are the angels of leadership, regulating the duties of the angels, making known the commands of God. They are angels of divine wisdom and powerful intuition. They are known for combining spiritual and material. They make order of the law of cause and effect. These angels include Zadkiel, Hasamael, Muriel, Zacharel.

5. Virtues

- **1 Peter 3:22** - This angelic level or choir of angels are considered the ones who govern and suspend the laws of nature. Known as the "**Brilliant or Shining Ones**", they provide courage, grace, and valor. They are the miracle workers who help people to strive for and go beyond what humans feel is impossible. They are nurturing and loving entities to people who try to help, enlighten and show others harmony. The Virtues are known as the **spirits of motion**. These angels include Uriel, Uzziel, Haniel, Michael, Cassiel, Babel, Gabriel, Peuel.

6. Powers

- **Colossians 1:16** - The Warrior Angels or **Potentates** as they are called, fight and protect against evil defending the heavens and humans. They fight against demons who attempt to overthrow the world, controlling the border between heaven and earth. They are the angels of death and rebirth who guard the path to heaven and guide lost souls back onto the path. These are the angels who guard and protect the **Book of Life** (which is known as the **Akashic Record**). *Akasha* in Sanskrit, means **planetary record cell**. These soul records exist beyond time and space and contain information on "**all that was, is and shall be**". It is the collective consciousness of the entire cosmos. These angels include Raphael, Chamuel, Camael, Ertosi, Verchiel, Samael.

THIRD SPHERE:

7. Principalities

- **Colossians 1:16** - These angels are considered the **Guardians of Nations**. They oversee groups of people, nations, cities and towns. They are the guardians of sacred sites on Earth. They assist in guiding religions and religious leaders to the path of truth. They are the caretakers of the archangels and guardian angels below them. These angels include Uriel, Anael, Haniel, Michael, Raquel, Cerviel, Raphael, Gabriel, Remiel

8. Archangels

- **1 Thessalonians 4:16** - These angels are generally known as the "chief or leading angels" **Jude 9; 1 Thes 4:16**). They are the most frequently mentioned angels in the Bible. The Archangels have a unique role as God's messenger to the people at critical times in history and salvation (**Tb 12:6, 15; Jn 5:4; Rv 12:7-9**). Feast days celebrate the Archangels accomplishments and designate a day for honor and remembrance. A particular part of the Byzantine Liturgy invokes the Cherubic Hymn, which celebrates these Archangels and the guardian angels, as well. These angels include Michael, Raphael, Gabriel, Jofiel, Zadquiel, Chamuel and Uriel.

9. Angels

- **Throughout the Bible from Genesis to Revelation**, these angels are closest to the material world and act as our personal guardian. They have the task of nurturing, counseling, and healing us. They deliver the prayers to God and messages to humans. Angels bring cosmic joy, happiness, peace, courage, beauty and love into our lives. They guide us in faith, freedom and belief. They are the most caring and assist those who ask for help. These are the many references to angels and their purpose from almost every religious lexicon on earth. Their names are varied and plentiful.



Bringing Angels Into Your Life

Angels come in all forms! From winged guardian, mysterious stranger, helpful neighbor or benevolent animal to angelic guides and protectors. Angels come to us through dreams, in person, on a breeze or even through a strain of music. Angels find a way to appear, where they are needed most. **Do you recognize them?** As I was writing this, I started to truly realize just how often, an angel had interceded on my behalf, showed up during struggles in my life or even surrounding me in the form of statues, wall hangings and candles in my home! All it takes to notice their support is to become more aware of their presence.

Learning to work with angels gives you the ability to connect with an inexhaustible source of light and energy, which can be used to induce a healing effect. Anyone can gain access to this energy by means of an attunement process (the process of becoming more aware and conscious).

Consider these suggestions for bringing angels into your life:

Raise your awareness

1. **Life is in the present moment.** How often are you physically doing something in the moment, yet your mind is already somewhere else.... three steps ahead of you... thinking about what you will say in your next meeting, what you will do after work or even what's for dinner? ...completely ignoring the present moment, you are missing! **Most of us don't undertake our thoughts in awareness.** Rather, our thoughts control us. As biomedical scientist, Kabat-Zinn puts it, learning to "rest in stillness, that is - to stop doing and focus on **just being** in the moment." We need to live more in the moment. Living in the moment, also called, **mindfulness** is a state of active, open, **intentional attention** on the present.

Raise awareness by raising your vibration

2. Mindfulness reduces stress, boosts immune functioning, reduces chronic pain, lowers blood pressure, and helps patients cope with dis-ease. By alleviating stress, spending a few minutes a day actively focusing on living in the moment reduces that risk of dis-ease. Vibrational medicine, which validates that everything in the Universe is in a state of vibration and the frequency at which an object or person most naturally vibrates is called **resonance**. Energy medicine is based on the idea that all illness or dis-ease is characterized by blockage in the channels on some level, either in the nadis, meridians, arteries, veins, or nerves. When there is a blockage, the organ in question stops vibrating at a healthy frequency and therefore, it results in some kind of illness.

Vibrational Medicine

The human ear can detect a minimal range of vibration between 20 to 20,000 cycles per second (cps) or Hertz (Hz). A standard measure of frequency is Hertz, abbreviated Hz. It means "cycles per second." Compare this to the vibrations dolphins or even mice can detect, which is up to 100,000 (cps) and you realize how much more of our "Universal Symphony" we are missing out on. Vibrational medicine, which validates that everything in the Universe is in a state of vibration and the frequency at which an object or person most naturally vibrates is called resonance.

The rate at which something vibrates, determines how dense it is and how we perceive it to be.

Therefore, different things vibrate at different rates or frequencies. These things can be perceived as sound, light or color or solid matter. There is even a "hum" to the Earth. Known as the **Schumann Resonance**, the lowest-frequency (and highest-intensity) mode of the Schumann resonance is at a frequency of approximately 7.8 Hz. This particular frequency just so happens to be associated with the Alpha waves in our brain, which are most associated with our meditative state. "When your alpha is within normal ranges we tend to also experience good moods, see the world truthfully, and have a sense of calmness. You can increase alpha by closing your eyes or deep breathing or decrease alpha by thinking or calculating. Want to know more about the Schumann Resonance?"

The human energy field is a symphony of sound, frequencies and energetic matter. From our auric field and Chakra centers, bones, and organs in the body, all possess a different resonant frequency. When an organ or part of the body is vibrating out of tune or non-harmoniously, it is called "dis ease" or disease. A body is in a healthy state of being when each cell, each organ creates a resonance that is in harmony with the whole being.

Vibrational medicine is based on the idea that all illness or disease is characterized by blockage in the channels on some level, either in nadis, meridians, arteries, veins, or nerves. When there is a blockage, the organ in question stops vibrating at a healthy frequency and thus it results in some kind of illness. So, through sound and light, one can break up, dissolve and release these blockages that initiate in our light or etheric body. Ultra sound has been used medically for almost two decades as a diagnostic tool by pediatricians while the baby is in the very early stages of fetal development. More recently, ultrasound is being used to cleanse clogged arteries. Ultrasound works on the same principle of light equals sound and tone equals radiance manifesting in form.

Engage the three D's

3. Often, we are distracted by the clutter around us. Either it is a home or office cluttered with debris, a body that you treat less like a temple and more like a garbage dump or your mind is bombarded with toxic beliefs or toxic people that simply do nothing but slowly poison you throughout your life!

A). **Decluttering your life.** From your surroundings to your thoughts. A mind with clarity is a mind free to function at its optimum level.

Decluttering Your Life

The first lesson is to start small!

- Start with your desk, a closet, or one room. It is easy to get overwhelmed when decluttering. Do not allow it.

1. I love to clear the space of everything.

- Take a look at the empty space. Remember when this last occurred? How do you feel in this space now?

2. Take a look at the items you removed.

- One by one, look over each and every item. Do you absolutely love it? How does it serve you? Is there an emotional attachment to it? Is it a good one or a bad one?

3. Items with bad emotions connected to them

- or items you do not absolutely love or serve you, get rid of them now!

4. The items that you do love, why do you love them so?

- How well do they serve you or play a particular purpose? If you save it, find a great place for it, where it will do the most good.

5. Make a pile, box or space for all the items you do not need, want or do not serve you.

- You can separate them into smaller piles to give them away, gift them or sell them. Throw out the items you wish to discard ASAP. There is an amazing feeling attached to an item (or emotion) we let go of!!

6. Note on giving or gifting items:

- Charities such as the Salvation Army, shelters or churches are usually very happy to take the items you wish to give them. They usually prefer clothes to be cleaned or dry cleaned.
- The items you decide to gift should be something very special to a specific person who you feel would really love the item or could really benefit from it. Do not just gift it to get rid of it. It is better to just throw it out if you cannot find an appropriate outlet for it!

7. The power of letting go offers the possibility of two types of peace:

- peace of mind -- the potential healing of old emotional connections, wounds, or a clearer consciousness and...

- peace with others -- the possibility of new, more gratifying relationships in the future.

8. It takes no strength to let go. . . only courage.

- Life either expands or contracts in direct proportion to your courage to let go.

9. By giving this fear up to the Universe to handle...

- you are essentially allowing yourself to let go and release this fear, and in turn, strip away any kind of meaning or significance it may have upon you.

10. **By letting go**, this allows us to move to the next level in our lives, the next natural process. Often times, this is a fear in itself.

- The fear of "what will happen when I DO move to my next stage in life?" Remember, feeling protected always comes by letting go of that fear.

Meanings and Colors of the Ba Gua		
wealth abundance fortunate blessings your ability to receive	fame your reputation what you are famous (or infamous) for	relationships marriage partnerships the feminine your mother
family new beginnings your ability to initiate your health	health & balance whatever happens here affects the entire home	children & creativity your children conception your ability to complete things
self-understanding knowledge learning your spiritual life self-awareness	career your life path communication social connections wisdom	helpful friends & travel benefactors support network the masculine your father
(align this side with the main entry)		

B). Detoxing the toxins. Raising the consciousness in order for you to be more in tune with your higher spiritual self, starts from the temple within. Clear the channels and create a healthier you. Remove the blockage in order for you to move through your life more freely.

Detoxification is a process that occurs within our bodies on a natural and continuous basis. Detoxifying is the process of releasing accumulated toxins and waste products that build up throughout our system. From birth, we are bombarded by toxins, externally from environmental sources and internally, our organs give off waste products that accumulate in our body. Imbalanced emotions also play a part in polluting our system with excess chemicals such as free radicals, homocysteine and cortisol. Detoxifying is, in many ways, an easy process. Our body does much of the detoxification process through urination, defecation and perspiration. As our bodies age and our immune systems weaken from illness, poor diet and/or addictive substances,

we sometimes need to give our system an extra helping hand. That is why conscious detoxing is a great way back to optimum health. For some, counting on a few cups of coffee, having a cigarette, drinking excessive alcohol or doing recreational drugs has become a familiar habit. Between all the medications, refined foods, additives, alcohol, pesticides and other chemicals we are exposed to in the environment, the ability of our systems to adapt and detoxify can become challenged.

Symptoms such as frequent or reoccurring colds, feeling heavy, sluggish or tired, poor skin, acne or other related skin problems, allergies, a thick, coated tongue, bad breath, headache, and feelings of gas and being bloated after meals may indicate problems in the body's functionality and it's ability to process, digest and excrete properly. These vague symptoms that are often overlooked tend to be the results of a congested and sluggish body system.

Exposure or toxicity to food additives, solvents, pesticides, herbicides and other toxic chemicals can cause a number of psychological and neurological symptoms. Toxins produced by bacteria in the gut can be absorbed, causing significant disruption of body functions. Toxins that the body are unable to eliminate build up in the tissues, typically in our fat stores.

One of the best ways to start your detoxification is with the body's biggest organ, the SKIN. A detox diet strengthens the organs involved in detoxification and releases stored toxins, expelling them through the organs of elimination: the skin, as well as the intestines, liver, lungs, kidneys, and lymphatic system.

Detox Self Test

1. Do you have 1 bowl movement or less everyday? (yes = 1/no = 0)
2. Do you take prescription, recreational or over the counter drugs? (yes = 1/no = 0)
3. Do you eat meat more than twice a week? (yes = 1/no = 0)
4. Do you eat fast or processed food? (yes = 1/no = 0)
5. Ever smoked or exposed to excess second hand smoke? (yes = 1/no = 0)
6. Do you have any skin problems, digestion or gas/bloating? (yes = 1/no = 0)
7. Do you drink alcohol? (yes = 1/no = 0)
8. Do you live in a major city? (yes = 1/no = 0)
9. Do you drink tap water, coffee or soda? (yes = 1/no = 0)
10. Do you feel fatigued; have low energy or poor sleeping habits? (yes = 1/no = 0)

Total Score _____ (A score of 4 or higher may indicate that you need a cleansing, detox program).

Adopting A Healthy (Detoxing) Lifestyle

1. Eating a diet that focuses on fresh vegetables and fruits, legumes, nuts and seeds and whole grains are extremely important.
2. Regular exercise, which gets your body moving and sweating.
3. Quality sleep, where you do not have trouble falling asleep, staying asleep and wake feeling rested.
4. Avoiding drugs and excessive alcohol. The problem is not only illegal substances like cocaine, heroin and marijuana, but we are solicited constantly by legal substances that pollute the body such as habit forming sleeping pills, excessive antibiotics that destroy not only the bad bacteria, but the healthy bacterial flora and the constant ads for alcohol.
5. Nutritional and herbal supplements to protect and enhance liver function, the kidneys ability to process and the digestive system's regularity,(discussed below).
6. Improving our mental/emotional process by stopping the mental chatter, approving and accepting ourselves and losing the emotional baggage that drags us down.
7. Taking a spiritual approach by looking beyond the little things that get in the way and accepting and trusting the "Universal Power" or energy to guide you. Take a look at the big picture!
8. Decluttering the toxic waste around you including the clutter in your home/office, the friends or loved ones that poison your thoughts and actions and the environment that is making you sick.
9. Knowing that YOU are in control of your life.
10. That you have the power to do something about that will make a change.

Managing Your Detox: Top 10 Tips for Detoxing

1. Eating a diet that focuses on fresh vegetables and fruits.
2. Eat whole grains, legumes, nuts and seeds.
3. Adopt a healthy lifestyle including regular exercise.
4. Avoiding drugs and excessive alcohol.
5. Taking a high potency multiple vitamin and mineral supplement.

6. Take nutritional/herbal supplements to protect and enhance organ functions.
7. Fasting is one of the quickest ways to increase elimination of waste and enhance the healing process of the body.
8. Go on a three day fast, four times per year (fasting at the change of the seasons is a good rule to remember).
9. Take care of your skin and know your skin type.
10. Consider a self-empowering affirmation to clear your mind.

C). Discard old beliefs. A belief system that serves us well, is a belief in unlimited abundance, a deserving, humble nature with room to understand that, which serves the common good. Sometimes, it is necessary to reinvent our belief system and redefine our values so that we can see clearer and be able to achieve the fulfilling life that we desire.

A belief system that serves us well is a belief in unlimited abundance, a deserving and humble nature and room to understand that, which serves the common good. Our belief system is made up of a set of core values, which we tend to base everything we do, say, or believe in. As part of our healing process, we take our beliefs as our ultimate truth and often do not sway from them. Sometimes, it is necessary to reinvent our belief system and redefine our values so that we can see clearer and be able to achieve the fulfilling life that we desire. Consider these suggestions for creating a healthy belief system that serves you:

- 1. Start by allowing abundance into your life:** There are no limits except for those we impose on ourselves. Believing you cannot have what you want in your life, is a self-destructive and disparaging idea that you create yourself.
- 2. Use the words "unlimited possibilities":** This is your mantra. I have, I desire, I believe in..."unlimited possibilities". Abundance is a long lasting, enduring enjoyment of life. It is being in love with living.
- 3. Understand that you are deserving:** No, it is not your "karma", not your "lot in life", not "what you deserve"... we are ALL deserving. You deserve all that the Universe is able to give, and these are "endless possibilities".
- 4. Improve your self-esteem:** We can all seek to improve ourselves. It is time you became committed to truly loving and appreciating yourself and who you are. Take a minute to look at your individualism. Honor who you are. Honor what it took to get you there. Chest up and get moving!
- 5. Improve feelings of self-hate** arising out of guilt: Is it possible that your guilty feelings are excessive; your self-hate is an overreaction? Yes. Look back at the cause of this belief. Who are

you really punishing here? Re-evaluate your situation. Stop the self-punishment and forgive yourself....and others. It serves only to wear you down.

6. Look at your negative beliefs: What is standing in your way? Is it issues around love, money, health? Take a look at these issues on an individual basis. Remove the question from the situation. Does it really have value? What is the true connection between you and this belief?

7. Are you general happy?: If so, make a list of 10 things that bring you happiness! If you believe you are not, make a list of 5 things that do not. Evaluate these 5 items of unhappiness. Each has a solution that you are going to solve!

8. Perhaps there is a current belief that no longer serves you: have the courage and the strength to seek the truth. Allow yourself to let go of an old, hurtful or useless idea or concept that does you no good. Allow yourself. Let it go.

9. Search for meaning by reading and reflection: The search itself will help restore a degree of sense and purpose to existence.

10. Some important values: about your belief system includes giving, sharing, accepting compliments and recognizing new beginnings.

Living in the moment helps you notice the presence of angels

4. By clearing out the road blocks in and around you, you are more able to be present and at your optimum for seeing an angel when they make themselves known. Your ability to be more receptive will be recognized. Your insight and awareness of your surroundings will be more open and inviting and your mind and its resources will be mentally available to honor and accept your angels with grace and humility.

Staying in the Moment: A Six-Step Guide

In our fast-paced world, staying in the moment can feel like an impossible task. With an endless array of distractions and responsibilities, our minds are often pulled in numerous directions, making it difficult to stay focused on the here and now. However, learning to stay present can significantly enhance our mental health, productivity, and overall satisfaction with life. This article outlines six practical steps to harness the power of the present moment and provides examples for each step.

Step 1: Grounding

The first step to staying in the moment is grounding. This involves consciously shifting your focus to your physical surroundings and bodily sensations. For example, when you're walking, pay attention to the feeling of your feet hitting the ground, the rhythm of your breath, or the sensation of the wind on your skin. These sensory details can anchor your attention in the present moment, helping you feel more connected and less distracted.

Step 2: Mindfulness Meditation

Mindfulness meditation is a practice designed to cultivate presence. This involves setting aside dedicated time to sit quietly, focusing your attention on your breath, thoughts, or physical sensations without judgment. For instance, if you're meditating and your mind begins to wander, instead of becoming frustrated, gently guide your focus back to your breath. Over time, mindfulness meditation can train your brain to stay in the moment more effectively.

Step 3: Non-Judgmental Observation

Often, we're pulled out of the present moment by judgments about what we're experiencing. To counter this, practice observing your thoughts and feelings without labeling them as "good" or "bad." For example, if you find yourself feeling anxious, instead of trying to push the feeling away, simply acknowledge it: "I am feeling anxious." This acceptance can reduce the power of negative emotions and help you stay centered in the present.

