

LIGHTWORKING WITH ANGELS BOOK TWO

ROS PLACE



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Dedication

This book is dedicated to Tressarn, my beloved Guardian Angel.

Thank you for everything you do, every day, to love, guide and empower me in my life.

With love always,

Ros x



Preface

Lightworking with Angels Book 2 was written in 2013 and first published in July 2025.

I wrote this book immediately after finishing Lightworking with Angels Book 1, and then—it waited. Quietly, patiently, it sat for 12 years, ready to be shared when the time was right.

The story of this book begins in the Devon countryside, where we lived in a peaceful farmhouse in the South Hams. Our elder son was just eight, and our younger one only three. I was offering sessions at a beautiful space called Harbour House—an art gallery and spiritual centre by the quay. It was there that Lightworking with Angels Book Two came to life, week by week, as a series of evening classes with a group of lovely women who gathered to learn about the Archangels. I think back on that time with such warmth and fondness.

So why did it take so long to publish?

For me, this is a gentle lesson in sharing our work: when something stays tucked away on a hard drive, it can't help anyone. And it's so easy for the final 10%—the last step—to be the hardest of all. Life gets busy. Other things take over. But when I sat with the final manuscript again, I knew straight away: this book about the Archangels matters and their teachings are timeless.

Now, as you move through each chapter, I hope you'll enjoy the complimentary meditations I've included:



angels-with-ros.com/book2

They will help you to truly feel the love, peace and healing of the Archangels.

You'll find an additional chapter in this book which will help you to explore your Life Purpose strengths with your Guardian Angel.

And if you feel guided to go even deeper—beyond working with the Archangels and into direct communication with your own Guardian Angel—you might love exploring the Channel of Clarity Method, a powerful, proven way to channel your Guardian Angel that was gifted to us by Tressarn in 2022. It's the process I now teach every day.

Fast forward to 2025: Eddie, me and our boys have now been travelling the world full-time for over two years. For the past 18 months, South America has had our hearts—its people, its lands, and all its quiet guidance, received through Tressarn, my Guardian Angel.

Thank you for being here. Thank you for wanting to get to know the Archangels. I know they will support you in ways that bring peace, clarity, and real change to every part of your life.

With our love,

Ros & Tressarn xx





Introduction

‘The Angelic energy, instruction and Love contained in ‘Lightworking with Angels Book 2’ will guide you upwards to learn and discover more with the Archangels. The Angels will hold you in their wings and gently lift your heart upwards as you travel through all of the dimensions of pure Love energy which exist all the way to the Love of the Angelic Realm.’

Lightworking with Angels Book 2 is your next step along the beautiful and illuminated pathway to the Angelic Realm. Travelling with you, are the Archangels Michael, Gabriel, Raphael, Uriel, Jophiel and Metatron. You will work once again with the Archangels you met in Book 1 in new and more powerful ways and also be introduced to Uriel and

Jophiel through whom you will broaden your Angelic expertise and knowledge.

Lightworking with Angels Book 2 is special to me. It is special because it marks real endings and new beginnings in my life. My younger son grew through babyhood into toddlerhood as I wrote with the Angels and as I saw this happen I knew it would be the last time for me as a new mother. Lightworking with Angels Book 2 is special because of all of the wonderful people who shone their light in Book 1 and asked and encouraged me to work with the Angels to write another!

If you would like to continue to increase your personal connection with the Angelic Realm and enjoy deeper experiences with the Archangels, then the Angels would like to help you – and through my experiences, so would I. Lightworking with Angels Book 2 has been written to help you to discover many more ways of working powerfully with the Archangels and bringing them in to your everyday life. It has been written to help you to develop and strengthen your relationship with the Archangels and to discover the new ways and life changing ways in which they can help you. The Archangels would like to help you to remember how to communicate easily and naturally with them and to really know that they are with you.

The Angelic energy, instruction and Love contained in ‘Lightworking with Angels Book 2’ will guide you upwards to learn and discover more with the Archangels. The Angels will hold you in their wings and gently lift your heart upwards as

you travel through all of the dimensions of pure Love energy which exist all the way to the Love of the Angelic Realm.

It is as always, my loving desire that you deeply enjoy your Angelic journey and that your joyful path of Angelic lessons is illuminated by the beautiful and magnificent coloured light of the Archangels.

With love, light and happiness,

Ros xxx

Angelic Invocations

An Angelic Invocation is a special request or an invitation to the Angels to be with you. At the beginning of each Archangel chapter of this book, you will find an Angelic Invocation to read which will invite each Archangel to be with you. Each Angelic Invocation sets the tone for each Archangel chapter and I would encourage you to use and enjoy them.

The Angels would like you to know that all you ever need to do is to *ask* them to be with you and they will be – instantly every time. It is not necessary to always use a special invocation to call any of the Angels to be with you.

The Archangels gave me their invocations to share with you so that you can become more familiar with their individual energies. The Archangel invocations in this book will help you to become more familiar with the individual energy, qualities and colours of each Archangel and build a strong and lasting relationship.

How to Use Your Angelic Invocation

Your Angelic invocation can be used in lots of ways. You can read it out loud from the book or you could record your own voice; you could ask a friend or loved one to read your invocations to you or just hold your book in your hands and feel the

energy of the Archangels reach you at the beginning of each chapter.

Whichever way you choose, enjoy your Archangel Invocation and then be still and feel how good it feels to know that they are with you. Regardless of whether or not you can feel the Archangel you have invited – they are there, instantly always, every time and without question.

Just allow yourself the pleasure of knowing that the Archangels are there and with you throughout all the pages of this book.

Enjoy inviting the Archangels to be with you, whenever you would like to feel their Love and energy in your life.

Oracle Cards

There are an incredible variety of Oracle Cards available today. You can find Angel Oracle Cards and Archangel Oracle Cards and hundreds of other different and wonderful types of Oracle Cards. I *love* working with Angel Oracle Cards, they are insightful and helpful and also something physical which can connect you even more closely with the Angelic Realm. They are fun

At the end of every chapter in this book, you will find an Angelic Card Exercise which will help you to get even more out of each chapter and will help you to develop your very own special relationship with each of the Archangels.

How Do I Use My Oracle Cards?

The first thing to do is to hold your Oracle Cards. Gently take your Oracle Cards into both hands and fill them with Love and all that Love means to you. Allow your cards to become warmed by your hands and full of your energy. Shuffle your Oracle Cards gently and take your time to enjoy the pleasure of the experience. You are demonstrating to yourself that you care for yourself through this process and you are showing the Angels your commitment to yourself and your desire for positive change.

Then, read each question in the Card Exercise section of each chapter to yourself and think of the issue you would like the Angels to help you with and draw a card.

How Do I Choose a Card?

There are many ways of choosing a card and no way is right or wrong. You may like to cut the pack of cards, you may like to fan your Oracle cards out in front of you, you may like to lay your cards out in a particular shape or form. Whichever way you choose, do so calmly and lovingly.

Anticipate clarity and Love and accuracy from your Oracle Cards, expect them to help you and they will.

Jumping Cards and Falling Cards

Sometimes cards ‘jump’ or ‘fall’ out of the pack when you are shuffling them. This is the Angels giving you a card which you need to see. It may be a card which is in answer to the question to you are asking. Very often it is a card which contains a message they would like you to hear in relation to another issue in your life. Just take a moment and a breath to see what you are being shown.

Which Oracle Cards Should I Use?

The answer is any oracle cards which you like and enjoy using. You may have a favourite pack of Oracle Cards at home or a selection to choose from, just use the Oracle Cards you like. If you love them, they will love you back.

Should I Use ‘Archangel’ Cards?

For the purpose of this book, I would recommend that you use Archangel Cards as they will help you to establish a clear connection with the Archangels.

Angelic Visualisations

In each chapter of this book you will find an Angelic Visualisation. Each Angelic Visualisation was given to me by the Archangels to share with you, so that you can work more

closely with them. The Angelic Visualisations are loving and powerful and will really help you to become more connected to the Archangels.

Each Angelic Visualisation will help you to become more familiar with the Archangels and will focus on a specific area of your life. I would encourage you to use and enjoy the many benefits they will bring into your life.

How to Use Your Visualisations

The Angelic Visualisations in this book have been abbreviated for you, so that you can follow the steps by returning to the book for each stage if you wish. There are lots of ways of enjoying them and I would encourage you to be creative. You can read the visualisations as you would the rest of the book, or you could read them out loud, you could record your own voice or you could ask a friend or loved one to read the visualisations out for you at a planned special Angel time together.

All 8 of the Angelic Visualisations from this book are available for you at my website:



angels-with-ros.com/book2

Each Angelic Visualisation recording will bring you even closer to the Archangels and enhance your Angelic connection for years and years to come.

Whichever way you choose, enjoy your

Angelic Visualisations for the improvement and enhancement they bring into your life.

Allow yourself some quiet and peaceful time with the Archangels in your visualisations and I promise you, you will be glad that you did.



Chapter One



YOUR PATHWAY TO THE ANGELIC REALM

In this chapter you will:

- Learn how your heart is lifted to the Angelic Realm
- Discover how Love feels to you
- Become familiar with Your Pathway to the Angelic Realm

Opening Circle

Gently come to be present now in your beautiful heart centre and feel the warmth of Angelic Love reach out to you. Feel your heart's desire to open and trust and Love. Allow every part of yourself to reach upwards through your heart now to the Angelic Realm - to Love.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and loving.

And so it is.

What Is My Pathway to the Angelic Realm?

I am often asked to explain the way I communicate with the Angels, how I 'connect' with them and receive their guidance.

Because I have always been connected to the Angels it was a challenge for me to explain 'how' it happened. But I kept being asked the question, so I asked the Archangels to explain to me how the connection with the Angelic Realm worked. I asked them to share with me a way of connecting which would help others to develop their connection with the Angelic Realm.

This is when they told me about the Pathway to the Angelic Realm, on which your heart can be lifted through the purest

emotions and dimensions of Love, all of the way up to the Angelic Realm. Here's what they told me:

You Must Expect to Connect with the Angels

The Angels have explained to me that it's essential for you to expect to connect with the Angelic Realm. If you have this expectation, then you are committing to the experience and sending out a clear message to the Angels that you are ready and in a fully receptive state. This allows your channel of Angelic communication to become open. It's like opening a door within yourself and inviting the Angels in. The key to the door is expectation.

The Angels Will Always Come

The Angels will always come. It doesn't matter how subtle their presence feels to you – they are with you. It doesn't even matter if you can't feel their presence at all – they are with you. Know that the Angels will always come to you, immediately, without question, every time you call upon them. Then in time, as you strengthen your connection with the Angels, you will develop your ability to see, sense, hear or know that the Angels are with you - their presence will already be something you already feel and accept.

What You Give Your Attention to Will Grow

Your ability to ‘acknowledge’ is an important part of developing your connection with the Angels. When you acknowledge that the Angels are with you, and you accept even a very subtle sense or feeling of connection, you allow it to grow and to become stronger.

Look at your own life for proof - you’ll find that whatever you give your attention to will grow. Similarly, your ability to acknowledge your ever stronger connection with the Angels will see it blossom over time.

Acknowledge that the Angels are with you the moment you call them, and accept even the most subtle sense of the Angels’ presence. The Angels will always come, without question, without condition, every time.

***Take a moment:** Close your eyes and ask the Angels to be with you. Expect the Angels to come to your side, know that they are with you as soon as you ask, and acknowledge their presence no matter how subtle it feels to you. Enjoy deepening your connection with the Angelic Realm.*

- *What does it feel like to know and accept that the Angels are with you?*
- *What does it feel like to have the Angels with you?*
- *Where do you feel them?*

Don't Place Conditions on Yourself

I always find it interesting to observe how many conditions people place on their connection with the Angels. I have met many people who would like to have irrefutable proof that the Angels are with them before they will accept their connection to the Angels. They are waiting for the kind of connection with the Angels that they have heard that 'other people' have. They want to be able to jump from where they are now to where they want to be in the future. They are waiting for Archangel Michael to come and get them out of bed one morning! They want their connection to be 'just like this' before they are satisfied.

Don't place conditions on your connection with the Angels. Don't require them to demonstrate their presence, or ask them for proof that they are there. Don't ask them for HD quality sound or 3D visuals! Instead, ask them to help you to strengthen your connection with them and by doing so, you will find out an incredible amount about yourself and the Angels along the way.

As tempting as it is as a human to want to rush and everything and get 'there' as fast as you can, understand that you have your whole life to develop your connection with the Angels. The Angels promise you, that you will develop a loving and fulfilling relationship with them if you accept, embrace and allow yourself to be encouraged by even the most subtle of sensations and feelings. The Angels will help you to develop your ability to 'know' that they are with you. Once you have achieved this, you will begin to see evidence of Angels everywhere.

Let It Happen

Letting something 'happen' is probably one of the hardest things to do as a human, especially when it is something that is important to you. The idea that you will get everything you want and more, if 'allow' something to come rather than 'push' its arrival, can feel uncomfortable and challenging. Your resistance or reluctance to accept the learning, does not change the lesson which is offered to you.

There are some things that you can't just 'do' or make happen through action or trying. Your relationship with the Angels will not flourish if you approach it with this kind of energy and emotion. Other, more subtle skills need to be developed within you to prepare you for the beautiful road ahead. Until you are ready, you will not begin your journey as it would not serve your highest good.

Expect to connect with the Angels, acknowledge their presence and give your attention to every sign and indication that they are with you.

Let it happen by accepting that it already is. It is with this approach that you will have the relationship with the Angels that you long for.

Here are some words that my guardian angel, Tressarn, gave me many years ago which repeat and repeat in my own life:

"Relax. It's the fastest way."

No truer words have ever been spoken.

An Angelic Exercise for You to Enjoy

Discovering My Pathway to the Angelic Realm

The Angels have explained to me, that you reach the Angelic Realm through your open and loving heart. When you allow yourself to experience the uplifted and positive emotions of Love, appreciation and happiness, you are lifted upwards by the Angels to the pearlescent light of their Angelic Realm. Your heart will move through many dimensions of love and of light, each dimension even more pure and positively charged than the last until finally, you are greeted by the Angels as you arrive at the Angelic Realm.

So, the Angels have asked that you prepare for your journey by allow yourself the opportunity to feel some of the emotions and energies you will meet along your Pathway to the Angelic Realm.

The purpose of this exercise is to help you to understand and to connect within yourself to the feelings which each dimension of Love contains – to understand the emotion and energy you will move through as your heart travels upwards toward the Angelic Realm.

By becoming familiar with the positive emotions and energies within yourself which you will experience as your heart is lifted upwards, you advance and strengthen your connection with the Angelic Realm.

Take a moment: Enjoy some time for self-discovery and explore the loving and positive words below. What do they feel like? When have you felt them before?

Take some time to enjoy discovering the way you feel and feel your heart lifted as you do

- To me, peace and tranquility feel like...

- The images, pictures, memories and experiences which I associate with peace and tranquility are...

- To me, happiness and appreciation feel like...

- The images, pictures, memories and experiences which I associate with happiness and appreciation are...

- To me, Love, Joy and Compassion feel like...

- The images, pictures, memories and experiences which I associate with Love, joy and compassion are...

Visualisation

Your Pathway to the Angelic Realm

In this visualisation, your heart will be gently lifted by the Angels to the Angelic Realm. You will travel through all of the pure dimensions of emotion which exist through to the Love of the Angelic Realm. Your Pathway to the Angelic Realm is a journey your heart takes each time it reaches out to the Angels.

You will learn how to allow your heart to take you there joyfully and with grace and ease and with practice, your heart along with your consciousness will learn how to make that journey at the speed of Love.