Step 4: Mindful Eating

Mindful eating is a great way to practice staying in the moment. This involves paying full attention to the experience of eating, savoring the flavors, textures, and smells of your food. For example, when eating an apple, notice the crispness of its skin, the sweetness of its flesh, the sound it makes when you bite into it. This focus can enhance your enjoyment of food and make meals a time for mindfulness.

Step 5: Single-Tasking

In our multi-tasking culture, focusing on one task at a time can be a powerful way to stay present. Instead of juggling multiple tasks, dedicate your attention to one thing, whether it's writing a report, washing dishes, or talking to a friend. For example, if you're working on a project, switch off your phone notifications and concentrate solely on the task at hand. This focus can enhance your productivity and make your work more enjoyable.

Step 6: Regular Check-Ins

Finally, regular check-ins with yourself can help maintain your focus on the present. This might involve setting a reminder to take a few deep breaths every hour, or taking a moment to notice your surroundings and how you're feeling. For example, if you're working at your desk, pause every so often to stretch, look out the window, or take a sip of water. These small actions can serve as anchors, pulling you back into the present moment.

In conclusion, staying in the moment is a skill that can be cultivated with practice. By grounding yourself, practicing mindfulness meditation, observing without judgment, eating mindfully, single-tasking, and checking in with yourself regularly, you can train your brain to stay focused on the present, enhancing your mental well-being and making your day-to-day life more fulfilling.

Connecting with Angels



Angels are the servers of God. Messengers sent to do his will and his bidding. Angels are energy bodies that are the **reflection of the perfection** of God. They are unlike humans, in that they do not have **free will** but merely answer God's call. Angels are not sent to interfere with our own free will. So when we call to connect with an angel, it is essential to know this, in order to cause no harm or interrupt anyone else's life plan.

1. **Ask for help** -" It is with great humility that I ask for your assistance"

Asking for help was always difficult for me. In the past, I would feel that I was imposing myself on someone, when I asked for help. I felt I was not worthy to ask or did not I discovered that most people are very willing to help deserve it. As I gained self-esteem, I gained the trust in knowing, "it didn't hurt to ask." The answer could go one of two ways - either yes or no.. It is the same with asking an angel for assistance. Angels are bound by the **Cosmic Law or natural laws of the Universe**. It is therefore, within their nature to want to help! **Now define what you want** and ask the Universe for it. This is where you need to get clear on what it is you want to create and visualize what you want, as being as "real" as possible. **Remember**, you are able to ask angels at any time for assistance and in return, you open yourself up to the greater opportunity to receive from them.

Angelic Lesson: Understand the ways of the **Cosmic Law or natural laws of the Universe**.

The 7 Natural Laws of the Universe

by Deepak Chopra.

Author of The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams

The Law of Attraction is just part of **one of the 7 natural laws of the Universe**: the Law of Vibration. Of the 7 Laws, it may be the most important in how our everyday lives play out, but all of the laws are in effect whether we are aware of them or not. Knowing what the 7 laws are and how they work can make a significant difference in applying them to create the life you truly desire. The 7 natural laws are in no

particular order, but since the Law of Attraction has been discussed so much in The Secret, we'll start with it.

The Law of Vibration states that everything vibrates and nothing rests. Vibrations of the same frequency resonate with each other, so like attracts like energy. Everything is energy, including your thoughts. Consistently focusing on a particular thought or idea attracts its vibrational match. How to apply it: Focus on what you want instead of what you don't want.

The Law of Relativity states that nothing is what it is until you relate it to something. Point of view is determined by what the observer is relating to. The nature, value, or quality of something can only be measured in relation to another object. How to apply it: Practice relating your situation to something worse than yours, and you will feel good about where you are.

The Law of Cause and Effect states that for every action, there is an equal and opposite reaction. Every cause has an effect, and every effect has a cause. Be at cause for what you desire, and you will get the effect. All thought is creative, so be careful what you wish for... you will get it. How to apply it: Consistently think and act on what you desire to be effective at getting it.

The Law of Polarity states that everything has an opposite. Hot-Cold, Light-Dark, Up-Down, Good-Bad. In the absence of that which you are not, that which you are... is not. Polar opposites make existence possible. If what you are not didn't coexist with what you are, then what you are could not be. Therefore, do not condemn or criticize what you are not or what you don't want. How to apply it: Look for the good in people and situations. What you focus on, you make bigger in your life.

The Law of Rhythm states that everything has a natural cycle. The tides go in and back out, night follows day, and life regenerates itself. We all have good times and bad times, but nothing stays the same. Change is constant. Knowing that "This too shall pass" is great wisdom about life's ebb and flow. How to apply it: When you are on a down swing, know that things will get better. Think of the good times that are coming.

The Law of Gestation states that everything takes time to manifest. All things have a beginning and grow into form as more energy is added to it. Thoughts are like seeds planted in our fertile minds that bloom into our physical experience if we have nourished them. How to apply it: Stay focused and know that your goals will become reality when the time is right.

The Law of Transmutation states that energy moves in and out of physical form. Your thoughts are creative energy. The more you focus your thinking on what you desire, the more you harness your creative power to move that energy into results in your life. The Universe organizes itself according to your thoughts. How to apply it: Put your energy and effort, your thoughts and actions into attracting what you desire, and you will surely attract the physical manifestation of that energy.

The 7 Natural Laws of the Universe are working with you and for you. Take charge of your life by focusing on what you want, and by law, you will have it.



2. **Believe** - I am worthy to ask for help without consequence.

I realized first hand, that my **self-esteem** had everything to do with my ability to feel worthy to ask for something! Once we ask, it is up to us to believe. We need to feel and behave as if our prayer is on its way. Focus your thoughts and your language on what it is you want to attract. You want to feel the emotion of really "knowing" that your intention is on its way to you.

Remember, it is necessary to trust in the process. You have to believe that the outcome is for your greater good. Angelic prayers are always answered. It is important that you release any and all expectations as to **how your prayer will be answered**. Be ready to receive the gift your angels have prepared for you with gratitude and humility.

Angelic Lesson: Learn techniques for better self-esteem through the **honor myself checklist**.

The Self-Esteem Series: The "Honor Myself" Check List

by Andrew Pacholyk, MS, L.Ac.

Our Goal this week will be to promote self-worth and promote body awareness. Identity work to raise consciousness. Build self- confidence. Improve our ego, self-esteem, emotional balance and strengthen our positive personality traits. We will allow ourselves to see all the beauty our eyes touch.

Self-esteem issues are different in different people. Although you may feel great about yourself in one area of your life, you may be extremely down on yourself in another. Welcome to the world. We can all seek to improve ourselves. It is time you became committed to truly loving and appreciating yourself and who you are.

1. Walk with your head up - do not look down. Keep your eyes even with the horizon. Tell everyone who you are with your eyes.

Affirmation: I keep my head up high. I choose to be a very loving, humble, secure me.

2. Stay positive, patient and keep your temper in check - Breathe. Think of positive thoughts and seek the sunny side of every situation. Avoid getting extremely angry and flying off the handle.

Affirmation: I am calm, cool, collected. Nothing, absolutely nothing bothers me.

3. Stop taking things personally - guess what, it is not all about you. Everyone is not against you and they are not ganging up on you either.

Affirmation: It is not about me. I rise above all that is in my way. I soar free and independent of that, which is around me.

4. Stop playing it safe - It is time to be a risk taker. The worse thing that could happen is that you fall on your face. So what. And your point is? If you do not go out on a limb sometimes, you will continually be ruled by your fear.

Affirmation: I honor all that I am. I deserve the best. I am the best.

5. No more hiding - Your lack of belief in yourself may want to keep you hidden away behind closed doors and from reality. Get out there. Meet and greet. You never know who you will meet. Make it a challenge. You just might meet your next employer, love of your life or bridge partner.

Affirmation: I am powerful and brave. I know we are all in the same situations. We share the same consciousness. I will be the better person and take my place in the world.

6. Change your vocabulary - NOW. Words and phrases like: "I can't", "It figures", "Just my luck", "I'm only human", "I should have", "Life sucks" or "It's impossible"... should never cross your lips...again.

Affirmation: I can, I'm so lucky, I'm so fortunate, I will, I'm deserving, It's possible, I love my life.

7. Limit the apologizing and drop the guilty - Enough already. You have nothing to be guilty of. Nothing. Continuous apologizing not only is annoying to hear, it shows that you are not grounded and can not find your comfort in your own skin.

Affirmation: I am guilt free. I have nothing to be guilty about. No more excuses or apologies.

8. Make direct eye contact - make it every time with someone... and keep it. Looking down or looking away only shows how insecure you are. You have nothing to be insecure about and everything to be sure of.

Affirmation: There is nothing more beautiful, than a confident person.

9. Accept a compliment - with praise and graciousness. They are not often given out. Take them with pride and honor. Be happy that someone has found their own security enough to give one to you. Show them how secure you are, by thanking them.

Affirmation: I appreciate a compliment. I deserve a compliment. I am grateful.

10. Less taking and more giving - shows you are confident that what you have to give is worth something. The more we take, the more we think we deserve, the more we feed into our poor sense of self.

Affirmation: I am happy to give my time, my love and my charity to all who need it.

3. **Receive the message** - "It is with great humility and compassion that I accept this gift".

Can you accept help when it is offered? The concept of "receiving" can be difficult for some people, for several reasons. They either do not feel worthy enough to receive, they feel there is a "catch" or obligation if they do receive or they feel their boundaries are compromised.

Turn the mirror on you. It is our right to receive compliments or gifts from others. I enjoy giving. Whether it is a compliment or a gift, I see how much pleasure and joy I feel when I give or did things for others out of pure love for them. I have also seen where a gift or compliment has been either refused or minimized because the receiver felt uncomfortable with receiving (as I have sometimes done to others). When they did minimize the compliment or gift, it diffused my enjoyment of giving. I realized what it felt like, when I did this to others who had tried to help me or give me something of themselves. That was really a wake-up call. I had not allowed them to feel their own joy or happiness. **Remember**, the more receptive you are, the more angels are able to give to you. Make it a point to **graciously receive** any gift from your angel, other people or the Universe. Whether it be an offer to help, listen, a compliment, condolences or an offer to pay or have something repaired.

Angelic Lesson: Learn to receive with **humble gratitude**.

The Gratitude Project

by Andrew Pacholyk, MS, L.Ac.

This is a self-awareness exercise. I started this in my practice in New York City over 10 years ago. It has always been an offering to my patients who come in during the week of Thanksgiving for treatment. I would ask them to take home this handout and to fill it out in their private time. If they were interested in doing a little self-attunement exercise, this would be the ideal time, as we can be more conscious of the benefits we receive in our lives.

At this time in my life, things maybe going great or they may not be the best. Regardless, TODAY I am grateful for:

1. _____

My life is full of hidden blessings. I will name three of them I may have forgotten:

1. _____

2. _____
3. _____

I was able to eat today. I am thankful to have food to eat today because:

1. _____

I woke up in good health today. I am so grateful for this because:

1. _____
- _____
- _____

I may not have woken up in the best state of health today, yet I cannot be more thankful because:

1. _____
- _____
- _____

I am most grateful for three people in my life. Who are they and why?

1. _____
- _____
2. _____
- _____
3. _____
- _____

There has always been a song or piece of music in my life that I have been very grateful for because:

Name of song: _____

1. _____
- _____
- _____

I have command of my senses today. I am eternally grateful for each one of them, as there are some who do not have the ability to use them. I am grateful for each one of them in this way:

Sight: _____

Hearing: _____

Taste: _____

Touch: _____

Smell: _____

My happiness depends on:

The path of my life depends on:

My choices determine my:

4. Act on the message - "When the door opens, step through it".

After receiving a message, accept what you have been shown and act on it in order to bring it to fruition. You have been given a golden opportunity to bring positive change into your life. The message maybe exactly what you asked for or it maybe a variation of it (in some way, shape or form). It is up to you to pay attention and recognize the gift you have just been given! If you are having difficulty with the outcome, ask the angels to help you to understand your message.

Interpreting a message takes an open heart, a handful of patience and a clear way to approach the results. **Remember**, the faster you act, the faster you receive more assistance.

Angelic Lesson: Learn to **trust and honor yourself with healing**.

The Belief In Ourselves and Healing

With the ability to believe, you can accomplish nearly **anything**! The more you **believe in yourself**, the more you will definitely accomplish. When we face situations that are near physical or mental impossibilities, then it is **our belief system**, or belief in ourselves, that determines **IF** it is possible. Our body and minds are stronger and more complex than most people think. **We are capable of much more**. People place **too many limits** on what they can do. Learning to believe in yourself and your abilities is a hard job that never ends. Although, it does get easier with time. You need to start pushing yourself. Attempting things that are just outside your ability.

I know, your saying to yourself, "I push myself," or "I do my best," and yes, that is very important, but you have to believe you can go past your limits. By putting in the time and effort you **WILL succeed**. As you succeed, your confidence will grow. The trick to this is, every time you reach what you believe is your limit, remind yourself that **you can do more**. Always assume that you can do more than you already have accomplished. One of the best things about expanding your limits, is that things that used to be impossible, can now be apart of your everyday life! By building the belief in your ability, you can accomplish anything in life. Try it!

***Our outlook** on life tells us exactly where we are going!

* **Our Belief System** is one of the major factors that can get us through situations or can cause our life to crumble around us! I do believe that there is a lot of innate goodness and balancing our minds do subconsciously to get us through hard times. The other portion of this is how we "program" ourselves to deal with any given situation.

* **Our self-confidence and self-love** are often the key to opening and strengthening this portion of our thoughts which in turn emanates from ourselves!

* **Energy follows thought**. Program thought to be positive and your energy will reflect it!

* **Really appreciating** what we DO have as opposed to what we would like to have, sometimes makes a significant difference. This is always an important element in healing that is often neglected.



5. Relax and Release - "You've done all you could do... now, let go and let God".

After acting on your angelic message, it is important to then accept how it transforms. You have put your greatest intentions out for your angel to hear. You have received your message and have used the message to bring about positive change in your life. Now let it go. Trust that the Universe will provide the rest! Allow for your message and your actions to unfold and manifest. By allowing yourself to be open to ANYTHING that is new to you and giving it a chance, you can find your life going in the direction of new adventures and endless possibilities! **Remember**, when you let go of an outcome (expectations), you get back what you put out, 10 fold.

Angelic Lesson: Learn how **letting go**, really transforms your life!

No Expectations, Endless Possibilities

We expect things in life. We expect things to be as they were in our childhood, the way we were brought up. We expect things to be the way we want them to be, the way we feel things should be. We expect things to be the way we want them to be in our love life, our careers, our families, our vacations and our relationship with others.

"The greater you expect things to be, the harder it is to deal with things that do not go your way!"

Already, I can sense resistance! Having no expectations is one of the greatest lessons we can learn. This is not an easy concept to wrap your mind around. In my practice, I see this everyday:

The 30 year old female who gives up other interests, activities, and friends, now that she is in this new relationship. She is expecting that each new relationship is "the one." She feels incomplete without a relationship and she is expecting that he will change into the man she wants him to be.

The 75 year old grandmother, who expects her children and grandchildren to all be with her on every single holiday.

The 23 year old college grad who expects to have all the computer companies knocking at his door to employ him because he was at the top of his graduating class.

Are you ready to forget about what you think you want, and learn more about the endless possibilities that are available to you?

1. Allow change to happen freely.
2. Let go of old ideas.
3. Embrace new ideas, no matter how different they are from yours.
4. Conflicting thoughts are not a threat. They can be a window of opportunity.
5. Go into EVERY situation with an open mind.
6. Follow a new idea or opportunity where IT leads you, NOT where you want it to go.
7. Take a new situation, one day at a time.
8. Be available mentally, emotionally, spiritually for an approach that may be different than yours.
9. Find the positive in EVERY situation that is presented to you. Why was this situation brought to me?
10. Learn the lesson the Universe is tossing your way.

Progress is not possible unless people embrace new ideas, mind sets, skills and expectations to match the opportunities afforded by the introduction of something new to them!

By allowing yourself to be open to ANYTHING that is new to you and giving it a chance, you can find your life going in the direction of new adventures and endless possibilities!

Try it today!



Tools To Connect With Angels

First and foremost, angels are found within our own hearts. The heart that seeks peace within, can find angels anywhere. Tools can be used to bring more awareness and open us up to greater possibilities of understanding, love and truth. Here are ways to become attune to your angel consciousness:

1. **Breathing**: Aligning your energies through your breath is life essential! Air is the primary exchange of electrons and flow of energy. It is so important that you breathe without thinking. Your breathing is the voice of your spirit. It's depth, smoothness, sound, and rate reflect your emotional mood. If you **become aware of your breath and breathe** the way you do when you are calm, you will become more in tune to the rhythm of nature around you. Practicing regular, mindful breathing can be connecting and energizing. It can bring us back to our center of peace and make us aware of the angel within.
2. **Meditating**: Angel meditations can help bring about peace, guidance, love, cleansing and healing. Meditating for angelic assistance can start by closing your eyes and allowing to "be with yourself". It can bring more self-awareness and inner peace. Try closing your eyes and taking some deep breaths. This is the perfect start to connecting with your guardian angel, your body and the environment around you.
3. **Herbs**: Using herbs and herbal remedies to connect with angels can be a powerful approach to healing body, mind and spirit. Herbs can be used in many forms, (teas, oils, decoctions) to address a whole host of issues in our lives. Herbs such as rose, lavender, olive leaf, angel's breath... all have an association with angels and are just a few of the many gifts nature provides.
4. **Crystals**: are often used for clearing your mind, helping with emotional awareness, meditation and energy therapies. The crystals we chose often give us the insight as to what we need on a angelic-emotional level. Even their names are somehow associated with a higher vibration due to their mineral make-up.
5. **Scents**: trigger the power of memories and brings back the familiar. When we are seeking out our angels, the use of aromatherapy essence can recall a particular association. These essential oils can restore balance, encourage spiritual contact and harmony to your body and to your life.
6. **Journaling**: is a fantastic way to bring about change. It is a written account of your joys, hopes and struggles. It allows you to express yourself outwardly, as well as being able to create your future. Journaling helps you to open up and encourage the process of growth through the help of your angels, spirit guides or archangels.
7. **Music**: Angels have been known to come to us through dreams, in person, or even through a strain of music. You could surely think of some musical associations in this moment, that bring

you closer to the heavenly realm. There have been thousands of songs and incantations written for angels and to encourage their presence.

8. Affirmations: are a positive word, empowering expression or term to guide us and give us reassurance. Asking our angels to help reinforce our words, can be part of the process. Saying affirmations out loud, affirms the truth. Saying them to a mirror is also a great tool, for it makes us look at ourselves in a re-affirming way. Affirmations are about "energy following thought".

9. Light/Color: Angels have always had an association to the light because they are beings of energy or light. Streams of sunlight, colors in a rainbow and the visible light spectrum have always had a healing effect by calming your mind, soothing your nervous system, creating a sense of serenity.