1. Sit quietly with your eyes closed and relax your body. Place your hands gently in your lap with your palms facing upwards. Imagine your whole body relaxing and becoming physically comfortable.
2. Your desire to connect with the Angelic Realm has been heard by the Angels and they are all gathering to help you and preparing to greet you warmly.
3. Every Angel shines their individual and beautiful light, illuminating your pathway to the Angelic Realm. Every Angel is ready to gently and lovingly

lift your heart upwards through the purest emotions of Love to the Angelic Realm

4. Imagine a beautiful light in the distance. The light is pure and white and the most beautiful image of perfection you have ever seen. The light is reaching out to you and with each breath that you take, you draw it closer to you. Breathe in that beautiful light now.
5. As the light fills you, you feel your heart become light and full of Love. Feel your heart's desire to move upwards now and to meet the Angels. Allow the Angels to lift your heart upwards to the dimensions of peace and tranquility. Breathe in gentle purple and blue light now and feel your heart surrounded by complete peace and tranquility. Feel how blessed and loved and free you are as you move upwards on a wave of soft purple and blue light.
6. Feel the Angels gently hold your precious heart now with such love and lift your heart upwards, towards the dimension of happiness and appreciation. As you feel your heart reach the dimension of happiness and appreciation, the coloured light which bathes and surrounds you becomes a soft and delicate pink. Breathe in this beautiful light and fill yourself with it. Feel how your heart responds as it is bathed in the

beautiful energy and light of happiness and appreciation. Feel how your heart is climbing higher and higher with each breath you take.

7. The Angels now ask you if you are ready to allow your heart to enter the Angelic Realm. If your heart is ready, say 'Yes' with your mind, your voice or your heart. The Angels will understand and hear you.
8. The Angels now lovingly and tenderly, lift your treasured and precious heart into the Angelic Realm. You are immediately surrounded by the most magnificent pearlescent energy and beautiful light beings gather around you, bathing you in their unconditional Love.
9. Gently enjoy all of the beautiful colours and pure emotions of your Pathway to the Angelic Realm and come back to your heart centre, glowing and shining with Angelic light.

And so it is.

An Angelic Card Exercise for You to Enjoy

In each chapter of 'Lightworking with Angels' you will be working with Oracle cards and asking the Angels to provide you with their guidance and further insight into the week's subject.

Take your Oracle Cards in your hands and fill them with Love and all that Love means to you. Allow your cards to become warmed by your hands. Gently shuffle your cards and take your time and enjoy your connection. Anticipate clarity and Love from your cards; expect them to help you and they will.

When you are ready, ask the Angels to provide you with their loving guidance and choose a card for each question.

Choose a card for each of the questions below.

Note down the cards as you choose them and what you feel that they are conveying to you.

- 1. How can I further develop my personal Pathway to the Angelic Realm?**
- 2. How can I feel more connected to the Love of the Angelic Realm?**
- 3. What positive step can I take today to increase my ability to fill my life with more Angelic Love?**

Closing Circle

Gently come to rest now in your beautiful heart centre and feel all the warmth of the Angelic Realm still with you. Feel your heart's increased openness and ability to Love and be loved.

Send Love and appreciation to the Angelic Realm now from your joyful heart and acknowledge the positive growth which you have experienced today.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and be loving.

And so it is.

Pathway to the Angelic Realm

My Thoughts, Feelings and Requests

This is the very special place for you to record your thoughts and feelings. Use this very special place to ask the Angels to help you with anything which you become aware of or would like to ask for, as you move through the chapters of this book.



Chapter Two



OPENING YOUR ANGELIC CHANNELS OF COMMUNICATION

In this chapter you will:

- Discover how Archangel Gabriel can help you
- Open your chosen Angelic Channels of Communication
- Discover the relationship you want with the Angels – and ask for it

Opening Circle

Gently come to be present now in your beautiful heart centre and feel the warmth of Angelic Love reach out to you. Feel your heart's desire to open and trust and Love. Allow every part of yourself to reach upwards through your heart now to the Angelic Realm - to Love.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and loving.

And so it is.

Archangel Gabriel

Archangel Gabriel - Angel of Communication

Aura - Sparkling Golden and White

Crystal - Yellow Calcite

Chakra - Throat

Embodies - Empowerment, Honesty

Primary Role - To Empower You to Reach Your
Highest Potential

Areas of Your Life - Career, Self-Belief
& Communication

Archangel Gabriel is the Archangel of Communication, sometimes referred to as the Messenger Angel. Archangel Gabriel has a beautiful golden, sparkling aura and often appears as a feminine energy.

Archangel Gabriel will help you to express yourself truthfully and to communicate effectively and honestly with the world. She can help you to be clear with friends, family and colleagues, and she reminds you that you cannot communi-

cate honestly and effectively with others unless you are honest with yourself. It is important to be honest about your needs and desires, and to become aware of the freedom that such honesty will bring you.

Archangel Gabriel will also help you to communicate effectively with all of the other Archangels. She will help you to develop and strengthen all of your intuitive ability and spiritual gifts. Gabriel is the Archangel to call upon if you would like to develop and strengthen your existing communication channels with the Angels. She will also help you to open new spiritual channels for receiving the Archangels' guidance.

Archangel Gabriel is also an incredible angelic asset to enhance your career. If you would like to optimise where you are in your career or develop a new more successful and fulfilling career, she will help you to see possibilities and opportunities.

Gabriel will give you the confidence to follow your inner truth; she will fill you with more self belief, and help you to break through any limitations from your past. Gabriel will help you to identify your true needs and ask the Universe for them.

Allow Archangel Gabriel to help you live your life in your power, to fulfil your dreams and to turn your ideas into reality. She is a hugely empowering and enabling Archangel who will help you to feel the sense of self-worth and personal value which is your birthright.

Archangel Tips:

- *Gabriel can be called upon to help you find anything which is 'lost' or has been misplaced*
- *Gabriel will help you to speak your truth*
- *Gabriel can be called upon when making any decisions which relate to your career*

Archangel Gabriel Invocation

Take a moment to read about invocations on page 6 before you begin.

Let's begin by practising your Pathway to the Angelic Realm and asking Archangel Gabriel to come forwards and be with you. Allow your heart to be lifted to Love by the Angels.

Your desire to connect with the Angelic Realm has been heard by the Angels, and they are all gathering to help you.

Each and every Angel above shines their beautiful light, illuminating your Pathway to the Angelic Realm.

The Angels can see inside of your heart and they know that you are ready.

They would like you to feel their energy all around you and to know that your heart is also ready for this journey.

Feel your heart's desire to move upwards now and to meet the Angels and allow the Angels to lift your beautiful heart upwards to the dimensions of peace and tranquility. Breathing in gentle purple and blue light now and feeling your heart surrounded by complete peace and tranquility. Feeling blessed and loved and free and moving upwards on a wave of soft purple and blue light.

Feel the Angels gently hold your precious heart now with such love and lift your heart upwards now towards the dimension of happiness and appreciation.

As you feel your heart reach the dimension of happiness and appreciation, the coloured light which bathes and surrounds you begins to become a soft and delicate pink. Feel how your heart responds as it is bathed in the beautiful energy and light of happiness and appreciation.

The Angels now lovingly and tenderly, lift your treasured and precious heart into the Angelic Realm. You are immediately surrounded by the most magnificent pearlescent energy and beautiful light beings gather around you, bathing you in their unconditional Love.

Feel the Love of the Angels of the Angelic Realm surround you and bathe you in their pure energy.

Now ask Archangel Gabriel to come forwards to be with you now and know and see and feel how Archangel Gabriel comes to stand before you. Gabriel shines her powerful golden light towards you, around you and fills you with her empowering Angelic energy.

Archangel Gabriel is with you now and will stay with you for as long as you need her to be.

And so it is.

How Can Archangel Gabriel Help Me?

Archangel Gabriel is the Angel of Communication and embodies clear expression, integrity and the ability to listen and be heard. She will help you to communicate honestly and

effectively with yourself and others, and also with the Angelic Realm.

In your personal life, Gabriel will help you listen to your inner voice and communicate your needs, to find the right words and to express yourself clearly and confidently.

In your spiritual life, she will help you to open your Angelic Channels of Communication and receive the loving messages and guidance which the Angels have for you.

What Are My Angelic Channels of Communication?

Your Angelic Channels of Communication are the senses you use your daily life to see, hear, feel and know the world you live. Archangel Gabriel will help you to develop your spiritual senses, which are extensions of the senses you use every day. Your spiritual senses are called:

- Clairvoyance - an ability to see the Angels
- Clairaudience - an ability to hear the Angels
- Claircognisance - an ability to know the Angels
- Clairsentience - an ability to feel the Angels

It may be that you already consider yourself to be one, all or none of the above. Archangel Gabriel will help you to develop the spiritual senses you are already aware of or develop new spiritual senses. If you feel that one of your spiritual senses is more developed than the others, Archangel Gabriel will help you to strengthen your less developed senses and broaden your Angelic Channels of Communication. So, if you consider yourself to be only a visual person, for example Gabriel can help you to become equally feeling, hearing and knowing.

It All Begins with Your Permission

The Angels cannot interfere in our lives or influence our free will. So you must be clear about what you want – and give your permission to the Angels by asking. Giving Archangel Gabriel permission to help you to open your Angelic Channels of Communication is the first step towards having a stronger and even more meaningful relationship with the Angels.

Take a moment: Spend a moment now becoming clearer about how you would like Archangel Gabriel to develop your Angelic Channels of Communication.

Close your eyes and choose which of your clairsenses you would like to develop with the help of Archangel Gabriel.

It Is a Communication Channel to Love

The messages and guidance that you receive through your Angelic Channels of Communication are from a place of pure Love. Remember, you are connecting with the Angelic Realm, and in this dimension, only Love exists - Love in all its forms. The Angelic Realm is not a place of judgement or criticism, but a place of support and encouragement. The Angels want you to live a life of happiness, love and joy. They want to help you achieve your heart's desires, fulfil your Life Purpose and satisfy your soul's yearnings.

Remember, the Angels will never 'tell' you what to do. Instead they will suggest and show you the benefit of taking positive action or embracing positive change.

Clarity in Your Relationship with the Angels

Have you ever given any thought about the kind relationship you would like with the Angels? How would you like your relationship with the Angels to develop? What is the purpose of your relationship with the Angelic Realm?

For instance, would you like to receive messages and guidance for yourself only? Would you like to receive messages to share with your friends and family? Would you like the Angels to communicate with you regularly throughout the day, or only when you meditate? Would you like the Angels to talk to you

in your dreams and teach you as you sleep? Would you like your relationship with the Angels to develop a career helping others?

As with all areas of life, clarity is essential if you are wanting to create positive outcomes and manifest personally and accurately. Your relationship with the Angels is no different. You need to be clear about what you want in order to allow the Angels to bring it to you.

Clarity is honesty, it is positive and it allows you to become clear about the way you want things to be. Through clarity you will reclaim your personal power and begin to create your life.

When you intentionally choose the way you want things to be in any part of your life, you allow the Angels to bring it to you. When you decide the way you want your relationship with the Angels to be, you take responsibility for your own happiness and allow the Angels to help you so much more.

You may have never given it much thought before now but now is your opportunity to decide and ask the Angels for the relationship you want to have with them.

Clarity is a quality which the Angels and the Universe can really work with and crystal clear clarity will help you to manifest accurately and with great joy in your life.

An Angelic Exercise for You to Enjoy

It All Begins with Your Permission

The Angels cannot interfere in our lives or influence our free will. If you would like to open your Angelic Channels of Communication for the first

time, fully open you Angelic Channels to Communication to develop latent sensory abilities or open your Angelic channels of communication to

strengthen the senses you already possess – you must give your permission.

Take a moment here to think about what you are giving your permission for and write it down in the space provided. Remember, you can repeat this exercise as many times as you wish.

For example:

Archangel Gabriel, I give you my permission to open my Clairvoyant Angelic Channel of Communication.

Archangel Gabriel I give you my permission to:

And be still and centred and loved, as Archangel Gabriel opens your chosen Angelic Channel or channels of communication.

And so it is.

Visualisation

Opening Your Angelic Channels of Communication

In this visualisation your heart will be gently lifted by the Angels to the Angelic Realm where you will be warmly greeted by Archangel Gabriel. Gabriel will ask you which of your Angelic Communication Channels you would like her to open and gently warm and breathe light into each. Finally, she will energise each Channel of Communication with love and clarity.

1. Sit quietly with your eyes closed and relax your body. Place your hands gently in your lap with your palms facing upwards. Imagine your whole body relaxing and becoming physically comfortable.
2. Follow your 'Pathway to the Angelic Realm' Visualisation until Step 8
3. It is Archangel Gabriel who comes forwards to help you today. She tells you that she is here to help you to open your Angelic Channels of Communication.
4. Gabriel surrounds you with her golden sparkling light and energy of empowerment.

5. Gabriel asks you which of your Angelic Channels of Communication you would like to her to open for you today?
6. Think of your ability to see, hear, sense and know the Angels and focus gently on which of your senses you are ready to open now with Gabriel.
7. Beautiful golden light is sent to your chosen Angelic Channel of Communication.
8. Archangel Gabriel fills your Channel of Angelic Communication with love and with clarity and opens your chosen channel.
9. Thank Archangel Gabriel for opening your chosen Angelic Channel of Communication and for charging your chosen channel with love and clarity.

And so it is.

An Angelic Card Exercise for You to Enjoy

In each chapter of 'Lightworking with Angels' you will be working with Oracle cards and asking the Angels to provide you with their guidance and further insight into the week's subject.

Take your Oracle Cards in your hands and fill them with Love and all that Love means to you. Allow your cards to become warmed by your hands. Gently shuffle your cards and take your time and enjoy your connection. Anticipate clarity and Love from your cards; expect them to help you and they will.

When you are ready, ask the Angels to provide you with their loving guidance and choose a card for each question.

Choose a card for each of the questions below.

Note down the cards as you choose them and what you feel that they are conveying to you.

- 1. How can I further develop my Angelic Channels of Communication?**
- 2. How can I experience more clarity in my life?**
- 3. How can I express myself more clearly and confidently?**

Closing Circle

Gently come to rest now in your beautiful heart centre and feel all the warmth of the Angelic Realm still with you. Feel your heart's increased openness and ability to Love and be loved.

Send Love and appreciation to the Angelic Realm now from your joyful heart and acknowledge the positive growth which you have experienced today.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and be loving.

And so it is.

Opening Your Angelic Channels of Communication

My Thoughts, Feelings and Requests

This is the very special place for you to record your thoughts and feelings. Use this very special place to ask the Angels to help you with anything which you become aware of or would like to ask for, as you move through the chapters of this book.



Chapter Three



CLEARING YOUR PAST LIFE BLOCKS

In this chapter you will:

- Learn how your previous lives can influence your present life
- Clear your intuitive and spiritual limitations
- Discover more about your past lives

Opening Circle

Gently come to be present now in your beautiful heart centre and feel the warmth of Angelic Love reach out to you. Feel your heart's desire to open and trust and Love. Allow every part of yourself to reach upwards through your heart now to the Angelic Realm - to Love.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and loving.

And so it is.

Archangel Michael

Archangel Michael - Leader of the Archangels

Aura - Deep Blue Indigo

Crystal - Lapis Lazuli

Chakras - Root, Third Eye

Embodies - Courage, Strength, Truth

Primary Role - Freedom from Negative Energy

Areas of Your Life - Relationships, Personal & Spiritual Development

Archangel Michael is the leader of the Archangels and oversees all of the work of the Angels of the Archangels and the Guardian Angels. He is the Archangel of courage, strength and truth, and is often pictured as a beautiful, strong and powerful male. Archangel Michael carries a sword of truth and a shield of protection, and his energy embodies infinite courage and power.