10. Praying: brings us in direct contact with our higher power! The talking and expressing of our feelings, hopes and aspirations can be one of the most rewarding and centering actions we can do for ourselves and others. Our prayers to God, encourage the call to our angels for heavenly guidance and assist us in our lives when and where we need it most.



Signs that Angels are near

Feathers: may be the ultimate angelic sign. Although feathers come in all different sizes and colors, they're amazing signs because they're directly connected with the thought, prayer, or question that you had in mind. Rarely will you find one left by the angels without knowing what it means. Either you'll come across it while thinking about something or you'll immediately sense the association upon finding it. The angels will bring you feathers and other signs in a way tailor-made to your own level of faith.

Clouds: are heavenly bodies of moisture, hovering above us like protective angels as they float around our world. Angels love to use these natural wonders to show us signs because they can be shaped in any fashion and are spectacular to look at. Clouds are one of the most common ways that we receive "I love you" messages from Heaven. The angels' clouds are physical signs that they're with us around the clock.

Music: The angels often send their messages through the sound and power of music. It seems that almost everywhere we go, silence is replaced with music in one form or another. Pay attention, as recurring songs (or a series of songs sharing a theme) are almost always a sign from above. In addition to offering a connection to Heaven, music delivers very direct messages and signs. For instance, the title or lyrics of a song that you hear repetitively offers a chance to receive specific guidance from your angels.

Coins: or currency in general, are often used by the angels to show us messages or give us guidance. All aspects of this type of sign have specific relevance to you and your path, including the time and place you find the coin, its denominations, the message written on it, and the material it's made. The next time you find a coin on the ground, know that it was purposely placed in your path. The gift of a coin helps us feel supported--financially, emotionally, spiritually, and physically.

Rainbows: Since the time of Noah's ark, rainbows have been symbolic of God's promise of love, care, support, and protection. When you ask the angels for a sign and you see a rainbow, it signals that your entire situation is being taken care of by them. Albino rainbows, double rainbows, and moonbows (rainbows appearing at night under the moonlight) are all so unusual that they leave no doubt as to their significance. Rainbows are not only signs, but also gifts of encouragement and guidance from the other side.

Voices: When there's an impending emergency or an excess of personal stress, the only way that the angels can ensure you'll hear them is through direct verbal communication. And if the angels talk, there's no doubt as to their message and meaning, and you should definitely listen. Hearing your name called by a disembodied voice is actually a common experience. This happens to most people as they're awakening from sleep, since that's when we're most open to hearing the angels. The voice of God and the angels is that of love and wisdom. When they speak up, it's loud, clear, and unmistakable.

Butterflies: We receive signs, when angels reside among us in the present moment. It is said, angels come to us on a breeze or through the arrival of a butterfly.

Numbers: are often the most interesting--and sometimes, puzzling--signs to receive from the angels. Sequences appear in recurring patterns, and if you don't know what you're looking at, it can feel as if someone or something is out to confuse you. Numbers signs come from all over. When you see repeating numbers in your life, ask your angels what they mean or look them up.

Angels and Numbers: A Divine Connection

The universe is a vast, interconnected web of energies and entities that communicate with us in many ways. One of these ways is through the language of numbers. From the ancient civilizations of Egypt and Greece to the modern day, numbers have been seen as a divine language, a code through which the universe shares its secrets. The concept of numerology, the study of the spiritual significance of numbers, has its roots in this belief.

Among these mysterious communications, one of the most intriguing involves angels, divine beings that serve as messengers between the divine and the mortal realms. Angels often communicate with us through repeated numerical sequences, known as Angel Numbers, each holding a unique vibrational significance and message. Let's explore this fascinating topic further and delve into ten examples of these Angel Numbers.

1. Number 111: Awakening and Enlightenment

Angel number 111 is often associated with spiritual awakening and enlightenment. Seeing this number frequently can be an indication that you're on the path of self-discovery and personal growth. It's a reminder from the angels to stay positive and focus on your aspirations.

2. Number 222: Balance and Harmony

222 is a number that represents balance and harmony. It encourages you to take a peaceful and balanced approach to life, indicating that you need to trust and have faith in your personal journey.

3. Number 333: Divine Protection

The number 333 signifies divine protection and guidance. If you're seeing this number, it's a reminder that you're surrounded by divine energy and that the angels are ready to help you achieve your spiritual and personal goals.

4. Number 444: Hard Work and Determination

444 is a powerful angel number symbolizing hard work and determination. It's a sign that your hard work is being recognized by the divine and that you're on the right path towards achieving your goals.

5. Number 555: Major Changes

555 is a powerful number that signifies major life changes. It's a call from the angels to embrace change and to trust that these changes will lead to positive outcomes.

6. Number 666: Inner Strength and Balance

Contrary to popular belief, 666 is not a negative number. In the bible, it is the sign of the beast. (Remember, he was once an angel too.) It's a reminder from the angels about the importance of balancing your thoughts and focusing more on your spiritual growth and less on materialistic aspects of life.

7. Number 777: Spiritual Development

777 is a highly spiritual number. It's a message from the angels that you're on the right path in terms of your spiritual development and that you should continue on this path.

8. Number 888: Abundance and Prosperity

888 is a number of abundance and prosperity. It's a sign that financial abundance is on its way and that the universe is rich with opportunities for you.

9. Number 999: Completion and Enlightenment

999 is a number of completion and enlightenment. It's a signal that a phase of your life is coming to an end, allowing for new beginnings, and that you're ready to embark on your spiritual journey.

10. Number 000: Infinite Potential

Last but not least, 000 represents infinite potential and serves as a reminder that you are one with the universe and that the universe is infinite, just like your potential.

In conclusion, angels and numbers share a profound connection. Times on a clock such as 11:11 are significant when reminding us that angels are near or 9:11 when we reflect on souls that are always with us. These Angel Numbers play a crucial role in guiding us towards our spiritual path and personal growth. By understanding their meanings, we can better interpret the divine messages they hold and use them to navigate our lives. (See more under Angels and Numerology)

Angelic Symbolism

In 1583, Edward Kelley, the alchemist/charlatan and close compatriot of John Dee, allegedly channeled the ur-language of the angels, which was spoken prior to the fall of mankind and the linguistic cataclysm of the Tower of Babel. He called the angelic language Enochian.

Enochian is a name often applied to an occult or angelic language recorded in the private journals of John Dee and his colleague Edward Kelley in late 16th century England. Dee straddled the worlds of science and magic just as they were becoming distinguishable, and Kelley was a spirit medium who worked with Dee in his magical investigations.

The men claimed that the language was revealed to them by angels. Some contemporary scholars of magic consider it a constructed language that is nonetheless viable for magical workings, while other scholars of constructed languages simply consider it a very poor imitation of an ancient language, with grammar derived primarily from English.

The language is integral to the practice of Enochian magic.

The language found in Dee and Kelley's journals encompasses a limited textual corpus, only some of it with English translations. Several linguists, notably Donald Laycock, have studied Enochian, and argue against any extraordinary features in the language.



Dee's journals did not describe the language as "Enochian", instead preferring descriptors like "Angelical", the "Celestial Speech", the "**Language of Angels**", the "First Language of God-Christ", the "Holy Language", or "Adamical" because, according to Dee's Angels, it was used by Adam in Paradise to name all things. The term "Enochian" comes from Dee's assertion that the Biblical Patriarch **Enoch** had been the last human (before Dee and Kelley) to know the language.

The Enochian script is written from right to left, and may include accents. Different documents have slightly different forms of the script. Some of the letter names are pronounced as they would be in English, but many are pronounced differently. The Enochian letters have English letter equivalents. A number of different fonts for the Enochian alphabet are available, which use the English letter equivalents to access the Enochian glyphs.

Angels as Christian Symbols

The definition and the meaning of the Christian Symbol or Icon in early religious art forms. A Catholic sign or icon, such as the Angels as Christian Symbols, is an object, character, figure, or color used to represent abstract ideas or concepts - a picture that represents an idea. A religious icon, such as the Angels as Christian Symbols, is an image or symbolic representation with sacred significance. The meanings, origins and ancient traditions surrounding Christian symbols date back to early times when the majority of ordinary people were not able to read or write and printing was unknown. Many were 'borrowed' or drawn from early pre-Christian traditions.

The Meaning of Angels as Catholic Christian Symbols

Catholic Christian symbolism in art provides a clear graphic illustration which represents people or items of religious significance. What is the definition and the meaning of the Angels as Christian Symbols? The Angels as Christian Symbols represent the following:

Angels Definition 1 - A messenger.

Angels Definition 2 - A spiritual, celestial being, superior to man in power and intelligence. In the Scriptures the angels appear as God's messengers.

Angels Definition 3 - One of a class of "fallen angels;" an evil spirit; as in the devil and his angels.

Reference to the Angels as Christian Symbols in the Bible

Angels as Messengers

A word signifying, both in the Hebrew and Greek, a "messenger," and hence employed to denote any agent God sends forth to execute his purposes. It is used of an ordinary messenger (Job 1:14; 1 Sam. 11:3; Luke 7:24; 9:52), of prophets (Isa. 42:19; Hag. 1:13), of priests (Mal. 2:7), and ministers of the New Testament (Rev. 1:20). It is also applied to such impersonal agents as the pestilence (2 Sam. 24:16, 17; 2 Kings 19:35), the wind (Ps. 104:4). But its distinctive application is to certain heavenly intelligences whom God employs in carrying on his government of the world. The name does not denote their nature but their office as messengers. The appearances to Abraham at Mamre (Gen. 18:2, 22. Comp. 19:1), to Jacob at Peniel (Gen. 32:24, 30), to Joshua at Gilgal (Josh. 5:13, 15), of the Angel of the Lord, were doubtless manifestations of the Divine presence, "foreshadowings of the incarnation," revelations before the "fulness of the time" of the Son of God.

The existence and orders of angels

The existence and orders of angels can only be discovered from the Scriptures. Although the Bible does not treat of this subject specially, yet there are numerous incidental details that furnish us with ample information. Their personal existence is plainly implied in such passages as Gen.

16:7, 10, 11; Judg. 13:1-21; Matt. 28:2-5; Heb. 1:4, etc. These superior beings are very numerous. "Thousand thousands," etc. (Dan. 7:10; Matt. 26:53; Luke 2:13; Heb. 12:22, 23). They are also spoken of as of different ranks in dignity and power (Zech. 1:9, 11; Dan. 10:13; 12:1; 1 Thess. 4:16; Jude 1:9; Eph. 1:21; Col. 1:16).

The nature of angels

As to the nature of angels, they are spirits (Heb. 1:14), like the soul of man, but not incorporeal. Such expressions as "like the angels" (Luke 20:36), and the fact that whenever angels appeared to man it was always in a human form (Gen. 18:2; 19:1, 10; Luke 24:4; Acts 1:10), and the titles that are applied to them ("sons of God," Job 1:6; 38:7; Dan. 3:25; comp. 28) and to men (Luke 3:38), seem all to indicate some resemblance between them and the human race. Imperfection is ascribed to them as creatures (Job 4:18; Matt. 24:36; 1 Pet. 1:12). As finite creatures they may fall under temptation; and accordingly, we read of "fallen angels." Of the cause and manner of their "fall" we are wholly ignorant. We know only that "they left their first estate" (Matt. 25:41; Rev. 12:7, 9), and that they are "reserved unto judgement" (2 Pet. 2:4). When the manna is called "angels' food," this is merely to denote its excellence (Ps. 78:25). Angels never die (Luke 20:36). They are possessed of superhuman intelligence and power (Mark 13:32; 2 Thess. 1:7; Ps. 103:20). They are called "holy" (Luke 9:26), "elect" (1 Tim. 5:21). The redeemed in glory are "like unto the angels" (Luke 20:36). They are not to be worshipped (Col. 2:18; Rev. 19:10).

The functions of Angels

The functions of Angels are manifold. (a) In the widest sense they are agents of God's providence (Ex. 12:23; Ps. 104:4; Heb. 11:28; 1 Cor. 10:10; 2 Sam. 24:16; 1 Chr. 21:16; 2 Kings 19:35; Acts 12:23). (b) They are specially God's agents in carrying on his great work of redemption. There is no notice of angelic appearances to man till after the call of Abraham. From that time onward there are frequent references to their ministry on earth (Gen. 18; 19; 24:7, 40; 28:12; 32:1). They appear to rebuke idolatry (Judg. 2:1-4), to call Gideon (Judg. 6:11, 12), and to consecrate Samson (13:3). In the days of the prophets, from Samuel downward, the angels appear only in their behalf (1 Kings 19:5; 2 Kings 6:17; Zech. 1-6; Dan. 4:13, 23; 10:10, 13, 20, 21).

The ministrations of angels

The Incarnation introduces a new era in the ministrations of angels. They come with their Lord to earth to do him service while here. They predict his advent (Matt. 1:20; Luke 1:26-38), minister to him after his temptation and agony (Matt. 4:11; Luke 22:43), and declare his resurrection and ascension (Matt. 28:2-8; John 20:12, 13; Acts 1:10, 11). They are now ministering spirits to the people of God (Heb. 1:14; Ps. 34:7; 91:11; Matt. 18:10; Acts 5:19; 8:26; 10:3; 12:7; 27:23). They rejoice over a penitent sinner (Luke 15:10). They bear the souls of the redeemed to paradise (Luke 16:22); and they will be the ministers of judgement hereafter on the great day (Matt. 13:39, 41, 49; 16:27; 24:31). The passages (Ps. 34:7, Matt. 18:10) usually referred to in support of the idea that every individual has a particular guardian angel have no

such meaning. They merely indicate that God employs the ministry of angels to deliver his people from affliction and danger, and that the angels do not think it below their dignity to minister even to children and to the least among Christ's disciples.

The “angel of his presence” (Isa. 63:9. Comp. Ex. 23:20, 21; 32:34; 33:2; Num. 20:16) is probably rightly interpreted of the Messiah as the guide of his people. Others have supposed the expression to refer to Gabriel (Luke 1:19).

Angelic Symbolism related to the Tarot

Anael Hebrew: "Joy of God" or "Grace of God", also known as Aniel. He is an Angel in Jewish lore and Angelology, and is often included in lists as being one of the seven archangels. The name Haniel probably derives from Hebrew hana'ah, "joy", "pleasure" His family seal is a crescent moon with a small dove beneath it. The Angel is said to appear as androgynous figure long black hair and with large gray wings approximately 6' 0" tall. Dressed in emerald green tunic and carrying a lantern. He holds a wand tipped with a pine cone and decorated with multi-coloured ribbons. (The Pillars of Tubal-Cain p256. - Nigel Jackson & Michael Howard, Capall Bann Publishing. UK. 2003) This is the only image of the Archangel Anael that could be found. However, the image does not match the physical description indicated above. Remember Angels are personal to you and tend to correspond to your mental image of them. . (The Prediction Book of The Tarot. - pages 74 and 84 - Madeline Montalban. Javelin Books UK. 1986.) (Illustrations of the Marseilles® Deck are public domain)



The Tarot Card related to the Archangel Anael and the Planet Venus is the Empress (III) and the Lovers (XI):

The Empress signifies the female principle and embodies both the higher and lower aspects of Venus. For the Lovers this card is often mistakenly regarded as being concerned only with love affairs, mainly due to its title, yet it is not a card of love except on the superficial love. Putting this symbolism (*in the card*) together from its mystic aspect, we find that it offers a pictorial clue to an ancient magical system which involves the rites and ceremonies of the angel Metatron who is strongly associated with this card.



Anael's family seal consists of a crescent moon with a small dove beneath it.



The Kabbalistic sign of the Archangel Anael.



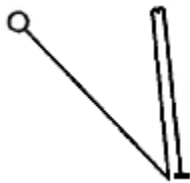
The sign of the planet Venus.

Taken from the Grimoire of Honorius the Great.

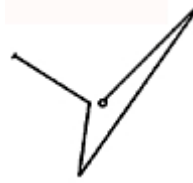


The Olympic Spirt: Hagith, his Character or Sigil.
His powers: Love beauty, transmutation and familiars.

Taken from the Grimoire of Honorius the Great.



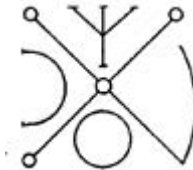
The Planetary Spirit of Venus is HAGIEL



The Planetary Demon KEDEMEL



Planetary Intelligence of venus NAKHIEL



The Charater or Seal of Venus.



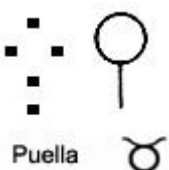
Venus and therefore the Archangel Annael is associated with the morning and evening star. This is in fact the planet Venus which lights our moring and early evening skys.



Here are some ancient symbols for the morning star.

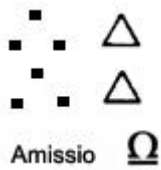


The Kabbalistic sign for the planet Venus has had a number of variations. To the left are some of the alternative symbiols used for the planet in the past.



Geomantic Symbol (Taurus).

Puella



Geomantic Symbol (Libra).

Amissio





The sign of Taurus - The Bull.



The sign of Libra - The Scales.



Hebrew Letter - "Daleth"



The Alchemical Sign for
Copper, metal of the planet
Venus.



Tektite: is a type of natural glass, chemically and structurally unique, is created from the meteoric impact with the earth. The heat is so intense that both the meteorite and the earth's surface melt on impact. As this mixture of space material and earth material cool together, this unbelievable crystal is created! Tektite assists one in attaining knowledge, abundance, reasoning and learning lessons throughout the travels of life. Balances the feminine/masculine (Yin/Yang), provides insight, strengthens one's energy field. Can stimulate thought transmissions. Use this for astral travel, meditation and mental communication, especially with our higher, spiritual self. This stone promotes deep insight into ourselves and helps us to grow spiritually. Tektite is used on all the Chakra points, balancing each area in a different way and bringing about the best from each energy center! As it can strengthen a person's bio-sheath, it makes an excellent stone for cleansing the Aura.



The Star: peace and tranquility

Key Words: Hope, Promise, Healing, Guidance, Cleansing, Assurance, Ascension, Rejuvenation

The Star Tarot card holds that same twinkly hope and promise we see when we look up at the stars in the night sky. Everything about the card suggests serenity, assurance, and hope. It is a message for us to take heart, be at peace and know that all is well. The waters running from the maiden's pitchers are never-ending. There is an abundant supply of love and the cycles of life run smoothly along the currents of peace. When the Star appears in a reading it indicates that the querent may have been through a rough time and is now entering a time of rejuvenation. This card is a message that a time of relaxation is here. Think "spa for the soul." Think breath of fresh air. Also, if the querent has been worried about a situation, this card indicates that he/she is on the right path, and that all things will work out to a happy end. The Star Tarot card meanings are all about the promise of a better day.

Key Questions:

When contemplating the Star Tarot card meanings, ask yourself the following questions:

- Do I allow my higher source to be my guide?
- How can I nurture myself and those around me more?
- Do I emit a presence of peace and harmony to others?
- What can I do to allow more tranquility into my day?
- Am I allowing peace and relaxation to flow through my life?
- What can I do to be more at ease with myself and my surroundings?