Michael has a deep blue aura which is so strong it feels almost solid, yet it is also incredibly tender and loving. Michael's aura

radiates a vast, masculine energy which feels completely safe and secure. It's like warm, loving arms all around you, reassuring and soothing every part of your being. He reminds you that 'All is well', and helps you to accept that you are completely and unconditionally loved.

Michael is an Angel who carries a lot of heat in his energy. The room often becomes incredibly warm whenever he's around, and this is one of the ways he can help you to know that he is present.

Archangel Michael's primary role is to free you from any negative energy in your life and realign you with the energy of positivity and Love. He will help you to reconnect with your true self, and to understand the freedom that comes from living your life from a place of Love.

Archangel Michael can free you from any negative issues which remain with you from your past. These issues often stay stuck in your life, and may result in an inability to move on from a difficult relationship or a traumatic event from your past. An inability to move on from people in your past is often created by an etheric cord. Michael can release you from the past by disconnecting you from the etheric cords which hold you there. He will sever the ties that keep you stuck in a painful place, that drain your spiritual and physical energy levels and prevent you from moving on with your life. We will talk lots more about etheric cords later in Chapter 3.

Michael will encourage and support you to be 'All that You Are', and help you to regain your lost confidence. He is there to support you when you doubt yourself, and is the deep breath you take as you move into new areas of your life. Michael will encourage and support you out of your 'comfort zone'. A place which is very often far from comfortable - just familiar and predictable!

Archangel Michael will also help you to move through life in a way that is fulfilling and uplifting and directed towards discovering your Life Purpose.

I have seen unimaginable transformation in people's lives through working with Archangel Michael.

Archangel Tips:

- *Michael can be called upon to surround you and your loved ones with his cloak of safety and security*
- *Michael can free you from your past by cutting through etheric cords*
- *Michael will encourage you and support you to become 'All That You Are'*
- *Michael will help you to develop spiritually*

Archangel Michael Invocation

Take a moment to read about invocations on page 6 before you begin.

Let's begin by practising your Pathway to the Angelic Realm and when you reach the Angelic Realm, asking Archangel Michael to come forwards and be with you.

Allow your heart to be lifted to Love by the Angels.

Your desire to connect with the Angelic Realm has been heard by the Angels and they are all gathering to help you.

Each and every Angel above shines their beautiful light, illuminating your pathway to the Angelic Realm.

The Angels can see inside of your heart and they know that you are ready.

They would like you to feel their energy all around you and to know that your heart is also ready for this journey.

Feel your heart's desire to move upwards now and to meet the Angels and allow the Angels to lift your beautiful heart upwards to the dimensions of peace and tranquility. Breathing in gentle purple and blue light now and feeling your heart surrounded by complete peace and tranquility. Feeling blessed and loved and free and moving upwards on a wave of soft purple and blue light.

Feel the Angels gently hold your precious heart now with such love and lift your heart upwards now towards the dimension of happiness and appreciation.

As you feel your heart reach the dimension of happiness and appreciation, the coloured light which bathes and surrounds you begins to become a soft and delicate pink. Feel how your heart responds as it is bathed in the beautiful energy and light of happiness and appreciation.

The Angels now lovingly and tenderly, lift your treasured and precious heart into the Angelic Realm. You are immediately surrounded by the most magnificent pearlescent energy and beautiful light beings gather around you, bathing you in their unconditional Love.

Feel the Love of the Angels of the Angelic Realm surround you and bathe you in their pure energy.

Now ask Archangel Michael to come forwards to be with you now and know and see and feel how Archangel Michael comes to stand before you. Michael shines his powerful deep blue light towards you, around you and fills you with strength and courage.

Archangel Michael is with you now and will stay with you for the rest of the day.

And so it is.

How Can Archangel Michael Help Me?

Archangel Michael can be called upon to help you become more confident of your natural spiritual and intuitive abilities - a gift which everyone has. He can help you discover how the 'you' in your current life can benefit from every positive experience your soul has ever had, and to release, heal and bring peace to any past life experiences which were negative.

Your soul is eternal, and has seen all of your previous lives. Every experience, whether you perceive it to be negative or positive, can provide your present self with wonderful opportunities for learning and for growth.

Inherited Gifts and Talents

Archangel Michael can be called upon to help you become more confident of your natural spiritual and intuitive abilities - a gift which everyone has. He can help you discover how the 'you' in your current life can benefit from every positive experience your soul has ever had, and to release, heal and bring peace to any past life experiences which were negative.

Your soul is eternal, and has seen all of your previous lives. Every experience, whether you perceive it to be negative or positive, can provide your present self with wonderful opportunities for learning and for growth.

Throughout your past lives you will have mastered many wonderful skills, and nurtured many talents, and through

your ancestor's bloodline, you can inherit their many skills, strengths and talents. The blue print or 'memory' of your ancestor's heritage is in your DNA, and your present life is deeply influenced by generations of inherited physical and spiritual gifts which you are born from.

You have also inherited your own past life experiences. We are often oblivious to these, and focus purely on our present life, but Archangel Michael has shown me repeatedly that there is often a wealth of spiritual riches just waiting to be brought into our current lives, There is more to you than you ever imagined, and the confidence and self-belief you will gain through accessing these riches from the past will help you to succeed in your current life path.

By releasing any negativity or fear and embracing all of the positivity and mastery, your light will begin to shine brightly into your current lifetime and heal the wounds of the past.

Take a moment: Spend a few moments to consider your family bloodline. Consider the gifts which you have inherited from your close and distant relatives. Think about what your ancestors have given you. You may like to choose physical, emotional or spiritual gifts, talents, strengths or positive characteristics.

Write down in the space provided, as many of the inherited gifts you can think of:

Healing Past Life Fear

Many present day healers, energy workers and lightworkers have inherited a past life legacy of persecution and fear. In the past, many lightworkers were persecuted for their spiritual ability and gifts, and were misunderstood, feared and cast out by their community for the spiritual, psychic or clairvoyant ability they naturally possessed.

Archangel Michael would like you to know that you are now safe. That all is well, and that you can allow yourself and your beautiful spiritual gifts to shine and be seen by the world. He would like to free you all of the fear, persecution and nega-

tivity of your past life experiences, and in doing so, return to you your power to access your full spiritual potential.

By freeing you from the fear of your past lives Archangel Michael can heal your past, present and future lives.

A negative past life experience that hasn't been healed can prevent you from developing your full spiritual potential in the here and now because it makes you fearful - fearful of repeating the same experience in this life.

Archangel Michael would like you to know that there is no value in judging yourself or your choices in previous lives - that you have always done what you felt to be best at that time.

You May Not Remember...

Past life blocks and limitations are often not consciously remembered in this lifetime, but sometimes you will have a sense of them. You will be aware of feelings that you cannot explain, but equally cannot ignore. Very often past life memories appear in your current life as faint recollections or memories that you know are not from your current life. You may experience *déjà vu* when you visit a place you know you have never been to, or you may have a sense of 'knowing' someone that you have just met. You may also have a strong aversion to a certain place, or, conversely, a real sense of peace and comfort with certain people and places.

I used to have a real feeling of tightness around my neck every time I came close to exposed beams in an old building. Archangel Michael explained to me that this feeling of wanting to ‘escape’ from these places was because I had been hung in a previous life! (I am grateful to be able to tell you that Michael cleared this past life experience for me and that I have since lived happily in houses with exposed beams).

Archangel Michael wishes you to know and accept that you are safe and all is well. That your past can be healed, and that whilst you can give great respect and appreciation to your previous ‘self’, you do not need to continue to experience the fear and limitation related to a situation that no longer exists for you.

What Creates an Intuitive or Spiritual Block?

It is not always fear which creates a spiritual or intuitive block in your current lifetime. Blocks can be due to vows or agreements which you made in the past to deny your spirituality or reject your intuitive ability. For example:

Vows of Poverty

In years gone by, vows of poverty were commonly taken before entering a religious order. Your spirituality may have led you to lead the life of a monk or a nun, when it was believed that sacrifice and hardship were the only ways to

Heaven and the Angels. The Angels would like you to know that a life of poverty and hardship is not necessary or righteous - they would like you to reconsider your view of wealth and abundance, and to know that these things can be fruits of your life path and current life experience if you wish them to be.

Contracts and Agreements

In order to escape certain death or unspeakable acts, lightworkers and healers were often made to agree to renounce or reject their own faith or belief, or to hide their spirituality or healing ability. Many died for their beliefs and healing ability, and the fear of this happening again can be carried into your current life and prevent you from reaching your full spiritual potential.

Asking For New Spiritual Gifts

New spiritual gifts and talents can be experienced in this lifetime, by releasing the limitations that you have set upon yourself in this and previous lives. Asking for new spiritual gifts and being ready to receive them will strengthen and enhance your current abilities and provide you with a valuable opportunity to grow into your true empowered self in this lifetime.

An Angelic Exercise for You to Enjoy

What Do I Feel About My Past Lives?

As you have seen, past lives have played a very important part in forming the person that you are today. A deeper understanding of your past lives can be gained through your ability to recall a memory or a sensation from the past.

Very often your past life experiences will appear in your current life as faint memories, déjà vu, strong aversions to certain places or conversely a real sense of peace and comfort with certain people and environments. Maybe you just ‘know’ you’ve been here before.

This exercise is an opportunity for you to explore your feelings and thoughts and awareness of your past lives, and ask Archangel Michael to help you to understand how you can grow from them.

Take some time now to think about and recall any times you have had experiences which you know are not from this lifetime. Write your thoughts in the space provided:

Now ask Archangel Michael to help you by saying:

‘Archangel Michael, please help me to grow and develop from this deeper understanding of my past lives. Please always remind me that I am safe and that All is Well. I send this request to you with Love and appreciation.’

Visualisation

Clearing Your Intuitive and Spiritual Limitations

In this visualisation, Archangel Michael will help you to identify any blocks or negative connections which exist in your past lives. Blocks may exist that result from a denial or rejection of your intuitive gifts and talents in previous lives, due to the fear of persecution.

Archangel Michael will help you to go deeply into yourself with courage and strength and step forth into the greatness of who you truly are. He will help you to discover and reclaim the many gifts and talents which you mastered in previous lifetimes and become free from any past life limitations.

You have gathered many, many talents and gifts throughout your past lives and it is time for you to carry these gifts and talents into this lifetime and become your true empowered self.

1. Sit quietly with your eyes closed and relax your body. Place your hands gently in your lap with your palms facing upwards. Imagine your whole body relaxing and becoming physically comfortable.
2. Follow your 'Pathway to the Angelic Realm'
Visualisation until Step 8

3. It is Archangel Michael who steps forwards to help you today. He tells you that he is here to help you to clear any limitations to your intuitive ability and to help you to reclaim the many gifts and talents which you have mastered in your previous lives.
4. Michael slowly moves to stand behind you and places his loving hands on your shoulders. Feel how his light fills you with courage and strength and confidence. Feel how safe and secure and sure you feel now.
5. See your physical body now, full of Michael's deep blue strengthening light and see how you are now radiating the qualities of strength and courage. Feel your inner strength and self-confidence awakening and shining.
6. In the beautiful deep blue light that now radiates from you, you begin to see lines and cords stretching out in front of you. These are etheric cords and Michael's strengthening blue light has highlighted them for you to see clearly in front of you.
7. Scan your body now and see or feel the cords. See their origin within you. Some of the cords may be very thick due to the age and depth of the negative relationship, and some may be thick due to the

number of previous lives the cords have been carried through. Some of the cords may be finer and even appear as strands of fine hair.

8. Michael will help you to sever these etheric cords and he will hand you a light filled sword to cut through the cords with great ease. With your eyes closed use your physical hand in front of your body to hold the light filled sword and cut the etheric cords. Feel the sense of freedom as you cut through these cords with ease.
9. Archangel Michael will help you to come to know all of the spiritual gifts and talents you mastered in previous lives and bring them into your current life experience.
10. Thank Archangel Michael for helping you to sever your etheric cords and for freeing you from spiritual and intuitive limitations.

And so it is.

An Angelic Card Exercise for You to Enjoy

In each chapter of 'Lightworking with Angels' you will be working with Oracle cards and asking the Angels to provide you with their guidance and further insight into the week's subject.

Take your Oracle Cards in your hands and fill them with Love and all that Love means to you. Allow your cards to become warmed by your hands. Gently shuffle your cards and take your time and enjoy your connection. Anticipate clarity and Love from your cards; expect them to help you and they will.

When you are ready, ask the Angels to provide you with their loving guidance and choose a card for each question.

Choose a card for each of the questions below.

Note down the cards as you choose them and what you feel that they are conveying to you.

1. **What can I learn from my past life experiences?**
2. **How can I fully embrace the gifts and talents which I mastered in my past lives?**
3. **How can I develop my intuitive gifts and talents in this lifetime?**

Closing Circle

Gently come to rest now in your beautiful heart centre and feel all the warmth of the Angelic Realm still with you. Feel your heart's increased openness and ability to Love and be loved.

Send Love and appreciation to the Angelic Realm now from your joyful heart and acknowledge the positive growth which you have experienced today.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and be loving.

And so it is.

Clearing Your Past Life Blocks

My Thoughts, Feelings and Requests

This is the very special place for you to record your thoughts and feelings. Use this very special place to ask the Angels to help you with anything which you become aware of or would like to ask for, as you move through the chapters of this book.



Chapter Four



HEALING YOURSELF AND OTHERS

By the end of this chapter you will:

- Begin to heal the parts of you which are ready to be healed
- Discover what Healing means to you
- Learn how to work with Archangel Raphael to bring healing to others

Opening Circle

Gently come to be present now in your beautiful heart centre and feel the warmth of Angelic Love reach out to you. Feel your heart's desire to open and trust and Love. Allow every part of yourself to reach upwards through your heart now to the Angelic Realm - to Love.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and loving.

And so it is.

Archangel Raphael

Archangel Raphael - The Healing Angel

Aura - Emerald Green

Crystal - Green Aventurine

Chakra - Heart

Embodies - Healing, Wellbeing

Primary Role - To Help You to Experience the Flow of Wellbeing in Every Part of Your Life

Areas of Your Life - Emotional, Spiritual & Physical Wellbeing

Archangel Raphael has a bright emerald green aura and radiates a powerful healing light to all those who call upon him. Known as the Healing Angel, Raphael can heal any emotional, physical or spiritual pain and in addition to helping you, he will also help you to develop your ability to heal others.

Archangel Raphael tells us that freedom from physical pain can be achieved when we release the emotional issues to which

the illness, disease or discomfort are anchored. He says that every physical imbalance is a manifestation of an emotional misalignment within ourselves. He tells us that when we close our hearts, we are preventing ourselves from being healed by the flow of wellbeing that an open heart allows. Archangel Raphael tells us that forgiveness and compassion are the first stages to our healing. We can all be healed; Raphael can help us to live in the state of wellbeing that is our birthright.

Throughout history, Lightworkers have been persecuted and punished for their beliefs and gifts. The fear and pain experienced by our ancestors, and in our previous lives, can follow us through many generations and incarnations. Archangel Raphael can help us to heal the wounds of the past and bring healing into future generations.

Raphael helps us to remember the freedom of unconditional forgiveness. Forgiveness is freedom from pain. Forgiveness puts an end to everything that has gone before. Forgiveness frees you and frees your future. Raphael tells us that forgiveness and healing are intertwined, and that he can fill us with the strength we need to face our deepest fears and darkest moments.

Archangel Raphael can be called upon to bring healing to difficult or challenging relationships, providing balance and Love to all those concerned. He will help you all to find a place where wellbeing can reach all parties and wounds can heal without scars. He will help you open your heart to love and help you to experience true happiness and contentment

in your life. He will show you how to offer the Love you have deep inside your heart, so that you in turn can receive that same Love from others.