Rhodochrosite: Gentle and yet probably the most vibrant loving stone to heal the Heart Chakra, especially for giving/receiving love. Rhodochrosite is the "Stone of Love and Balance". Also for loneliness, loss, heartache, fear, insecurities, inner-child issues, abuse and incest. Helps self-forgiveness, deservingness and trust issues, spiritual and self-love, desire to live and purpose. Best worn 24 hrs. a day. Most effective for opening the hand healing Chakra. It is used in times of transition by providing comfort and support. Helps you alleviate irrational fears and paranoia. Will enhance the dream state.



Temperance: harmony and balance

Key Words: Merging, Balance, Healing, Connection, Chemistry, Fluidity, Moderation

With Temperance we find tranquil waters running through our spirit. These are cleansing rivers that run through our energies, providing us with peace and healing. Imagine you are diving into crystal clear waters. Diving in is an act of connecting to our source and by connecting, we find rejuvenation in the rhythmic flow of healing waters moving through us. There is a lot of power in this card, and the "flow" is the source of that power. The Temperance card is a call for us to recognize the flow in our own lives, and observe the nature of energy. When we pull this card in a reading it is an indication that a healing is in need or is taking place. It is also a sign that subtle shifts are or need to take place in order to gain that peaceful sense of wellbeing.

Key Questions:

When contemplating the Temperance Tarot card meanings, ask yourself the following questions:

- Do you go with the flow, or do you struggle with change? What can you do to create more peace and balance in your life?
- Are you on a life path that forks in the road? Are you torn between two paths?
- What thoughts, beliefs or actions can you merge together to create harmony in your life?
- What would it take for you to get just the right mix or find a happy-medium in your life?
- Are you concerned about your health? If so, what steps can you take to strike a healthy balance?

Angel of Fire



Nathaniel, whose name means "Angel of Divinity" offers the "Gift of God." Nathaniel has power over the element of fire. He transfers the fire aspect of divinity through a (sometimes difficult) transformational process, showing us how to purge away old thought patterns or misconceptions. We emerge through this fire to the other side. **Angel of Fire:** Transformation and rebirth.

Crystals associated with fire include fire agate, amber, bloodstone, carnelian, citrine, hematite, red jasper, obsidian, onyx, opal and ruby

Angel of Water



Angel Muriel is the **Angel of Emotions** and helps us gain the ability to get in touch with our deepest feelings. **Taliahad**, the Angel of Water, offers us the gift of renewal and regeneration along with **Elemiah**, whose name means "Protector of All Who Journey" Call upon these angels to assist you in moving forward, healing emotional wounds and renewing our Spirit. Working with Archangel Gabriel, Taliahad assist you in finding your ability to "go with the flow". Finding flexibility, coping easily with change and learning the power of renewal. **Angel of Water:** Renewal and regeneration.

Crystals associated with water include abalone shell, aqua aura, aquamarine, azurite, blue calcite, blue chalcedony, ocean jasper, opal, pearl, quartz and selenite

Angel of Air



Anpiel whose name means "Angel of Spiritual Expansion" and **Chassan**, The Angel of Air, calms and nurtures the Spirit with soft, gentle breeze filled with serenity and peace. Angel Chassan assists Archangel Raphael in bringing the "winds of change" to one's life. Allow all aspects of air to offer you great

Angel of Earth



Yabbashael whose name means "Garden of the Spirit" is nurturing the spirit within ourselves. Yabbashael helps us to nurture our inner selves with positive thoughts and emotions. Tending for our spiritual health like a well cared for garden, he trims the patterns of

insight, education and adventure. **Angel of Air:** The virtue of knowledge.

Crystals associated with air include amethyst, angelite, aventurine, celestite, charoite, chrysoberyl, fluorite, iolite and sugilite.

behavior which no longer serve us, as we release the past. **Angel of Earth:** Nurturing and caring.

Crystals associated with earth include garnet, Himalayan salt, picture jasper, red jasper, jet, peridot, petrified wood, pyrite, shiva lingham, and turquoise.

Rainbows



Rainbows arrive when angels preside! After the great flood, God offered a rainbow in the sky as a sign of His promise not to destroy the earth by water ever again. Double rainbows and rainbows captured in mist or dew are believed to be the gift of angels in your midst. Use the light of the Rainbow Rays for healing your soul and the colors of the Chakra for healing your body. **Honor these moments.** Take the time to acknowledge them. It's funny how often rainbows show up around significant moments!

Crystals associated with rainbows include rainbow moonstone, rainbow aura quartz, quartz, labradorite, rainbow obsidian, multicolored fluorite.

Clouds



Clouds can be seen as angelic messages. You can sometimes see angels in cloud formations, especially over sacred sites. Offering to us unusual shapes such as hearts, feathers, or angelic forms, clouds are a subtle but powerful presentation within nature's realm. These angelic messages often remind us of the most basic tenets of love, gratitude, peace and compassion.

Crystals associated with the clouds include celestite, quartz, milky quartz, snow quartz, snowflake obsidian and storm agate.

Lightning



Barakiel, the Angel of Lightning, is considered the angel of [good fortune](#). His name means "Lightning of

Tree of Life



The Tree of Life is a common theme in various theologies, mythologies and philosophies. This mystical

God." With lightning speed, you are made aware of the difference or change in attitude from a negative outlook to having a more positive outlook. Barakiel assists in opening your heart so you can receive the [gifts of abundance](#).

Crystals associated with lightning and thunder include fulgurite, flashstone, lightning struck quartz and dark crystal shard

concept alludes to the interconnection of all life on our planet, the gaining of knowledge, and our evolutionary descent and connection to heaven and the underworld. The Tree of Life may also be a synonym for the sacred tree - the tree of life, connecting all forms of nature and creation.

Crystals associated with the tree of life include, quartz, petrified wood, tree agate, moss agate,

Sun/Moon



Contact **Archangel Auriel** and the angels associated with the moon, **Asariel** and **Qaspiel** for empowering your greatest potential. The moon represents our "feelings or emotional nature", as well as our unconscious habits, rhythms, feminine side, memories and moods. It is associated with the mother, maternal instincts or the urge to nurture, the home, and the past. It is the inner child within us. This light reflector is a symbol of judgment and darkness, representing the opposing sun, meaning without God. Ask **Archangel Michael** and the solar angels for bringing the power of the Golden Rays into your life. The sun represents our will to live and our creative life force. It is a symbol for growth, rebirth, masculinity, overall vitality and self-realization. the Sun reflects the present or the "here and now". It is the symbol of life and glory, representing brightness and light.

Crystals associated with the sun include citrine, sunstone and moon include moonstone, obsidian, pearl

Stars



The Stars are ruled by **Angel Kokabiel** who was believed to have taught astrology, in particular, the knowledge of constellations to humans. His name is generally translated as "star of God," According to The Book of The [Angel Raziel](#), Kokabiel is a holy angel. In the [Book of Enoch](#) and in other apocryphal lore, however, he is generally considered to be one of the 200 fallen angels. Stars are the symbol of Abraham's heavenly seed representing the Spiritual Israel, ministers of the gospel and the light bearers.

It was **Angel Mazalel** who gathered the stars together into sparkling images so that everyone on earth could utilize the sky as a map to avoid getting lost. It is these constellations that help navigators steer by the stars, as well as giving us the opportunity for wishing on a star! This is why "mazel" became the Hebrew word for both constellation and luck - **mazal tov!**

Crystals associated with the stars include tektite, moldavite, meteorite

Angels and Numerology

(Based on the writings of John of God and Doreen Virtue)

The angels do their best to get our attention and to communicate with us. In this way, they help us heal our own lives. However, we often discount the signs they give us, writing them off as mere coincidences or our imagination. The angels say: “We can’t write our messages to you in the sky. You’ve got to pay attention and believe when you see any patterns forming in your life, especially in response to any questions or prayers you’ve posed”. When you hear the same song repeatedly or see the same number sequence, who do you think is behind this? Your angels, of course!

Number Sequences

Your angels often communicate messages to you by showing you sequences of numbers. They do this in two ways. First, they subtly whisper in your ear so you’ll look up in time to notice the clock’s time or a phone number on a billboard. The angels hope you’ll be aware that you’re seeing this same number sequence repeatedly. For instance, you may frequently see the number sequence 111, and it seems every time you look at a clock the time reads 1:11 or 11:11.

The second way in which angels show you meaningful number sequences is by physically arranging for, say, a car to drive in front of you that has a specific license plate number they want you to see. Those who are aware of this phenomenon become adept at reading the meaning of various license plates. In this way, the angels will actually give you detailed messages. Here are the basic meanings of various number sequences. However, your own angels will tell you if your situation holds a different meaning for you. Ask your angels, “What are you trying to tell me?” and they’ll happily give you additional information to help decode their numeric meanings.

111 – Monitor your thoughts carefully, and be sure to only think about what you want, not what you don’t want. This sequence is a sign that there is a gate of opportunity opening up, and your thoughts are manifesting into form at record speeds. The 111 is like the bright light of a flash bulb. It means the universe has just taken a snapshot of your thoughts and is manifesting them into form. Are you pleased with what thoughts the universe has captured? If not, correct your thoughts (ask your angels to help you with this if you have difficulty controlling or monitoring your thoughts).

222 – Our newly planted ideas are beginning to grow into reality. Keep watering and nurturing them, and soon they will push through the soil so you can see evidence of your manifestation. In other words, don’t quit five minutes before the miracle. Your manifestation is soon going to be evident to you, so keep up the good work! Keep holding positive thoughts, keep affirming, and continue visualizing. Keep going, you are on the correct path!

333 - The Ascended Masters are near you, desiring you to know that you have their help, love, and companionship. Call upon the Ascended Masters often, especially when you see the

number 3 patterns around you. Some of the more famous Ascended Masters include: Jesus, Moses, Mary, Quan Yin, and Yogananda. The 333 sign shows that the Ascended Masters agree with your thoughts and feelings, whether negative or positive.

444 – The angels are surrounding you now, reassuring you of their love and help. Don't worry because the angels help is nearby.

555 – Buckle your seatbelts. A major life change is upon you. This change should not be viewed as being "positive" or "negative," since all change is but a natural part of life's flow. Perhaps this change is an answer to your prayers, so continue seeing and feeling yourself being at peace.

666 – Your thoughts are out of balance right now, focused too much on the material world. This number sequence asks you to balance your thoughts between heaven and earth. Like the famous "Sermon on the Mount," the angels ask you to focus on spirit and service, and know your material and emotional needs will automatically be met as a result.

777 - The angels applaud you! Congratulations, you're on a roll! Keep up the good work and know your wish is coming true. This is an extremely positive sign and means you should also expect more miracles to occur.

888 – A phase of your life is about to end, and this is a sign to give you forewarning to prepare. This number sequence may mean you are winding up an emotional, career, or relationship phase. It also means there is light at the end of the tunnel. In addition, it means the crops are ripe. Don't wait to pick and enjoy them! In other words, don't procrastinate making your move or enjoying fruits of your labor.

999 – Completion. This is the end of a big phase in your personal or global life. Also, it is a message to lightworkers involved in Earth healing and means "Get to work because Mother Earth needs you right now."

000 – A reminder you are one with God, and to feel the presence of your Creator's love within you. Also, it is a sign that a situation has gone full circle

121, 112, 1221, 2121, 2211, 1122 – If you are repeatedly seeing combinations of 1's and 2's, this is a message that our thoughts are like seeds that are beginning to sprout. You may have already seen some evidence of the fruition of your desires. These are signs that things will and are growing in your aspired direction. Keep the faith!

611, 661 - If you are repeatedly seeing combinations of 1's and 6's, this is a message to keep your thoughts heavenward, and to let go of materially minded worries. (Note: 611 means, "Ask for help in repairing something in the material world that is irritating or bothering you right now.").

711, 771 - If you are repeatedly seeing combinations of 1's and 7's, this is a confirmation that you are doing great. You are on the right path, so keep going! This is a sign that you have chosen your thoughts well, and it should inspire you to focus even more steadily on your

objectives. Be sure to add appropriate emotions to your thoughts; for instance, feeling grateful for the gifts you have in life. Gratitude will speed the process of your manifestations.

811, 881 – If you are repeatedly seeing combinations of 1's and 8's, this is a message that you are ending a significant phase of your life. If you are tired of some part of your life, be glad that it will soon be healed or replaced with something better. Surrender and release those parts of your life that aren't working, as your thoughts of a better life are coming to pass.

884, 844 – If you are repeatedly seeing combinations of 4's and 8's, this is a message from your angels that a phase of your life is about to end. They want you to know that as things slow down, they are with you and will be helping to guide you to a new situation better suited to your needs, desires and purpose.

1234 - If you are repeatedly seeing ascending number sequences such as 1234, this is a sign from the angels for you to make progress. You will see this sign when thinking about an area of your life that you are concerned about and want to change. Seeing this number sequence immediately after these thoughts is a sign that this is the right course of action for you and you will have the angels support in its pursuit.

321 - If you are repeatedly seeing descending number sequences such as 321, this is a sign from the angels that your thoughts are regressive. You will see this sign when you are thinking about an area of your life or course of action. Seeing this number sequence immediately after such thoughts is an indication that your life will take a step backwards if you follow the course of action you are considering.

Vibrations of the Numbers 0 to 10

by Joanne Walmsley - SACRED SCRIBES

ZERO 0

0 is the Alpha (beginning) and Omega (the highest) as there is no beginning and no end. All is infinite. The ancients proclaimed that the 'God force' is a circle whose center is everywhere and its circumference is nowhere.

ZERO is the number of the 'God' force and Universal Energies and reinforces, amplifies and magnifies the vibrations of the numbers it appears with. The number ZERO encompasses the attributes of all other numbers, and brings one closer to the 'God force' or 'Source'.

ZERO is the symbol of 'nothingness' and denotes freedom from limitations in this material world.

The number ZERO resonates with the vibrations and energies of eternity, infinity, oneness, wholeness, continuing cycles and flow, and the beginning point. The number 0 stands for potential and/or choice, and when this number presents and recurs it is a message to do with developing one's spiritual aspects as ZERO is considered to represent the beginning of a spiritual journey and highlights the uncertainties that may entail. It suggests that you listen to your intuition and higher-self as this is where you will find all of your answers.

ONE 1

Number 1 resonates with the vibrations and attributes of new beginnings, creation, independence, uniqueness, motivation, striving forward and progress, ambition and will power, positivity and positiveness. Number 1 also resonates with the energies of pioneering, raw energy, force, activity, self-leadership and assertiveness, initiative, instinct and intuition. Number ONE carries the energies of the masculine attributes, organization, achievement and success, strength and self-reliance, tenacity, forcefulness and authority, and love. Number 1 also resonates with inspiration, attainment, glory, happiness, fame, fulfilment and omniscience.

Negatively, number 1 relates to single-mindedness, intolerance, conceit, narrow-mindedness, lacking in emotion and being weak-willed, dependence, passivity, aggression, arrogance and dominance.

TWO 2

The number 2 resonates with the vibrations of service and duty, balance and harmony, adaptability, diplomacy, charm, co-operation, consideration, friendliness, receptivity and love. Number TWO also relates to understanding, personal will, the peacemaker, gentleness and kindness, art, insight, ambition, sensitivity, placidity, just and justice, selflessness, sociability and support. Attention to detail, decisiveness, poise, intuition, caution, flexibility, grace, devotion, mediation, partnerships and relationships, encouragement, happiness and musical rhythm are all related to the vibrations of the number 2. The number TWO also resonates with faith and trust and Divine life purpose and soul mission.

Negatively, number 2 resonates with indifference, the inability to take responsibility, fearfulness, pessimism, dependency, indecisiveness, hesitation, lack of balance, instability and irresoluteness. The negative attributes of the number 2 are also insensitivity, inflexibility, stagnation, a lack of consideration, unemotional and unloving, argumentative and disagreeability. The number TWO relates to fears such as the fear of unplanned changes, of making mistakes, of being alone and the fear of the unknown.

THREE 3

Number 3 resonates with the energies of optimism and joy, inspiration and creativity, speech and communication, good taste, imagination and intelligence, sociability and society, friendliness, kindness and compassion.

Number THREE also relates to art, humour, energy, growth, expansion and the principles of increase, spontaneity, broad-minded thinking, encouragement, assistance, talent and skills, culture, wit, a love of fun and pleasure, freedom-seeking, adventure, exuberance, brilliance, free-form, being brave, non-confrontational, free-form, rhythm, passion, surprise, sensitivity, self-expression, affability, enthusiasm, youthfulness, enlivenment, psychic ability, manifestation and manifesting your desires. Number 3 resonates with the energies of the Ascended Masters.

Negatively, number THREE relates to indifference, a lack of stamina and concentration, a spectacular rise and fall, mood swings and mania.

FOUR 4

Number 4 resonates with the vibrations and energies of practicality, organization and exactitude, service, patience, devotion, application, pragmatism, patriotism, dignity, trust, worthiness, endurance, loyalty, mastery, building solid foundations, conservatism, determination, production and hard work. Number FOUR also relates to high morals, traditional values, honesty and integrity, inner-wisdom, security, self-control, loyalty, conscientiousness, reality and realistic values, stability and ability.

Number 4 vibrates with the attributes of progress, management, justice, seriousness, discipline, system and order, maintenance, constructiveness, dependability, conviction, passion and drive.

Negativity, number FOUR relates to a lack of convention and conviction, the inability to adapt, clumsiness, laziness and dullness.

FIVE 5

Number 5 resonates with the influences and attributes of personal freedom, choice/s, unconventional, individualism, non-attachment, change, life lessons learned through experience, variety, adaptability and versatility, resourcefulness, motivation, progress, activity, experience, travel and adventure, sympathy and understanding, sociability and companionship, release and surrender, influence, sensuality, promotion, natural flair, vivacious, courage and being courageous, health and healing, idealism, telepathy, pleasure-seeking and pleasure loving, vitality, vision and they visionary, expansion, opportunity, story-telling, mercy, kindness, invention, magnetism, competitiveness, imagination, curiosity, cleverness and intelligence.

Negatively, number FIVE relates to being rash and irresponsible, inconsistent, unreliability, thoughtlessness, non-committal, fear of change, rigid in thought and action, a lack of vitality, a dislike of confinement and routine, restlessness, inactivity and stagnation, upheaval and discord.

SIX 6

The number SIX is related to the vibrations and energies of unconditional love, balance and harmony, home and family, domesticity, parenthood, guardianship, service to others, selflessness, responsibility, nurturing, care, empathy and sympathy, self-sacrifice, humanitarianism, ability to compromise, emotional depth, honesty and integrity, adjustment, stability, poise, protection, firmness, healing, idealism, just and justice, conscientiousness, burden-fearing, solutions, seeing clearly, teaching, convention, curiosity, peace and peacefulness, circulation, grace and dignity, simplicity, reliability, material needs and economy, providing and provision, agriculture and growth, musical talent.

The negative aspects of the number 6 are weakness and being weak-willed, a superiority complex, impracticality, shallowness, submissiveness, restlessness, unsupportiveness, selfishness and being easily stressed.