Archangel Raphael can help you become a channel for his healing power, to facilitate healing for yourself or others. He tells you that the part you play in another's healing is far more significant than you imagine. Every time you think of another, you send them energy and this energy can be positive and beneficial and health giving. Raphael explains that when a loved one is in need of healing, you benefit them greatly by sending them positive energy with your thoughts. Send them wellbeing, health, vitality and physical nourishment. Think of them as you would like to find them.

Raphael will help you to develop your ability to heal on all levels and in every way.

Archangel Tips:

- *Raphael can help you to develop your healing ability*
- *Raphael can be called upon to surround your loved ones with his emerald green healing aura*
- *Raphael can be called upon whenever you wish to feel more energized or vital*

Archangel Raphael Invocation

Take a moment to read about invocations on page 6 before you begin.

So, let's practise your Pathway to the Angelic Realm and when you reach the Angelic Realm, ask Archangel Raphael to come forwards and be with you.

Allow your heart to be lifted to Love by the Angels.

Your desire to connect with the Angelic Realm has been heard by the Angels and they are all gathering to help you.

Each and every Angel above shines their beautiful light, illuminating your pathway to the Angelic Realm.

The Angels can see inside of your heart and they know that you are ready.

They would like you to feel their energy all around you and to know that your heart is also ready for this journey.

Feel your heart's desire to move upwards now and to meet the Angels and allow the Angels to lift your beautiful heart upwards to the dimensions of peace and tranquility. Breathing in gentle purple and blue light now and feeling your heart surrounded by complete peace and tranquility. Feeling blessed and loved and free and moving upwards on a wave of soft purple and blue light.

Feel the Angels gently hold your precious heart now with such love and lift your heart upwards now towards the dimension of happiness and appreciation.

As you feel your heart reach the dimension of happiness and appreciation, the coloured light which bathes and surrounds you begins to become a soft and delicate pink. Feel how your heart responds as it is bathed in the beautiful energy and light of happiness and appreciation.

The Angels now lovingly and tenderly, lift your treasured and precious heart into the Angelic Realm. You are immediately surrounded by the most magnificent pearlescent energy and beautiful light beings gather around you, bathing you in their unconditional Love.

Feel the Love of the Angels of the Angelic Realm surround you and bathe you in their pure energy.

Now ask Archangel Raphael to come forwards to be with you now and know and see and feel how Archangel Raphael comes to stand before you. Raphael shines his healing emerald green light towards you, around you and fills you with energy and wellbeing.

Archangel Raphael is with you now and will stay with you for as long as you need him.

And so it is.

How Can Archangel Raphael Help Me?

Archangel Raphael is the Healing Angel who works through all those who wish to bring his healing light into their own life and the lives of others. His work is not just limited to those who chose an 'alternative' path of healing and medicine, but is extended to all those who wish to heal or be healed. Raphael works through doctors and nurses, surgeons, consultants, vets, counsellors, therapists, yoga teachers and anyone else who wish to bring wellbeing and comfort to others.

As with all of the Archangels, Raphael will come to the aid of whoever calls upon him, and bring healing and wellbeing to any situation in which it is asked for.

Developing Your Healing Path

If you are drawn towards helping others in your daily life, to bring wellbeing and healing into the world or comfort and improvement into the lives of others, then Archangel Raphael can help you develop your natural healing ability. He calls the development of your natural healing ability your 'Healing Path'.

You Must Change in Order to Heal

The Angels tell me that for there to be change in your life you need to approach situations differently. The way that you always approach things in your life will result your life

remaining the way it always has been. If you are serious about wanting change in your life, it does mean that you will need to do things differently. Doing things differently can begin by simply paying attention to how you feel.

Archangel Raphael asks you to spend more time listening to your feelings, and learning to be open and receptive to new ways of being. Listen to your inner voice, and pay attention to what you are drawn towards, whether that's a new modality of healing or a different career entirely.

Listen to what your heart is telling you and act upon it.

Maybe a particular healing modality is calling to you. Maybe you feel called to heal yourself on a physical, emotional or spiritual level.

Raphael asks you to listen carefully to your inner voice and pay attention to any feelings or sense you have to bring healing into your life and to honor them.

Notice what you are drawn towards and take a closer look.

Healing Others

There are countless ways in which you can bring healing into the lives of others. This need not be simply through your work - your life is your work, in a far more expanded way. The words which you speak to others, the thoughts you have about them and the feelings which you associate with them

can have tremendous influence upon their healing and wellbeing.

Archangel Raphael tells you not to underestimate the tremendously valuable contribution which you can make by sending healing to others, by holding a vision of their health and happiness. Think of their wellness and strength and vitality. Remember their body's powerful and innate ability to repair and heal. Think of their recovery. Think of their comfort, and think of wellbeing surrounding them at all times. In this way you will help the flow of wellbeing reach them.

Healing Means So Many Things

The dictionary says that “to heal” means ‘to make well, to make healthy, to restore, to renew , to get well, to rebuild, to regenerate, to soothe, to fix, to make whole, to cure, to make better and to improve.’

- What is your definition of healing?
- What does healing mean to you?
- Have you ever given it much thought?

Take a moment: *Think of an area of your life now which you feel is ready to receive healing or be healed and then think about what kind of healing you are asking for.*

Notice how personal and specific healing can be. The more you can connect with the healing you want to experience, the more empowered by the healing process you will be.

Sending Healing on a Bridge of Emerald Light

To send healing to a loved one, a situation or the world Archangel Raphael says you should imagine a crystal-clear, emerald green bridge of light

spanning from the Angelic Realm to your heart centre, and from your heart centre to the healing recipient. Do this, and the Angelic Realm will send eternal Love, Light and Wellbeing.

An Angelic Exercise for You to Enjoy

Working with Archangel Raphael to Heal from Within

This is a powerful exercise for you to practice in many situations. It is an exercise to practice when you are in pain, are ill, need more energy, want to move on positively in your life, or want to draw more health and wellbeing to yourself. For the purposes of this exercise know that there is a part of you that is ready to be healed.

So, close your eyes and Archangel Raphael will come to you immediately. He will surround you completely with his beautifully crystal clear emerald green light. Breathe green light deeply into your body. Continue to inhale Archangel Raphael's green light of Healing and Wellbeing and fill yourself with his powerful energy.

As you breathe, pay attention to which part or parts of your body, the light is drawn to. These are the parts which wish to be healed and are ready to receive healing. Allow these parts of your body to receive Raphael's Healing light and be healed.

When you are ready, come back to your body still holding this incredible energy of healing and wellbeing and make a note below, which part or parts of you the light was drawn to.

Write your comments and feelings about the healing you received today through Archangel Raphael.

Now send your appreciation to Archangel Raphael by saying:

‘Archangel Raphael, thank you for the healing I received through you today and thank you for the powerful, green healing light which I will forever hold within me. And so it is’

Visualisation

Increasing Your Ability to Heal

In this visualisation, Archangel Raphael will help you to increase your ability to heal yourself and others. He will help you to fulfil your natural ability to heal yourself by connecting to his Angelic Channel of Healing and Wellbeing.

Archangel Raphael will help you to fulfil your ability to heal others by becoming a clear and expanded healing channel for his powerful energy.

Archangel Raphael will increase your ability to become a channel for his powerful Healing Light and energy, which will enrich your life in countless different ways.

1. Sit quietly with your eyes closed and relax your body. Place your hands gently in your lap with your palms facing upwards. Imagine your whole body relaxing and becoming physically comfortable.
2. Follow your 'Pathway to the Angelic Realm'
Visualisation until Step 8
3. It is Archangel Raphael who steps forwards to help you today. He tells you that he is here to help you to increase your ability to heal. He tells you that he will show you how to heal yourself and others by

connecting to the Angelic Channel of Healing and Wellbeing.