SEVEN 7

Number 7 resonates with the vibrations and energies of the 'Collective Consciousness', faith and spirituality, spiritual awareness, spiritual enlightenment, mysticism, intuition and inner-knowing, inner-wisdom, psychic abilities, the esoteric, inner-selves, deep contemplation, introspection, eccentric, religion, thoughtfulness, understanding of others, natural healer and healing, secrets, myth, ritual, peace, poise, emotions and feelings, inner-strength, endurance and perseverance, persistence of purpose, the ability to bear hardships, quick-wit, the loner, solitary, isolation, long-sighted, the non-conformist, independence and individualism, intentions, manifesting and manifestation in time and space and good fortune.

Number SEVEN also relates to the attributes of mental analysis, philosophy and philosophical, technicality, scientific research, science, alchemy, genius, a keen mind, specializing and the specialist, the inventor, determination, the written word, logic, understanding, knowledge, discernment and discerning, knowledge seeking, study, education and learning, writing and the writer, evolution, stability, the ability to set limits, completion, refinement, stoicism, silence, discernment, perfection, chastity, dignity, ascetic, rigor, ahead of the times.

Negatively, the vibrations of the number 7 are morbidity and depression, inactivity, hypercritical, anti-social, pessimistic, dependency and co-dependency, stagnation, lack of persistence, pride, narrow-mindedness, distance, arguments and being argumentative, misanthropic, resentment and being resentful, self-righteousness, unwilling and/or unable to share ideas and compromise, limitations and silence.

EIGHT 8

Number 8 resonates with the influences and vibrations of authority and personal power, self-confidence, executive ability, confidence, inner-strength, professionalism and the professional, management, material freedom, success, good judgement, money, finances, riches, manifesting wealth, abundance and prosperity, provision, investments, discrimination and discernment, giving and receiving, thoroughness, dependability, self-reliance, repose, practicality, consideration, inner-wisdom, self-sufficiency, social status, pragmatism, the ego, aggregation, compassion, dictatorship, executive, delegation, reality, truth and integrity, compassion, dictatorship, multiples, employment, stability, appearance, customs, skills and talents, exchanges, truth, good judgement and problem-solving, organisation and organizing, achieving and achievements, decisiveness, control, constant, ambition, the authoritarian, integrity, challenge, efficiency, trustworthiness, insight, planning and the planner, sociability, works independently, learning through experience, true justice, retreat, patience, caution, self-discipline, free-will, insight, spiritual consciousness, a desire for peace and a love of humanity and world transformation. Number 8 is the number of Karma – the Universal Spiritual Law of Cause and Effect.

The negative aspects of number EIGHT are a superiority complex, greed, tactless and domineering.

NINE 9

Number 9 is the number of Universal love, eternity, faith, Universal Spiritual Laws, Karma, spiritual enlightenment, spiritual awakening, service to humanity, humanitarianism and the humanitarian, Lightworking and Lightworkers, leading by positive example, philanthropy and the philanthropist, charity, self-sacrifice, selflessness, destiny, soul purpose and mission, generosity, a higher perspective, romance, inner-strength, public relations, responsibility, intuition, strength of character.

The number NINE also resonates with learning to say 'No', creative abilities, sensitivity, loyalty, generalist, discretion, brilliance, problem-solving, inner-wisdom, self-love, freedom, popularity, high ideals, tolerance, humility, altruism and benevolence, empathy, compassion, non-conformity, artistic genius, an expansive viewpoint, eccentricity, communication, influence, perfection, magnetism, understanding, forgiveness, compassion and sympathy, the visionary, duty and calling, obligation, mysticism, optimism and Divine wisdom.

Negatively, number 9 relates to disconnection, lethargy and an inability to concentrate and focus.

TEN 10

Number 10 resonates with the vibrations and energies of leadership, optimism, confidence, independence, creative powers, success, energy, originality, adaptability, determination and individuality.

The number TEN reduces to the single digit of 1. The 0 appearing with the number 1 amplifies and magnifies the vibrations, energies and attributes of the numbers it appears with.

Scent of an Angel: Coordinating Color with Essential Oils

The following chart is based on the Archangel Color Rays and their association with each of the Archangels. When a single essential oil has more than one color associated with it, it is because of: the soil, climate and growing conditions of the plant material; and/or what part of the plant is being distilled: root, stems, leaves, flowers, or any combination thereof

RED: Uriel	Black Pepper, Cedarwood, Jasmine, Benzoin, Sage, White Camphor, Myrrh, Cabbage Rose, Red Rose, Red Thyme
ORANGE: Gabriel	Aniseed, Caraway, Ginger, Carrot Seed, Bergamot, Pine, Mandarin, Calendula, Neroli, Nutmeg, Orange, Patchouli, Pimento, Sandalwood, Cardamon, Benzoin, Cedarwood, Cinnamon, Marjoram, Cypress
CORAL: Sandalphon	Cumin, Caraway, Coriander
GOLD: Auriel	Frankincense, Aniseed, Cardamon, Carrot Seed
YELLOW: Jophiel	Bergamot, Birch, Cardamon, Celery, Coriander, Cajeput, Citronella, Cumin, Lemon, Lemongrass, Tagets, Grapefruit, Basil, Fennel, Vetivert, Cinnamon, Yellow Camphor, Angelica, Aniseed, Caraway, Cedarwood, Carrot Seed, Dill, Ginger, Sandalwood, Tea Tree, Oregano, Parsley, Petitgrain, Linden Blossom, Neroli, (Ylang Ylang)
GREEN: Raphael	Eucalyptus, Geranium, Fir, Lime, Linden Blossom, Peppermint, Petitgrain, Parsley, Star Anise, Red Thyme, Verbena, Rosewood, Palmarosa, Melissa, Bergamot, Celery, Marigold, Lemon, Bay Laurel, Violet, Celery, Coriander, Myrtle, Oregano, Damask Rose
TURQUOISE: Haniel	Myrtle, Neroli, Bay Laurel, Tea Tree
BLUE: Michael	German Chamomile, Roman Chamomile, Myrtle, Marjoram, White Thyme, Rosemary, Hyssop, Cypress, Pine, Mandarin, some varieties of Eucalyptus, Spike Lavender, Spanish Sage
INDIGO: Raziel	Bay Laurel, Clove, Tea Tree, Yarrow, Pimento, Myrtle, Cinnamon, German Chamomile
VIOLET: Zadkiel	Juniper, Lavender, Frankincense, Neroli, Spanish Sage, Violet, Peppermint, Hyssop, Birch, Cajeput, Carrot Seed, Grapefruit, Basil, Patchouli, Sandalwood, Clary Sage
MAGENTA: Tzaphkiel	Ylang Ylang, Clary Sage
PINK: Chamuel	Damask Rose, Cabbage Rose, Rosewood, Melissa, Palmarosa, Geranium, Verbena, Jasmine, Ylang Ylang, Garlic, Eucalyptus, Cumin, Caraway, Coriander, Myrrh, Yarrow
WHITE: Metatron	Carnation, Narcissus, Gardenia, Angelica, Garlic, Jasmine

Archangel Color Ray Healing Techniques

Color is energy. You will find yourself drawn to one color more than others. The energy vibration of that color is what you need, at this moment, in order to improve and balance your emotional state.

Our most important energy source is light, and the entire spectrum of colors is derived from light. Sunlight, which contains all the wavelengths, consists of the entire electromagnetic spectrum that we depend on to exist on this planet. Light triggers hormone production, which influences our entire system. This system then affects our being.

We know that each color found in the visible light spectrum has its own wavelength and its own frequency, which produces a specific color and has a nutritive effect. We know some rays can be dangerous if we are exposed to them. **But the visible light, the rainbow**, has a soothing effect on us. **Light is the only energy we can see, and we see it in the form of color.**

Our body absorbs color through the vibration color gives off. All organs, body systems, and functions are connected to main energy points. Each of us has seven energy points, or Chakra and each Chakra is governed by one of the seven color energies. Through color we receive all the energies we need to maintain a health body, mind, and spirit. Studies showing that our mental health, behavior, and general efficiency in life depend to a great extent on normal color balance. When something goes wrong, or is out of balance, we can strengthen our energy centers through the conscious use of color.

Color Therapy can be acquired through the food we eat, vitamins, herbs, the clothes we wear, our surroundings, aromatherapy, sound, stones, crystals, and color.

Healing with Color: Working with color in healing involves two steps. First, you must understand the individual properties of each color. Second, you must know the techniques to project and absorb color. You must become more color sensitive and aware. The more knowledge you know about color, the easier it is to heal and balance with it.

Remember, these are guidelines. You will discover certain colors are more effective for certain people at certain times. You may also discover that particular colors may not work for an individual's condition. A little experimentation and a little intuition will help you to find the right color to get results.

It is important to remember that each person has his or her own individual energy system. Therefore, the colors and the way they are applied must always be adapted to the individual. There are numerous ways to heal and balance with color. A good rule of thumb is this:

“Energy follows thought” - Where we put our thoughts, this is where the energy goes.

By concentrating on a particular healing color, it is the visualization of that color that will be projected. If we focus on a color, the energy emanates from our body and begins to change the frequency that resonates with that particular color.

There are many ways to heal with color:

***By thought** or visualization through meditation, reiki and guided imagery.

***By touch**. Energy emanates more strongly from the hands than any other part of the body. Hands can be used to sense and project subtle energies. Minor chakra points are in the palms of the hands. It is this projection of healing energy that is known as the “laying of hands”. Therapeutic touch, massage, vibrational healing... all rely on this energy technique.

***By sight. Light Projecting Color**. Projecting light on a certain part of the body has been used for years to heal such conditions as asthma, jaundice, psoriasis and vitiligo.

***Color Absorption**. Color is absorbed through our eyes as well as our skin. Color baths and solarized water are the best ways to absorb color. Color therapy glasses are used for easy color absorption.

***Healing Methods with Color Candles**. By lighting a candle, the color energy is released into the atmosphere and is absorbed by the individual within the area of the candle. The auric field absorbs this energy and it is taken into the body. Geometric energy is applied in the arranging of the candles for specific types of healing.

***Color Therapy for the Chakra**. Healing the energy points with colored crystals or visualization, which effects a change in its related physiological elements.

Accessing Your Needs - In order to balance your energy points with color you first must access if your energy center points are balanced or unbalanced. Based on the Physical/Mental/Emotional attitudes causing the unbalance, you can access the most prominent color needed. This is why Holistic Healing seeks the metaphysical cause behind the physical problem.

An **underactive chakra** is usually one in which the energy is blocked or congested. The energy does not flow freely through the physical system. If it is congested, blocked, under active, we lack the energy to perform our daily functions. The general rule for the chakra: **If the chakra is under active, an application of its basic color is used to stimulate the chakra into a balanced state.**

An **overactive chakra** is one in which over stimulation occurs. There is too much energy being drawn in and out of the center, aggravating a specific condition.

If the chakra is overactive, then the application of the complementary or opposite color is used.

Energy Cycles

Cycles of light and dark play a huge role in our energy levels, sleep patterns and how we relate to our surroundings. Light and color therapy allow us to stay balanced through many ways including diet, meditation, light and color applications.

The Cycles in Nature are important when doing any kind of empowerment work. When working with the energy of natural cycles, you are likely to get better results. The cycles of the moon have great power when doing empowerment work.

This influence is not a constant, unchanging thing, however, and an understanding of the basic lunar cycles can help us to understand how these cycles influence our lives. The moon orbits the earth about every 29 days, and this first cycle is the one most people are familiar with. The moon is illuminated by sunlight, the giver of all warmth, light, and life in our solar system, but we can't always see the part being lit. As the moon goes around the earth, we see the moon from different angles. When we see a full moon, the moon is directly opposite the sun, when we see no moon, it's because the moon and sun are in the same direction.

The moon goes from dark moon (no moon visible) through the waxing stage, to the full moon, to the waning moon stage, and then backs to the dark moon stage.

Like all living things, we are closely tied to light and its effects. Though most people don't think about it, the amount and quality of light we get has a big impact on our lives. "Quality" is more than a sense of a light's "warmth" or "coolness." These terms are used to describe light that is either more towards the red end of the spectrum (warm) or towards the blue end (cool), and studies reveal that the "color" of light affects us greatly.

But the moon does more than simply reflect sunlight, it also transmutes it, changing its energies slightly and adding its own subtle vibrations. Moonlight may be reflected sunlight, but in being reflected, it takes on a character all its own.

The three basic lunar cycles control both the amount and quality of light we get from the moon and its gravitational and magnetic effect on us, as well as all living things.

All you have to do is learn to listen to the heartbeat of nature and begin to dance in time with its rhythms. Where the sun can be seen as life and spirit, the earth seen as body and physical, the moon can be seen as the successful combination of physical and spiritual. In its dance through time and space, the moon is in balance with the forces around it... it is in harmony.

Cycles of Light

Research with the sunlight and the full spectrum of color has revealed great information that makes perfect sense. The **red** sun of a morning sunrise has shown to increase blood pressure, flow and pulse and breathing rate. These functions have shown to increase with **orange** light, reaching their peak in **yellow** light. In sync with our circadian rhythm, this internal clock has a direct correlation to the amount of sun we get. As we are exposed to **green** light, our vital signs such as our blood pressure, pulse and breathing rate decrease. Relaxation takes place with **blue** light and **indigo** and **violet** as the sun sets and we are in a complete state of relaxation in full darkness. Therefore, physically, emotionally and psychologically, we respond to color as they fit the time of day.

Our Circadian Rhythm

This is our internal daily biological clock. This clock can be influenced by many different elements, such as light and darkness, time of day and temperature. In Traditional Chinese Medicine, the clock shows us how our energy cycles its course through the 12 organ meridians over a period of 24 hours, spending two hours at maximal levels in each organ. In general, when treating a patient in accordance with this biorhythm, the best time to treat an excess of energy is at or shortly before the time of greatest meridian activity, while the best time to treat depleted energy is following the peak times.

Time Period / Organ

03:00-05:00am - Lungs
05:00-07:00am - Large Intestine
07:00-09:00am - Stomach
09:00-11:00am - Spleen
11:00am-1:00pm - Heart
1:00-3:00pm - Small Intestine
3:00-5:00pm - Bladder
5:00-7:00pm - Kidneys
7:00-9:00pm - Pericardium
9:00-11:00pm - TripleWarmer
11:00pm-1:00am - Gallbladder
1:00-3:00am - Liver

***This information is a guideline NOT a prescriptive.** It is NOT designed to replace traditional medicine. It is a set of suggestions to help with a starting point. It is to provide a means in which you can participate in your own healing process. There are many factors that influence our body's balance such as improper diet, lack of exercise, and stress. Throughout our life we need various energies to help keep us balanced physically, mentally, and emotionally.*

The Archangel Color Ray Palette

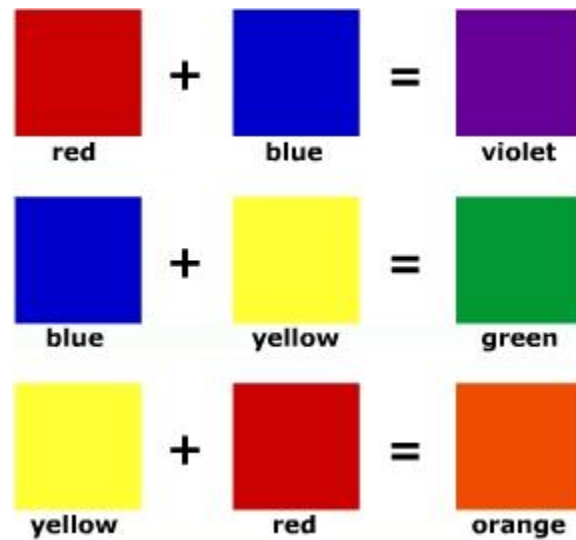
Primary Colors (red, yellow, blue) are the base on which all other colors come from. When you mix two primary colors together, 50% of one primary color and 50% of another primary color you get:

Secondary Color (orange, violet, and green).

Orange is a mix of red and yellow

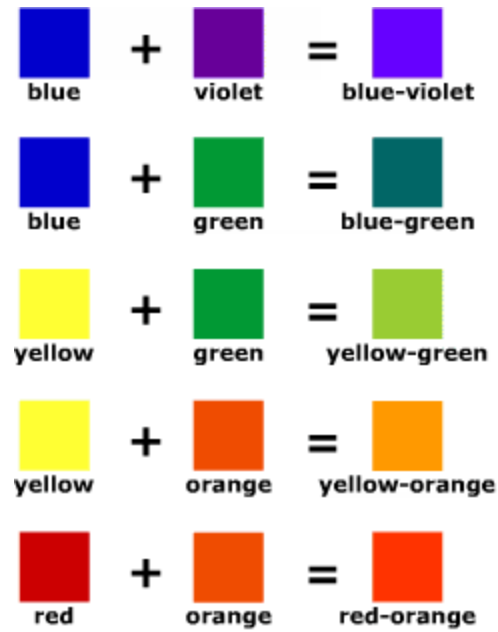
Violet is a mix of red and blue

Green is a mix of yellow and blue

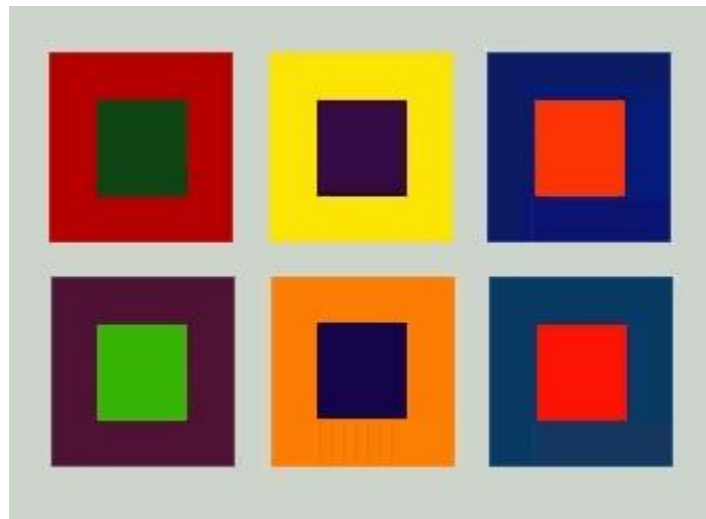


A **Tertiary Color** is created when you combine a **primary** color with a **secondary** color.

As we learn to combine colors, we learn to form the many shades that make up the visual light spectrum.



Color Complements are color opposites. These colors contrast each other as they help to make each other more active. In the Color Chart below, the complement of the colors are within each other. Color Complements are shown this way in order to visualize how the work together.



The Archangel Color Ray Wheel describes the relationships between colors.

In the Color Wheel below, the color and their complement are on opposite sides of each other. The following is the color with its complementary color:

Red's complement Green

Orange - Blue

Yellow - Violet

Green - Red

Blue - Orange

Indigo - Orange

Violet - Yellow



The purpose of using the complementary color in healing stems back to when there is an excess or a deficiency within our field of energy.

The Chakra and Rainbow Rays

The Chakra and colors of the rainbow are closely associated. Chakracology is the study of the Chakra energy system of the ethereal body. The Chakra are stations along the central axis of your being. Each one is a point at which energy can be expressed in a certain set of actions, attitudes and emotions. The Chakra are a map of the soul which you must move along for healing to happen.

The word "Chakra" is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to major nerve ganglia branching forth from the spinal column. In addition, the Chakras also correlate to levels of consciousness, archetypal elements, developmental stages of life, colors, sounds, body functions, and much more. Below is a brief description of each chakra.

The Root/Base Chakra

Location: Base of the spine

Color: Red

Element: Earth

Sense: Smell

Musical Keynote: Middle C (vocalized as an "ooh" sound)

Associated Gland: Adrenal

*Controls body solids, such as the spinal column, bones, teeth, and nails. Also the blood, building process of cells, the colon, and rectal area

Gemstones: Agate, Bloodstone, Hematite, Red Coral, Red Garnet, Ruby, Black Obsidian, Black Tourmaline and Black Tourmaline in Clear Quartz

Herbs: Cedar, Clove, Pepper, Vetiver

Essential Oils: Balsam de Peru, Myrrh, Patchouli, Rosewood, Thyme, Vetiver

Qualities and/or Functions: Survival, power to achieve goals, vitality, grounding, material security, stability, stillness, courage

Verb: I have

Angel Associations: Uriel

Muladhara: 1st Chakra (Base or Root Chakra): Earth, Physical identity, oriented to self-preservation. Located at the base of the spine, this chakra forms our foundation. It represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health, prosperity, security, and dynamic presence. The color for the root chakra is red and it is grounded with your power. When this chakra is open, you feel in good health and connected with your physical body. It is used to ground your essence into your physical body. This chakra gives you determination, grounds you and aids in survival in the physical realms.

When this chakra is balanced, the masculine and feminine energy work together to make you strong and vital, when it is not balanced, the feminine aspects disappear and you can become overbearing and have difficulty with the ego. Physically, it governs the kidneys and the spinal column. To help activate this chakra, use red candles, clothes or lights. Use red sparingly as it can also increase anger if it is present.

The symbol of this chakra is the Square.

The Sacral/Spleen Chakra:

Location: Below the navel

Color: Orange

Element: Water

Sense: Taste

Musical Keynote: D above middle C (vocalized as the "o" in "home")

Associated Organs/Systems: Reproductive organs, kidneys, bladder

Gemstones: Carnelian, Coral, Gold Calcite, Moonstone, Blood Citrine and Orange Jasper

Herbs: Damiana, Gardenia, Sandalwood, Ylang-Ylang

Essential Oils: Benzoin, Cardamon, Clary Sage, Elemi, Fennel, Sandalwood

Qualities and/or Functions: Primal feelings, awe, enthusiasm, openness to others, personal creativity

Verb: I feel

Angel Association: Gabriel

Svadhithana: 2nd Chakra (Spleen or Sexual Chakra): Water, Emotional identity, oriented to self-gratification The second chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change. The color for this chakra is orange. It is used for creativity, vitality and sexual expression and creates the balance between connectedness with other people and time spent alone.

The spleen chakra is located in the sexual organs-- ovaries in women and testes in men.

When the masculine and feminine energy is balanced in this chakra, adaptability and flexibility come easily. This chakra is connected to procreation and bringing in new life, when it is out of balance, it causes one to fear death. Physically, it governs sex and reproduction along with creativity, intimacy flow of body fluids and energy. To help activate this chakra, eat oranges, and wear orange clothing. The symbol of this chakra is the Circle.

The Solar Plexus Chakra:

Location: Above the navel, but below the chest

Color: Yellow

Element: Fire

Sense: Sight

Musical Keynote: E (vocalized as the "o" sound in "top")

Associated Organs/Systems: Pancreas, liver, stomach, spleen, gall bladder, autonomic nervous system, lower back, muscles

Gemstones: Amber, Citrine, Tiger's Eye, Topaz, Yellow Sapphire, Sulphur, Yellow Jasper

Herbs: Bergamot, Carnation, Lavender, Rosemary

Essential Oils: Bergamot, Black Pepper, Cardamon, Cedarwood, Coriander, Hyssop, Juniper, Lime, Lavender, Rosemary

Qualities and/or Functions: Personal power, social identity, influence, authority, self-control, energy, will, peace, radiance, joy, inner harmony, vitality and inner strength

Verb: I can

Angel Association: Jophiel

Manipura: 3rd Chakra (Solar Plexus Chakra): Fire, Ego identity, oriented to self-definition This chakra is known as the power chakra, located in the solar plexus. It rules our personal power, will, and autonomy, as well as our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power. The color for this chakra is yellow. Yellow is very good for getting in touch with your power and to build confidence. It is your center of will.

This chakra deals with the human ego, emotions and self-love. Intuition is believed to begin in the area of our energy center Solar Plexus Chakra. Although, the Third Eye Chakra is most associated with intuition, the "spark" is what is felt in the area of our solar plexus. This being the biggest nerve center in our body connected to almost all the organs, the solar plexus is often where we consider our "gut" feeling to come from. This is also where the connection between the three lower Chakra interchange with the four higher Chakra energy centers.

The Solar Plexus Chakra is located near the stomach. The primary energy of this Chakra is free will. Love essentially comes from the Heart Chakra, but the spark is often ignited in the Solar Plexus Chakra. This chakra gives you strength and provides the ability to hold energy for personal power and emotional control. When it is unbalanced, it produces rage and destructive anger. Physically, it governs the pancreas, liver, spleen, stomach, gall bladder and the nervous system. To help activate this chakra, sun bathe, drink solarized water from a yellow bottle, eat yellow foods. The symbol of this chakra is the Triangle.

The Heart Chakra:

Location: The center of the chest

Color: Green or pink

Element: Air

Sense: Touch

Musical Keynote: F (vocalized "ah")

Associated Gland: Thymus

*Controls the heart, blood circulation, immune system, lower lungs, rib cage, skin, upper back

Gemstones: Emerald, Green Jade, Rhodonite, Rhodochrosite, Rose Quartz, Ruby, Kunzite, and Watermelon Tourmaline.

Herbs: Marjoram, Geranium, Jasmine, Lavender, Orris root, Rose oil, Yarrow

Essential Oils: Marjoram, Geranium, Jasmine, Lavender, Mandarin, Melissa, Rose, Maroc, Tangerine, Ylang Ylang

Qualities and/or Functions: Unconditional love, harmony, forgiveness, healing, compassion, understanding, personal transformation, warmth, sharing, devotion, selflessness

Verb: I love

Angel Associations: Gabriel, Chamuel

Anahata: 4th Chakra (Heart Chakra): Air, Social identity, oriented to self-acceptance This chakra is called the heart chakra and is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, have a deep sense of peace and centeredness. The color for this chakra is green. This chakra deals with physical healing, balance, harmony, compassion and love. The heart chakra is located near the heart.

This chakra is most important in all facets of love, when it is balanced, you trust in others, take risks, love and feel loved. Physically, it governs the thymus gland, heart, blood, circulatory system and the immune and endocrine systems. To help activate this chakra, eat lots of green vegetables, surround yourself in nature, especially trees and plants. The symbol of this chakra is the Crescent.

The Throat Chakra:

Location: the throat area

Color: blue

Element: Ether

Sense: Sound

Musical Keynote: G (vocalized "eh")

Associated Glands: Thyroid

*Controls the jaw, neck, throat, voice, airways, upper lungs, arms

Gemstones: Aquamarine, Blue Sapphire, Chalcedony, Turquoise, Blue Quartz, Blue Kyanite, Angelite, Blue Obsidian, Apatite, Blue Tourmaline, Azurite, Calcite, Lapis Lazuli, Sodalite

Herbs: Benzoin, Basil, Chamomile, Cypress, Eucalyptus, Frankincense, Sage

Essential Oils: Benzoin, Basil, Chamomile, Cypress, Eucalyptus, Frankincense, Hyssop, Linden Blossom, Peppermint, Petitgrain, Rosewood, Sage

Qualities and/or Functions: Creative self-expression, communication, inspiration, wisdom, confidence, integrity, truth, freedom, independence

Verb: I speak

Angel Associations: Michael

Visuddhi: 5th Chakra (Throat Chakra): Sound, Creative identity, oriented to self-expression This is the chakra located in the throat and is thus related to communication and creativity. Here we experience the world symbolically through vibration, such as the vibration of sound representing language. The color for this chakra is blue. This chakra deals with communication and expression. The throat chakra is located near the thyroid gland. Opening this chakra allows you to speak the truth and to express your true feelings with love.

From here, you begin to know divine love and your personal power is strengthened with divine knowledge and wisdom. Physically, it governs the thyroid gland, lungs, vocal cords, bronchial apparatus and metabolism. To help activate this chakra, have water near you, and use blue candles. The symbol of this chakra is the Star.

The Third Eye Chakra

Location: Middle of the forehead

Color: Indigo

Element: Light

Musical Keynote: A (vocalized "ee")

Associated Glands: Pituitary

*Controls the endocrine system, the left brain hemisphere, the left eye, nose, ears, sinuses, and parts of the nervous system

Gemstones: Lepidolite, Iolite, Strawberry Quartz, Lapis, Azurite, Sodalite

Herbs: Jasmine, Mint, Mugwort, Star Anise

Essential Oils: Anise, Angelica Seed, Hyacinth, Jasmine, Juniper, Lemon, Pine

Qualities and/or Functions: Inner vision, intuition, clairvoyance, insight, perception, imagination, concentration, peace of mind, projection of will, manifestation

Verb: I see

Angel Associations: Zadkiel

Ajna: 6th Chakra (Third Eye Chakra): Light, Archetypal identity, oriented to self-reflection This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us "see the big picture." The color for this chakra is indigo, a combination of red and blue. This chakra deals with clairvoyance and mental activity. The third eye chakra is located in the center of the forehead.

When this chakra is open, you experience spiritual wisdom and enlightenment. It is the center of physical and spiritual understanding. Physically, it governs the pituitary gland, lower brain, nervous system, ears, nose and the left eye - the eye of personality. To help activate this chakra, flowers are extremely helpful. Clothing and lighting in this color also stimulate this chakra. The symbol of this chakra is the Pyramid.

The Crown Chakra:

Location: the top of the head

Color: Violet or white

Element: Thought

Musical Keynote: B (vocalized "ohm")

Associated Glands: Pineal

*Controls cerebrum, right brain hemisphere, right eye, central nervous system

Gemstones: Alexandrite, Amethyst, Clear Quartz, Diamond, Selenite, Herkimer Diamond, Kundalini Quartz, Tiger's Eye, Amethyst, Citrine, and Smokey Quartz, Tourmalinated Quartz.

Herbs: Frankincense, Lotus, Neroli, Rose, Olibanum, Spruce

Essential Oils: Frankincense, Neroli, Rose, Pine

Qualities and/or Functions: Perfection, integration, unity with the divine, wisdom and purpose, universal consciousness, understanding, enlightenment

Verb: I know

Angel Associations: Raziel

Sahasrara: 7th Chakra (Crown or Christ Consciousness Chakra): Thought, Universal identity, oriented to self-knowledge This is the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, space less place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss. The color for this chakra is a mixture of Silver, Gold and White and Violet. It is the combination of All that Is and the Divine Connection. The crown chakra is located at the top of the head. The silver is the feminine energy of creation, the gold is the masculine energy of creation, and the white/violet light is truth and clarity which give clear vision of the truth and protection.

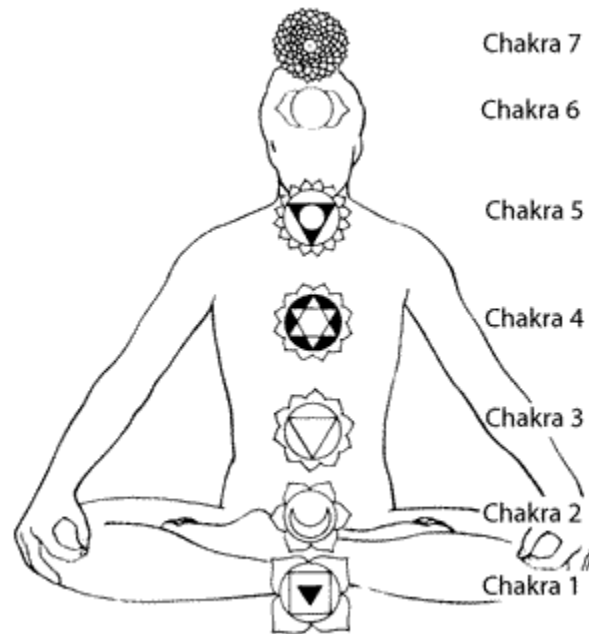
When this chakra is open, you connect with the Godhead and the source of the White Light comes into your energy field. Physically, it governs the pineal gland, the upper brain and the right eye. Amethyst gems are helpful in activating this chakra when all is else is prepared. The symbol of this chakra is the Lotus.

ACCESSING YOUR NEEDS

In order to balance your energy points with color you first must access if your energy center points are balanced or unbalanced. Based on the Physical/Mental/Emotional attitudes causing the unbalance, you can access the most prominent color needed. This is why Holistic Healing seeks the metaphysical cause behind the physical problem.

- **An underactive chakra** is usually one in which the energy is blocked or congested. The energy does not flow freely through the physical system. If it is congested, blocked, underactive, we lack the energy to perform our daily functions. **An application of color** can help to stimulate the chakra into a balanced state.
- **An overactive chakra** is one in which overstimulation occurs. There is too much energy being drawn in and out of the center, aggravating a specific condition. **An application of the complementary or opposite color** is used. The general rule for the chakra: If the chakra is underactive, an **application of its basic color is used**. If the chakra is overactive, then the **application of the complementary or opposite color is used**.

Chakra Charts and Correlations



Energy Center	Location	Element	Issues	Right	Color	Note
1 st Root	Base of spine	Earth	Physical needs	I have	Red	C
2nd Sacral	Lower abdomen	Water	Sexuality, emotions	I feel	Orange	D
3rd Solar Plexus	Solar plexus	Fire	Power, vitality	I can	Yellow	E
4th Heart	Heart	Air	Love	I love	Green	F
5th Throat	Throat	Sound	Communication	I speak	Blue	G
6th Third Eye	Brow	Light	Intuition	I see	Indigo	A
7th Crown	Top of Head	Thought	Understanding	I know	Violet	B

Crystals	The Sacred Seven set of stones are a very special combination of high frequency crystals
Angelite 	This stone is excellent at balancing, polarizing and aligning the physical body with the Aura or ethereal network. It is very calming and its shade of blue refreshes the eyes and spirit. This crystal helps us to be in touch with angels and animal guides, as well as assisting in distant communication with other humans. It is most associated with the Angelic Realm. Most effective on the Throat Chakra, Angelite helps in self-expression, communication and allows us to speak our mind, helping us to become more assertive. Its soothing effects on the Throat Chakra works beautifully in calming and soothing anxiety or overactive children. Use this stone to call your Angels for guidance and support. Angelite is often used for psychic connection to oneness with the Universe, the angelic realm and for spiritual guidance. Angelite is utilized for heightened sensory awareness, which also makes it great for Astral travel. Angelite helps us to see paths to surmount challenges. It dispels anger, renews connections with Universal knowledge, and reduces the "upstream struggle" during new endeavors. Angelite is especially good for psychological pain associated with loss. Helps us let go of past mistakes, a greater sense of compassion, empathy and forgiveness through grace.
Azeztulite 	This stone is referred to as the stone of the Nameless Light. The name Azeztulite is derived from Azez, an angelic entity or group that is believed to be interdimensional beings, which seem to hover over many major power vortexes on Earth. Azeztulite's vibrations are intended to be received on all levels of our being, from the etheric body throughout the physical organs, and into our cellular structure. It radiates a pleasant feeling of joy and confident serenity. It brings its higher frequencies down to earth to assist in spiritual evolution. This crystal expands your consciousness. If you are in tune with this, it can help to lift your awareness and vibration to a higher level. As azeztulite raises your vibrations, it helps you to give out a positive vibration back on a higher level and as it raises your vibrations, it helps you to give out a positive vibration to others.
Celestite 	This is a stone of inner peace. It creates stillness for receiving, therefore, allowing us connection to spirit. It allows us to find serenity, harmony and easiness. It is most associated with the Angelic Realm. White, clear and cool blue, celestite gets its name from the sky. It's gentle nature soothes nerves, reduces stress and quiets the mind. It shows us a life overview and stimulates creativity. Celestite increases self-expression, artistic creativity and healing. Helps the Throat Chakra by allowing for honesty, openness and listening. The celestial blue color helps reduce stress, worry and anxiety. Celestite is an Aura cleanser. It assists in bringing our higher vibrations in order. Use for dream recall and astral travel. This is a very spiritual stone, seemingly connected to the divine. It's peaceful nature emulates its relationship to the angelic world. For spiritual development, finding purity of heart and clairvoyant communication.

 Elestial	Elestials are master healers and work on many levels. Elestial crystals offer an abundance of lessons and change! Elestial crystals also make a wonderful gem essence. The translation for Elestial is “Crystal of the Angels” and therefore has a strong link with the Angelic realm. Elestials help to ground higher vibrations into the physical. Great for working with the grounding image of Archangel Uriel. It can change energy in an area for several miles. It is a good stone for anyone dealing with abuse issues as it can pull in the vibration of cosmic love for you and lighten your heart, limiting sadness and grief. Smokey Quartz Elestials can also help break up karmic emotional bonds. This stone is good for astral traveling work and can attune you to the energy of the Akashic records. They offer added protection against negative energy. It is possible to retrieve information stored in Elestials by running your hands over the crystal, before long your hands start vibrating on their own. Elestial quartz is said to be especially useful in healing emotional problems, providing balance between heart and mind.
 Phenacite	also spelled phenakite, is a powerful, loving, healing, spiritual stone. Phenacite may help one to connect with Angels due to its high frequency and relationship to the Ascending Masters. It is believed to be one of the highest vibrational crystals yet discovered. The clearer the stone, the more intensely it opens the Third Eye, Crown Chakra and Transpersonal Chakra as a white light channel. Hence, its aura clearing abilities are phenomenal! This stone ignites clairvoyance/spiritual communication, meditation, astral travel, as well as life journeys. Helps one to map out a pathway within the dimensions. Energizes meridians and the healing of other stones. It is a powerful crystal for clearing and activating the chakras. It helps one to go further in a trance state and gives a deeper awareness of one's inner structures. Phenacite can be used to amplify the energies of other stones used for healing, and to balance energy within one. It can also alleviate despair and fear including fear of change and lead one to live in love.
 Petalite	Petalite, also known as Castorite, is highly spiritual. It has been called the "stone of the Angels" (not to be confused with Angelite) and will help one connect with one's guides and enhances your angelic connection. It is also said to dissolve negativity and black magic spells. Petalite has been used on vision quests for strength, protection, and peace. It will balance one's yin/yang qualities as well as one's mind, body, and spirit. It also enhances one's ability to feel energy in stones.
 Selenite	This is the mineral gypsum. Its white/clear striated crystalline body is a sheer source of calming, spiritual light. It works with the higher spiritual Chakra in accessing our higher consciousness, spirit guides and the angelic realm. Because of its striations, like tourmaline, it works along the spinal column grounding and anchoring our Earth vibration and utilizing kundalini to rise freely up our light body stimulating each center as it vibrates. This stone is highly recommended for meditation and working on the sacred spiritual in your life. Through meditation with selenite, growth and mental focus is attainable. People find selenite to be a luck stone. Considered a centuries-old recordkeeper of events/information, its information is gained through telepathic means.

Working with the Sacred Seven

1. Choose one stone as your Master Crystal.

A Master crystal is a stone that you feel drawn to today. It could change tomorrow or next week, but for the moment, work with one stone that you feel you need the energy from.

2. What is this stone today _____

What metaphysical properties are you drawn to?

Are you also drawn to its color? What is that color?

What angel is associated with, for you?

What is your intention for this session?

What is your affirmation?

3. Go through the process of creating your sacred space to work in. Bring elements such as candles, color, and music to enhance both your intention and your experience. The more positive you make the ritual, the more in tune you will become with the act of doing it.

1. Hold all seven crystals at heart level and allow the transfers of your heart energy, the positive energy you wish to convey into your crystals. I suggest you use a positive affirmation or words of intention to “program” these crystals for a purpose. Consider using one of the **angel symbols** to program intention into the crystals or one of the methods for **connecting with angels**. This can take anywhere from 2-5 minutes depending on your guidance

2. If you are making a crystal grid for a space, take your master crystal in your hands. Hold this crystal at heart level and ask the Universe to have the full power of its energy to flow through you as you empower your stone to heal with love and light.

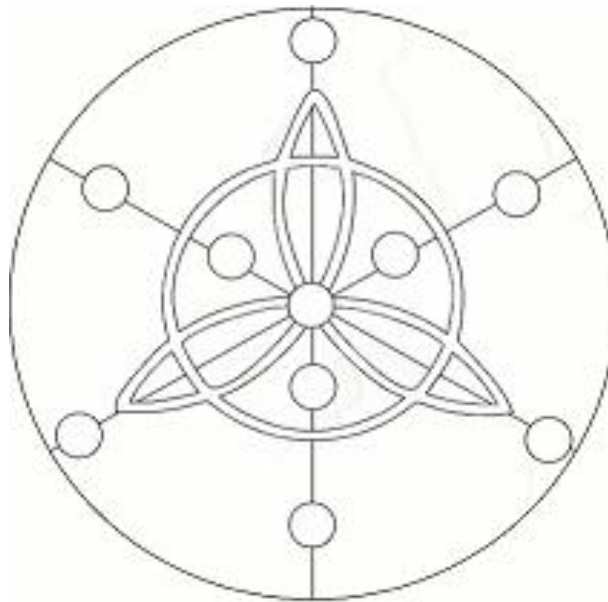
3. Create an affirmation to do this. It can be something like:

"I empower this session to heal, with love, with compassion, no judgment and, with pure energy and light".

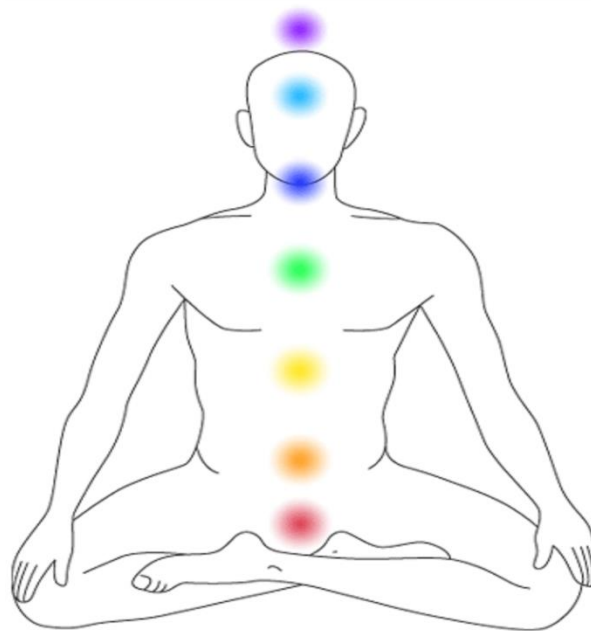
4. Laying of stone. Place the master stone either in the center of the grid or if you are laying stones on the physical being, place the master crystal where you need healing most (heart, head, third eye, feet.....) Now place the six additional crystals into your grid pattern or onto your body. These crystals can go on the outside of the person, or on their (your) body. For a crystal grid in a space, place the master crystal in the center, and then lay the other stones around it. Now you have a pattern on your surface that will serve you.

5. Connecting the stones with Energy. I personally love to speak my **affirmation** as I connect my stones. To connect the grid lines start by picking up your master crystal and pointing it toward the second crystal you placed, holding it a few inches above the grid. For instance, if you were using a star pattern, when you feel the energy~ flow, move the crystal to the third crystal, drawing a line of energy, then move to the fourth crystal and then so on, until you have traced all

seven with energy. Go back to your master crystal position and place the crystal back down to complete this “electrical circuit”. **Positive intention is the greatest process when using any healing technique.**



If you are laying the stone on your body, do the exact same procedure. Allow your final intention of energy to flow into the central crystal.



Creating a Sacred Space:

The energy within any room can be enriched and enliven by the power of crystals. I love to use large crystal clusters or spheres. They make a statement and command presence when you walk into a room. You can sense their power! We live and work in a variety of environments. Many of these environments have a specific function to fulfill that can be consciously and energetically supported.

The current attention on Feng Shui and similar '**getting the energy in the room just right**' techniques have shown that we, as a society, are becoming more aware of how our immediate spaces can either be harmonious or disharmonious to our goals.

Constructing a Crystalline Grid in your environment that supports the function of the area is yet another way to contribute to the overall energy flow. You may to add a Grid that supports harmony in your garden or general feelings of love and comfort. There is no right or wrongs.

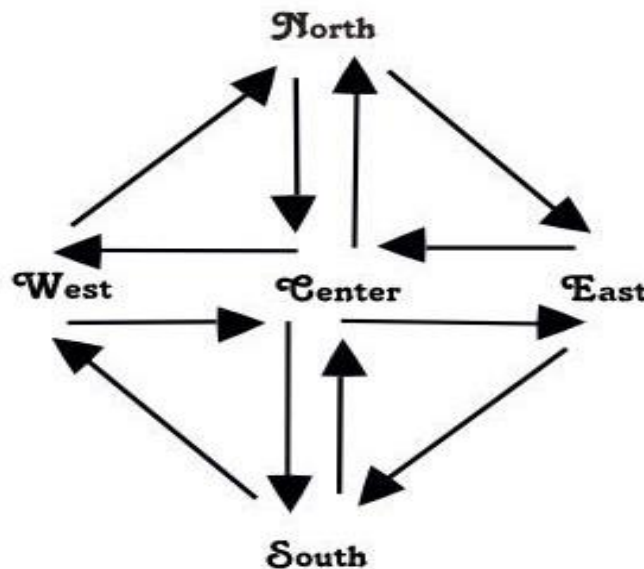
Choose the space. Familiarizing yourself with the various metaphysical properties of minerals can be very helpful to you as you make your choices. You can get a nice list of stones you may want to use and then use a pendulum to figure out which ones would be the most effective for you.

The first thing to do is develop clear intent of the purpose of your grid.

Hold your crystals in your hands at heart level. Say a prayer of intention or affirmation that will program these stones to work their highest good.

Place them in a formation. Consider using sacred symbols around your home, a particular room or garden such as a star, a circle, a cross or a square. Save one crystal before placing it into the center.

To connect the grid lines start by pointing the last crystal toward the first stone you laid down. Holding it a few inches above the grid, draw a line of energy that connects each crystal you have laid out. Once you have traced these energy lines over your stones, place the last crystal in the center of the grid. If you re making a grid outdoors, use your hands and plant the crystal into the Earth.



Space Clearing

The mere fact that crystals are placed in an environment suggests to the subconscious mind that healing, on some subliminal level, has already begun. When crystals are placed in a room, they will automatically charge that area with energy.

They will also absorb and ionize that energy in the area, which is negative. The clearing, focusing, radiating beauty aspects of a crystal, work regardless if someone is aware of these traits or not. These are the amazing elements of a crystal's power. To disperse this energy outward is one of its true gifts. It is even more astonishing when we are aware of it!

Choosing a place for your crystals can be done by using your instincts, placing them in your meditation room, altar or sacred space, or placing them in a room that you can benefit from their metaphysical properties.

Cleansing with sea salt is a safe and effective way to clear any space of negative energy. Sea salt is obtained by evaporating seawater. Energy in itself, is the vital source, which radiates from everything and everyone around us. When we are ill, emotionally upset, angered or imbalanced, our moods and of course, our energy is altered. Coming in contact with energy that is negative can often be sensed, even felt. The result is often a feeling of uneasiness, confusion or an opposed feeling to our current state of mind. Cleansing with sea salt or rock salt is preferred over iodized, processed table salt.

Cleansing a room with salt can be done by placing salt in small bowls and placing them in the 4 corners for 24 hours. Take two teaspoons of sea salt and dissolve it into some warm water. Pour it into a mister or spray bottle and spray it wherever you need cleansing.

Misting yourself for an overall clearing can do cleansing of negative vibes. Draw a bath. As the hot water is filling the tub, add two or more tablespoons of sea salt to the running water and stir it so it dissolves in the tub. Relax in your bath for 15-20 minutes.

Cleansing your crystals can be done by placing a teaspoon of sea salt into a bowl of luke warm water. Make sure the salt is dissolved, then place your crystals in the water for twenty four hours.

Adding herbs or essential oils to sea salt can give an added bonus to cleansing. Herbs such as lavender, sandalwood, tea tree, thyme, and rosemary are all good compliments. When using herbs, place them in the salt and shake the salt in a closed container. This bruises the herbs and allows its essential oils to incorporate into the salt matrix. When using essential oils, add a few drops to salt and then stir or shake the salt in order to mix them well.

Crystals for Clearing:

Amber is used to clear the energy in any environment.

Halite crystal (sodium chloride) occurs in seawater, along with other salts of sodium, calcium, magnesium, and other light metals. (See above).

Clear Quartz is thought to amplify both body energy and thoughts. It can assist in the creation of power, clarity of thinking, meditation, cleansing, clearing the aura, spiritual development and healing. Quartz Points are considered the "stone of power"

Swarovski Crystal is magnificent faceted crystal, which will fill your any room with rainbows! Austrian crystals are one of the principal objects used to clear energy blockages in the ancient Chinese art of placement. Place in window or an area where light will hit and refract into beautiful rainbows!

Herkimer Diamond is a brilliant form of quartz that allows for clear thinking. It promotes detoxification, psychic clarity, spiritual visions and connections and opens the chakra.

Sacred Cleansing and Clearing Herbs

Traditionally, herbs have been used for cleansing for centuries. These herbs can be utilized when dry, for creating a sense of purity, renewal and divine clearing! Simply light a bit of these herbs and waft the smoke around an area you wish to clear of unwanted scents, negative energy or to simply start a new day with. Using a natural receptor such as a seashell, abalone shell or crystal bowl can be a place to place your herbs after you are done using them.

Sweet Grass

Sweet Grass has the most sacred usages of all the purification herbs. It is a seasonal plant and grows only in certain places. Sweet grass is used primarily for the blessing of one's self. It is placed in a shell or a bowl and burned, similar to incense. The smoke gives forth a very pleasant smell.

When people engage in the ceremony of blessing ones self, he/she holds the bowl of burning herb and slowly moves it around in a continuous circle surrounding the body from head to foot with swirling smoke. Sweet Grass is often used for purification during sweat lodge ceremonies.

It is used for smudging "(blessing-down)" our homes, protecting them from evil spirits.

It is also used to purify all of our sacred prayer instruments. Medicinally, it is used as a portion of a combination of other herbs in a special formulated "medicine tea" which flushes the impurities out of the body. Sweet grass is very calming and relaxing to the user who is taught to use it in a traditional and respectful manner. The sacred herb, sweet grass, is used in all phases of healing by the doctoring healer.

Sage

Sage has a variety of uses. When burned, it has a pungent odor. Sage is used principally for smudging but can also be used in the blessing down of our homes and vehicles. It is commonly used in medicine tea to flush ones system of all impurities.

Along with tobacco and other substances, sage is part of a mixture used in the sacred smoking of the pipe. There are many varieties of sage. However, in many places, the natural supply of sage is dwindling.

This is due, in part, to people harvesting sage in order to sell it to the general public. In recent years, there seems to be an increase in the fascination with the use of sage burning. In sweat lodge ceremonies, sage is used to sit on and represents part of the plant world. It is also burned in smudge pots.

The herb is widely used in many of our sacred ceremonies including but not limited to lodges, drum circles, healing and doctoring.

Cedar & Juniper

There are several different types of these sacred herbs. They are found all over this great land. To some tribes, Cedar is considered the "tree of life" because it withstands the four elements year round no matter how harsh the seasons are.

These herbs are used extensively in all sacred ceremonies, healing, and doctoring methods. It makes an excellent tea for the purpose of flushing out the system.

Angels Crystals, Herbs and Flowers for the Garden

Crystals for your Plant, Flower and Vegetable Gardens

If you have ever seen a Kirlian photo image of a plant or vegetable, you will see how these living herbs pulse with a beautiful aura. The integration of crystals along side nature's bounty can be a wonderful benefit for growth and regeneration. By placing these minerals at the base of any plant or burying them along side your vegetables, they can bring an added sense of encouragement and even spirituality to your hard work.

Minerals Used In The Garden

Agate (Moss): is a transparent stone that has inclusions of minerals that make it look like the stone has foliage in its matrix. This pretty stone can make a decorative border around any plant or flower bed.

Boji Stones: are actually registered trademarks of stones discovered in Colorado. They appear smooth on one side (female), while others have small protrusion on one side (male). These pair of stones is mainly composed of pyrite and palladium and have been used to facilitate growth and encourage telecommunication between plants.

Cerussite: is a mineral, which occasionally resembles trees branching out with icicles. This stone has been used in gardens and work fields to assist in relieving infestation. It can be used to energize and protect house plants.

Daphnite: has been used by agricultural associations, farmers and growers of herbs, plants and flowers as the stone of transformation and transmutation. It appears to facilitate the communication with the plant world in order to enhance gardens, terrariums and crops of any kind.

Fossils: are the organic materials that have turned to stone. Minerals incorporate into the cellular structures of animals, bones, insects, shells and wood, filling in the spaces and are often found with

inclusions of other plants or animals. Fossils are a stamp from the past that can be used to adorn any garden, indoor/outdoor potted plants. Their high mineral content is said to supplement any type of plantings.

Quartz: is considered solidified light and oxygen. Quartz encompasses a large family of stones and crystals, all of which are made up primarily of silicon dioxide, one of the most common and most important substances in the world. This mineral is found over 2/3 of the earth and can be used in many ways throughout your garden. Create beautiful borders. Bury a few quartz points facing upward next to your potted plants. Lay some clear quartz tumbled stones alongside your flower garden.

Sphene: is a mineral that grows in plate-like or wedge-shaped form and has been used in grids (see below) to encourage growth.

Tourmaline (Green): is a healing stone that some gem healers consider the strongest of all green stones. It is used to help achieve balance in all areas. Botanists, herbalists, farmers and gardeners have all used this stone to increase the effectiveness of an herb's healing properties. Green tourmaline is said to hold the "essence of the plant kingdom" within it and is used to conduct energy between the earth and the plants for smoother transitions during growth.

Creating a Crystal Angel Garden Grid

A 'Grid' is a way to arrange the stones in a sacred geometric pattern. They are then consciously 'activated' by connecting a 'line of Light' between the stones so that they radiate an energy field in the immediate environment in which they are constructed. Those of you who are sensitive to energy will be able to tell immediately that there is a shift of energy in the area where you construct a Grid. Depending on which stones you choose, there will either be a gentle shift... or a very tangible one.

Top 10 Ways To Make A Crystal Angel Garden

1. Choose crystals that will work for your appropriate situation.
2. Choose crystals you are drawn to.
3. Program crystals to their greatest and highest good
4. Place in a grid around plants, shrubs and trees. Consider using crystals and angels representing the four cardinal directions and elements:

Season	Direction	Angel	Element
Spring	East	Raphael	Air
Summer	South	Michael	Fire
Fall	West	Gabriel	Water
Winter	North	Uriel	Earth

5. Plant elixir water can be used to enrich your garden.
6. Use crystals as a border around your plants or herbs.
7. Blend sand (high in quartz crystal content) with potting soil.

8. Envoke the elements by coordinating your garden with crystals associated with each season and direction.

9. Enhance plant food with crystals by placing them in the food 24 hours before use.

10. Cut flowers and potted plants make great gifts. Include one of your garden crystals with the gift.

11. Enjoy the work you have created!

12. Plant herbs and flowers related to angels such as: Angel's breathe, The Bethlehem Star (Bellflower), the Christmas Flower (Poinsettia), Lady's Bedstraw (Dianthus - Mary used bedstraw to prepare a bed for Jesus), the Epiphany flower (Chrysanthemum), the Flight into Egypt (Fig Tree - legend says that the Holy Family ate the fruit of this tree during their flight into Egypt), Our Lady's Tears (Lily of the Valley).



Your Angel Journal

An Angel Journal is a special book or record of your angelic journey. It can be used for writing down your angelic dreams, signs, communications and process for making angels more tangible in your life. This journal is a good place to record your information so that you can go back and look at it later. Your journal gives you the personal insight to recall and interpret your experiences.

TIPS FOR CREATING YOUR ANGEL JOURNAL

1. Choose a notebook that inspires you. You can use your creativity to make it your own and very special. You can customize it with pictures or stickers of angels, words of inspiration and color. Embellish on it, in order to give you the inspiration to go to it on a daily basis. Write the time and day on the top of the angel page.



2. Start by writing your intention on the inside cover. You can then use your journal for many things. You can write an inspirational message or affirmation each day. Use your journal to draw images of angels. Create poems or prayers to your angels. Choose an angel for the day. Record your experiences after an angel meditation or angelic healing.

My inspirational message/affirmation for the day:

My Angel for today:

After my angel meditation, I felt:

3. Angels can come to us in dreams. Upon waking, pick up your angel journal and write down the first thing that comes into your head. It is a good idea to **write out the dream in the symbols** you saw for easier interpretation later.

4. After you have written down as many symbols as you can recall, **try to fill in the information** between the symbols.
5. Sometimes, we will **hear words or phrases** that may help us to realize our guardian angel or messenger was near us. **Jot down significant words**, that made you feel an angelic presence.
6. **Signs can come from anywhere.** What is the association you may see? Was it a cloud formation, a feather that fell at your feet or the singing of windchimes? With these objects, words or people, explain them in your journal.

Signs that Angels are near			
			
<u>Feathers</u>	<u>Butterflies</u>	<u>Flowers</u>	<u>Words/Voices</u>
Angelic Presence			
			
<u>Clouds</u>	<u>Crystals</u>	<u>Rainbows</u>	<u>Music</u>

7. **Take as much room** as you like in your book. It is a creative work in progress.
8. **If there were colors**, write them down. Was your experience at day or night? Sunrise or sunset? Did it take place in a familiar place or some place you have never been?
9. **If you can't recall** all the details, that is ok. You can always come back to the journal later.
10. **Bring positive thoughts and inspirations to your angel journal.** This is a tool for discerning knowledge, tolerance and understanding of yourself and others.

“I love and honor who I am, today”

“I am positive, courageous and strong, today”

“I deserve all the happiness of the day”

“I will not be angry today, but filled with humility”

11. This is also a great place to count your blessings! We are given so many every day, sometimes we forget or are not aware of the gifts we are given constantly. Take a look at the **Gratitude Project**.

The Gratitude Project

by Andrew Pacholyk, MS, L.Ac.

This is a self-awareness exercise. I started this in my practice in New York City over 10 years ago. It has always been an offering to my patients who come in during the week of Thanksgiving for treatment. I would ask them to take home this handout and to fill it out in their private time. If they were interested in doing a little self-attunement exercise, this would be the ideal time, as we can be more conscious of the benefits we receive in our lives.

At this time in my life, things maybe going great or they may not be the best. Regardless, TODAY I am grateful for:

1. _____

My life is full of hidden blessings. I will name three of them I may have forgotten:

1. _____

2. _____

3. _____

I was able to eat today. I am thankful to have food to eat today because:

1. _____

I woke up in good health today. I am so grateful for this because:

1. _____

I may not have woken up in the best state of health today, yet I cannot be more thankful because:

1. _____

I am most grateful for three people in my life. Who are they and why?

1. _____

2. _____

3. _____

There has always been a song or piece of music in my life that I have been very grateful for because:

Name of song: _____

1. _____

I have command of my senses today. I am eternally grateful for each one of them, as there are some who do not have the ability to use them. I am grateful for each one of them in this way:

Sight: _____

Hearing: _____

Taste: _____

Touch: _____

Smell: _____

My happiness depends on:

The path of my life depends on:

My choices determine my:

My final thought of gratitude is about:

I hope that this exercise in self-awareness has been a helpful one and I thank you for taking the time to be a part of it for yourself.

12. Your healing and spiritual awareness can all be done through the work of **your angelic inspirations!**



Planetary Healing Attunement

Date: Every Friday of every week

Time: 12:00 noon - 1:00 pm Eastern Standard Time

Repeats: This event repeats every week.

Location: Global Healing Consciousness Event

Notes: Every week of every year on Fridays at 12 noon GWT time for 60 minutes the **planetary healing ceremony** is performed. This event allows all energy healers, light workers and health practitioners to join together on the greatest subconscious level in order to all attune together at the same time! This collective energy can be felt throughout the world through a healing rainbow...all you have to do is attune to it. Perform your attunement ceremony with the world!

The Seven Archangels Associated with Each Day of the Week

Angels come in all forms! From winged guardian, mysterious stranger, helpful neighbor or benevolent animal to angelic guides and protectors. Angels come to us through dreams, in person, on a breeze or even through a strain of music. Angels find a way to appear, where they are needed most. Do you recognize them?

There are angels for each day of the week. They are accompanied by an associated crystal/day, along with a story about each angel, a meditation with the crystal, information including daily herbs, planetary connections, incense, flowers, elements, plants, numbers and much more.



Sunday: Archangel Michael:

Abundance, money, mental power, and spiritual illuminations and growth

Planet: The Sun

Incense: frankincense, copal, vanilla, cinnamon, and heliotrope

Flowers: sunflowers and yellow chrysanthemums

Metal: Gold

Sign: Leo

Number: 6

Element: Fire

Colors: Yellow and Gold

Plants: laurel or bay, eyebright, mistletoe, and chamomile

Stones: peridot, **citrine**, sardonyx, ruby, diamond, tiger's eye, amber, and topaz

Trees: pine, walnut, date, and oak



Monday: Archangel Gabriel

Intuition, dreams, women, short trips, and changes

Planet: The Moon

Incense: camphor, ylang-ylang, galbanum, jasmine, eucalyptus

Flowers: white or purple lilies

Metals: platinum and silver

Sign: Cancer

Number: 9

Element: Water

Color: Red

Plants: melons, pumpkins, beans and yams

Stones: **moonstone**, beryl, and alexandrite

Trees: coconut palm, hazel, and weeping willow



Tuesday: Archangel Camael

Energy, war, all human difficulties, adversaries, surgery, magnetism, willpower

Planet: Mars

Incense: pepper, dragon's blood, tobacco, mint

Flowers: dandelion

Metals: iron, nickel, and steel

Signs: Aries and Scorpio

Number: 5

Element: Earth

Color: Red

Plants: cacti, Conqueror root, ginger and bamboo

Stones: **carnelian**, garnet, bloodstone, ruby, rhodochrosite

Trees: mahogany, ash, holly, and fig



Wednesday: Archangel Raphael

illnesses and good health, contracts, lawsuits and legal trials, buying and selling, neighbors, and literature.

Planet: Mercury

Incense: anise, sandalwood, lavender, and storax

Flower: Lavender

Metals: quicksilver and aluminum

Signs: Gemini and Virgo

Number: 8

Element: Air

Color: orange

Plants: marjoram, rue, ferns, mandrake and parsley

Stones: fire opal, carnelian, and **agate**

Trees: almond and magnolia



Thursday: Archangel Zadkiel

Prosperity, triumph, journeys, expansion, generosity, banks, executives and gambling

Incense: nutmeg, pine resin, clove, sarsaparilla, and hyssop

Flowers: Frankincense

Metals: tin and zinc

Signs: Sagittarius and Pisces

Number: 4

Element: Fire

Color: Violet

Plants: sage, marjoram, purple betony, liverwort, and flax

Stones: sapphire, azurite, sodalite, lapis lazuli, **amethyst**, turquoise, labradorite, thunderstones, and meteorites

Trees: olive, cedar, maple, juniper, oaks



Friday: Archangel Anael

Love, marriage, the arts, music, pleasures, beauty, joy, dances, social gatherings

Planet: Venus

Incense: valerian, sandalwood, cinnamon, lavender, and rose

Flowers: red roses, tulips, and hibiscus

Signs: Taurus and Libra

Number: 7

Element: Air

Color: emerald green

Plant: vervain and myrtle

Stones: emerald, opal, malachite, jade, **rose quartz**, chrysocolla, amazonite, and peacock ore

Trees: apple, cherry, pear, orange, and lemon



Saturday: Archangel Cassiel

The elderly, inheritances, agriculture, real estate, death, properties, debts, and wills

Planet: Saturn

Incense: myrrh, patchouli, spikenard, and cassia

Flowers: violets, white lilies and opium poppies

Signs: Capricorn and Aquarius

Number: 3

Element: Earth

Colors: black and navy blue

Plants: mullein and nightshade

Stones: onyx, **obsidian**, hematite, jet, diamond

Trees: cypress, elm, yew, acacia, and ebony



Your Angel Meditations

Step 1. - Creating a sacred space: Set up a sacred space to practice your angel meditation and as a place that is peaceful and calm for you to go to. Here are some suggestions:

- a. Create boundaries within a space. Use a blanket, yoga mat or cushions. Place a representation of the four elements of energy:
- b. Fire (consider incense or candles and candle light also attracts angels)
- c. Air (consider chimes)
- d. Water (consider using a glass or vase of water)
- e. Earth (consider using Angelic crystals)
- f. Place a picture of your favorite angel, person or place that inspires you
- g. Place a stool in front of your sacred space or altar allowing enough space to kneel and to walk around.

Step 2. - Cleanse the energy in the room. You can use cleansing spray, holy water, herb for smudging techniques or Archangel incense.

Step 3. - Prepare soft instrumental, inspiring, music.

Step 4. - Start with the **Angelic Energy Alignment** or affirmation to your Universal energy (examples: God, guides, angels) asking for their protection, guidance and assistance during the attunement process.

Step 5. - With intention and focus, choose one of your angel meditations to affirm your intention and purpose. Meditate with one of your angel gifts to gain access from its meaning.

Step 6. - Choose your meditation. You can silently ask and state your intention or your future goal for becoming attuned to the energy of an Angel. Examples for choosing your intention:

- a. To become a dedicated, compassionate healer (Raphael)
- b. To become or remain protected, empowered and strong (Michael)
- c. To find a life path, unity and peace (Uriel)
- d. To encourage love, beauty, compassion or relationships (Chamuel)
- e. To promote, empower and grow spiritually (Gabriel)
- f. To transform low energy into higher life affirming energies (Zadiel)
- g. To inspire and illuminate (Jpphiel)
- h. To work with group energies through communication (Haniel)
- i. To conduct earth healing, distant healing or prayer (Sandalphon)

Step 7. - By allowing yourself to be open to ANYTHING that is new to you and giving it a chance, you can find your life going in the direction of new adventures and endless possibilities!

Step 8. - Beginning any meditation: Choose a meditation position by either sitting in a chair with feet flat on the floor, hands placed on lap OR sitting on the floor, legs crossed comfortably, hands resting on knees OR laying down on the floor or bed. Close your eyes, take 3 very deep breaths and relax. Tell yourself (on the exhale), "I am safe, relaxed and secure at all times".

Sunday Mediation

Michael, whose name means “who is as God,” is the angel who is associated with the Sun. Breathe in the sunlight and feel your central personality filled with warm and light. With each breath understand your responsibility for overseeing your life, coordinating its activities, and administering self-discipline. Ask Michael to bless you with the order of virtues, so that you may be less judgmental, more tolerant and open to grow. **“May I be open to accept abundance in all forms and have insight to always recognize it”**

Monday Mediation

Gabriel, whose name means “God is my strength,” offers an opportunity to connect to your feelings. The Moon is associated with our emotions representing the principles of creativity in the sense of giving birth to ideas. Take in through each thought the correlation between your emotional humility and the power of your intuition. With each breath, honor the change in your life, pay attention to your dreams and allow for your mental struggles to come in like a wave and dissipate as it retreats.

Tuesday Mediation

Camael whose name means “he who sees God,” is chief angel of powers. This is the opportunity today to be aware of difficulties and adversaries. Breathe away these aggressive thoughts by invoking the power of your own will to take charge. Sense your own self power and ability to take control of your life with each inhale and expel the thoughts of negativity, weakness and insecurity. This is your time to bring back your abilities and understand your strengths.

Wednesday Mediation

Raphael is “the Shining one who heals,” and Wednesday, is the day of negotiating. It offers us a chance to pay attention to our health, safety as we travel and how we communicate. Breathe in his healing green light, feel it washing over your body. Allow the free flow of life to take its course and give up the control. Trust is an important part of healing on all levels. Allow your body to let go, as you gain trust with yourself and your spirit.

Thursday Mediation

Zadkiel whose name means “righteousness of God” is the archangel that transitions us from the physical body into the Divine consciousness. Breathe in your limiting behaviors, beliefs and past life, karmic bonds and exhale thoughts of forgiveness, releasing stagnation as you begin to transform your lower energies into positive, life-affirming energies.

Friday Mediation

Anael, “the Star of Love,” is chief of the order of principalities and one of the seven angels of Creation, and ruler of Venus, the planet of love. Take in the air of self-love as you honor yourself on each exhale. Cleanse your spirit with the breath of humility, self-respect and beauty. As the more you love the person you are, the more you are able to give back unconditional love with no boundaries.

Saturday Mediation

Cassiel honors the mature person we become and prepares us for the self-awareness of acquiring and eventually letting go of our material possessions. With each deep breath, fill your lungs and push the air down through the earth. Ground your material mind into the earth and allow your ethereal spirit to release upward.

Angels and their Musical Connections

Angels have been known to come to us through dreams, in person, or even through a strain of music. You could surely think of some musical associations in this moment, that bring you closer to the heavenly realm. There have been thousands of songs and incantations written for angels and to encourage their presence. Angels have been the heavenly source for songwriters and singers, poets and painters, writers and authors for thousands of years! Compiling a musical tribute is virtually impossible without leaving out someone's favorites. I have attempted to list some current standouts, as well as a list dedicated to entire compilations and dedicated to the winged messengers! So, in honor of the Angel of Music and the completion of my Crystalline Angel Course, I thought it would be a wonderful opportunity to share the songs that invite healing energy. These melodies cross several genres, yet they ring true for me as a connection to a Universal life force and the amazing way we can heal and find hope through angelic song. I call this list: **Melodies for Angelic Enlightenment**

1. Addio, Aria 2 New Horizons, Paul Shwartz
2. Angel, Sarah Brightman
3. Angel Standing By , Jewel
4. Calling All Angels , K.d Lang, Jane Siberry
5. Songs Of Angels: Christmas Hymns And Carols, Robert Shaw, Choir
6. Flower Duet from Lakme , Opera Angels
7. A Dance With Angels (Antoinette's Song) , Fort Million
8. Lullabye (Goodnight, My Angel) , Billy Joel Angel , Jon Secada
10. Angels , Jessica Simpson
11. Borrowed Angels , Kristin Chenoweth
12. Angel's Lullaby , Richard Marx
13. Angel of Music, Phantom , Emmy Rossum, Gerard Butler
14. Undercover Angel , Alan O'Day
15. Send Me An Angel, Real Life
16. On The Side Of Angels , LeAnn Rimes
17. Where Angels Fear To Tread , The Worship Crew
18. Angel Of The Morning , Juice Newton
19. Heaven Must Be Missing An Angel , Tavares
20. Angel , Rod Stewart
21. Touched By An Angel , Stevie Nicks

Most Notable Collections

1. Music From The City Of Angels , Soundtrack, Various
2. The Voice of Angels , Various
3. Touched By An Angel , TV Soundtrack
4. Angels & Demons , Movie Soundtrack
5. Archangel , Two Steps From Hell
6. Gifts of the Angels , Steven Halpern
7. Song of Angels Vol.1 , Freddy Hayler
8. The Truth About Angels – The Original Score , Enrico Sabena

Angels	Purpose
Zadkiel	Forgiveness
Guardian Angel	Awareness
Muriel	Reflection
Haniel	Group Energy
Angelic Realm	Peace
Jophiel	Renewal
Gabriel	Guidance
Metatron	Ascension
Raphael	Healing
Sandalphon	Absent Healing
Raziel	Universal Mystery
Michael	Protection
Ezekiel	Transformation
Auriel	Divination
Abdiel	Faith
Chamuel	Love
Uriel	Life Passion
Melchizedele	Illumination
Seraphiel	Fire
Tzaphkiel	Contemplation

Angels: The Divine Messengers and Their Purpose

Angels, celebrated across various spiritual and religious traditions, are often depicted as celestial beings of light and purity. They serve as divine messengers, facilitating communication between the human and the divine realms. Their purpose extends beyond mere messengers; they guide, protect, heal, and embody the virtues of love, faith, and forgiveness. This article delves deeper into the purpose of angels, providing a comprehensive understanding of their roles and how they manifest in our lives.

Angels and Their Purpose

Angels are believed to exist in a realm beyond the physical, intervening in human affairs only when directed by a divine command. Their purpose is multi-faceted, encompassing guidance, protection, healing, and the embodiment of divine virtues.

Guidance

One of the primary roles of angels is to guide humans on their spiritual journey. They may appear in dreams, visions, or feelings, nudging individuals towards the right path. For instance, in Christian tradition, the Angel Gabriel guided Mary with the message of her divine pregnancy.

Protection

Angels are often envisioned as protectors. They shield individuals from harm and steer them away from danger. Biblical accounts narrate stories of angelic interventions, such as the angels who led Lot out of Sodom before its destruction.

Healing

Angels also extend their divine energy towards healing, both physical and emotional. Often associated with the concept of 'absent healing', they are believed to channel divine energy to individuals, irrespective of the distance. The Angel Raphael, in various traditions, is known as the healing angel.

Manifestation of Virtues

Angels also personify divine virtues, manifesting themselves in human lives as embodiments of forgiveness, peace, expectation, faith, and love.

Forgiveness

Angels serve as a reminder of the divine virtue of forgiveness. They encourage individuals to let go of bitterness and resentment, fostering a spirit of reconciliation. For instance, the parable of the Prodigal Son in the Bible can be interpreted as an angelic intervention that leads to forgiveness.

Peace

Angels are often associated with peace. They are believed to bestow tranquility and calm, helping individuals navigate through tumultuous times. The Angel of Peace, in various religious texts, is depicted as a beacon of serenity.

Expectation

Angels also embody the virtue of expectation, inspiring individuals to look forward to positive outcomes. They instill a sense of hope, helping people to expect good things in their lives.

Faith

Angels are symbols of faith, encouraging individuals to trust in the divine plan. They reinforce the belief that there is a higher power guiding our lives. In the Bible, the Angel Gabriel's message to Mary required her to have faith in the divine plan.

Love

Angels epitomize unconditional love, reflecting the divine love for all creation. They are believed to help individuals experience and express this form of love in their lives.

Conclusion

Angels, as divine messengers and embodiments of virtues, play a pivotal role in various religious and spiritual traditions. They guide, protect, heal, and inspire humans, fostering virtues of forgiveness, peace, expectation, faith, and love. Whether one perceives them as literal beings or symbolic representations, their purpose is profound - to bridge the divide between the divine and human realms, acting as catalysts for spiritual growth and transformation.

About the author

Andrew Pacholyk MS L Ac. is an international best-selling author whose life and career have been guided by a diverse array of passions. Prior to his literary success, Pacholyk spent 25 years as a professional dancer, gracing Broadway and stages around the world with his captivating performances. His artistic spirit, coupled with a boundless physical discipline, created a unique foundation from which his writing draws profound insight and emotional resonance.

In addition to his impressive dance and writing careers, Pacholyk is a licensed acupuncturist, having studied and practiced the ancient Chinese medical techniques for 20 years. His deep understanding of holistic healing and wellness informs his narrative, providing a distinctive perspective that resonates with readers worldwide. As an acupuncturist, Pacholyk's approach to healing extends beyond the physical, addressing the emotional and spiritual aspects of health, which is a theme that is beautifully reflected in his bestselling books.

Pacholyk's multifaceted career has garnered him a number of prestigious awards, including the "Best Acupuncturist in New York City" award in 2016 and 2017, winner of the Literary Titan Gold Book Award and a 2022 Ommie Award nomination for best Spiritual Memoir for "Barefoot: A Surfer's View of the Universe". He has been recognized for his significant contributions to literature, dance, and holistic health, as well as being featured in various media outlets including The New York Times, The Huffington Post, OM Times, and CBS News.. As a healer, Pacholyk's work transcends his individual practices, permeating the pages of his books, his practice, and the hearts of his readers. His life's work is a testament to the power of passion, discipline, and lifelong learning, making Andrew Pacholyk a truly inspirational figure in the literary world and beyond.

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Each book provides a unique perspective on the subject of angels, covering a range of topics from biblical interpretations to personal experiences and scholarly analyses.