4. Raphael shows you the Angelic Channel of Healing and Wellbeing as a bridge of multicoloured light given with love by each and every Archangel of the Angelic Realm. This beautifully coloured rainbow of Angelic light will extend all the way from the Angelic Realm to you.
5. Archangel Raphael connects you with the Angelic Channel of Healing and Wellbeing through your beautiful Heart Centre and rainbow-coloured light radiates through your whole body.
6. Feel the healing and wellbeing flow into all areas of your life. Feel it flow into your past life and into your future life... Healing and soothing and resolving, bringing new life and energy and bringing wholeness and health and regeneration.
7. Be aware of allowing healing into every experience of your life. Be appreciative of the incredible healing, Light and energy which the Angelic Channel of Healing and Wellbeing delivers to you without condition.

8. Raphael tells you that there is an increase in the Angelic energy reaching you now and that your ability to heal increases each time you connect. You will become more aware of ways in which you can help and find that you are guided to learn by your Heart Centre.
9. It is time to come back now. It is time to come back to your beautiful physical body and bring back the beautiful rainbow of coloured light which is the Angelic Channel of Healing and Wellbeing.
10. Thank Archangel Raphael for connecting you to the beautiful light and energy of the Angelic Channel of Healing and Wellbeing and increasing your healing ability.

And so it is.

An Angelic Card Exercise for You to Enjoy

In each chapter of 'Lightworking with Angels' you will be working with Oracle cards and asking the Angels to provide you with their guidance and further insight into the week's subject.

Take your Oracle Cards in your hands and fill them with Love and all that Love means to you. Allow your cards to become warmed by your hands. Gently shuffle your cards and take your time and enjoy your connection. Anticipate clarity and Love from your cards; expect them to help you and they will.

When you are ready, ask the Angels to provide you with their loving guidance and choose a card for each question.

Choose a card for each of the questions below.

Note down the cards as you choose them and what you feel that they are conveying to you.

- 1. How can I strengthen my ability to heal myself?**
- 2. How can I continue to heal myself and move into new levels of well-being?**
- 3. In what way am I to share the gift of healing with others?**

Closing Circle

Gently come to rest now in your beautiful heart centre and feel all the warmth of the Angelic Realm still with you. Feel your heart's increased openness and ability to Love and be loved.

Send Love and appreciation to the Angelic Realm now from your joyful heart and acknowledge the positive growth which you have experienced today.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and be loving.

And so it is.

Healing Yourself and Others

My Thoughts, Feelings and Requests

This is the very special place for you to record your thoughts and feelings. Use this very special place to ask the Angels to help you with anything which you become aware of or would like to ask for, as you move through the chapters of this book.



Chapter Five



CREATING POSITIVE ENERGY

In this chapter you will:

- Learn how to work with Jophiel to create positive energy
- Discover the beauty, positivity and possibilities in your life
- Learn how to become a magnet to all of the things you love in life

Opening Circle

Gently come to be present now in your beautiful heart centre and feel the warmth of Angelic Love reach out to you. Feel your heart's desire to open and trust and Love. Allow every part of yourself to reach upwards through your heart now to the Angelic Realm - to Love.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and loving.

And so it is.

Archangel Jophiel

Archangel Jophiel - Angel of Beauty

Aura - Bright Sunshine Yellow

Crystal - Yellow Jasper

Chakra - Heart Centre

Embodies - Angelic Illumination and Perspective

Primary Role - To Help You to Create with the Beauty and Blessings Already in Your Life

Areas of Your Life - Discovering Personal Happiness and Creating

Archangel Jophiel is the Archangel of Beauty and the Angel I call the 'Sunshine Angel.' Jophiel radiates a beautiful aura of sparkling sunshine yellow, making everything shine.

Archangel Jophiel embodies Angelic illumination and perspective. She will help you see the beauty and blessings *already* in your life, appreciate what is working, and enjoy everything you have.

Jophiel will shine her beautifying, illuminating light into every part of your existence so you may see the Angels' truth about your life. She explains that from the Angels' perspective, your life is positive, loving, and beautiful. She will show you that a positive perspective attracts positive outcomes and experiences, while a negative perspective creates problems and unwanted results.

Archangel Jophiel will help you see the beauty that surrounds you. When you recognise the beauty and blessings in your life, the Angels can bring you even more.

When you see success, prosperity, support, love, respect, and value in your life, you are asking the Angels to bring you more reasons to feel this way and even better.

Whenever you see sunshine, know that Jophiel reminds you she will always show you the beauty and blessings in life. Just as gentle sunshine warms, beautifies, gives light to, uplifts, and energises everyone and everything, this is exactly what Archangel Jophiel can do for your life if you ask her to.

Archangel Jophiel simply asks you to imagine that every day is a sunny day and to ask yourself at the beginning of each day, "What do I *want* to do today?"

Give yourself permission to do what you love, and let the sunshine reach you.

Archangel Tips:

- *Jophiel can be called upon to help you see what is already working in your life.*
- *Jophiel will help you to manifest by enjoying the beauty in your present life.*
- *Jophiel can be called upon to uplift and change the energy or feeling in a conversation or relationship.*

Archangel Jophiel Invocation

Take a moment to read about invocations on page 6 before you begin.

So, let's practise your Pathway to the Angelic Realm and when you reach the Angelic Realm, ask Archangel Jophiel to come forwards and be with you.

Allow your heart to be lifted to Love by the Angels.

Your desire to connect with the Angelic Realm has been heard by the Angels and they are all gathering to help you.

Each and every Angel above shines their beautiful light, illuminating your pathway to the Angelic Realm.

The Angels can see inside of your heart and they know that you are ready.

They would like you to feel their energy all around you and to know that your heart is also ready for this journey.

Feel your heart's desire to move upwards now and to meet the Angels and allow the Angels to lift your beautiful heart upwards to the dimensions of peace and tranquility. Breathing in gentle purple and blue light now and feeling your heart surrounded by complete peace and tranquility. Feeling blessed and loved and free and moving upwards on a wave of soft purple and blue light.

Feel the Angels gently hold your precious heart now with such love and lift your heart upwards now towards the dimension of happiness and appreciation.

As you feel your heart reach the dimension of happiness and appreciation, the coloured light which bathes and surrounds you begins to become a soft and delicate pink. Feel how your heart responds as it is bathed in the beautiful energy and light of happiness and appreciation.

The Angels now lovingly and tenderly, lift your treasured and precious heart into the Angelic Realm. You are immediately surrounded by the most magnificent pearlescent energy and beautiful light beings gather around you, bathing you in their unconditional Love.

Feel the Love of the Angels of the Angelic Realm surround you and bathe you in their pure energy.

Now ask Archangel Jophiel to come forwards to be with you now and know and see and feel how Archangel Jophiel comes to stand before you. Good.

Jophiel shines her beautiful sunshine sparkles and bright yellow light towards you, around you and fills you with Angelic illumination and vision.

Archangel Jophiel is with you now and will stay with you for the rest of the day.

And so it is.

How Can Archangel Jophiel Help Me?

Archangel Jophiel is the Archangel of Beauty who radiates an aura of sparkling sunshine yellow light. She will help you to see the beauty which is always present in your life, to see the positive aspects which exist in your life today and to illuminate your future with Angelic Perspective.

Jophiel is a very tender, loving and encouraging Archangel full of sparkle and brightness. Through Jophiel's positive guidance and uplifting presence she will help you to alter your perspective of life and all of its possibilities. If you allow her to, Jophiel will draw your attention towards what is attractive and fun in life, to help you notice your hidden blessings and treasures, and to embrace positive energy in a way which asks Angels for more of everything you love in life.

Creating Positive Energy with Archangel Jophiel

Archangel Jophiel will help you to create positive energy so you can establish a powerful tone and a magnetic force to attract your true desires. Positive energy not only feels good, but also powerfully transmits a signal to the Angels that you are ready for even more of it.

Archangel Jophiel will help you create positive energy by changing your perspective. She will help you see the world with Angelic Perspective and see your life through the eyes of

the Angels. Before you know it, you will be manifesting incredible outcomes and working easily with the Spiritual Laws of the Universe to create a beautiful and wondrous life.

The Spiritual Laws of the Universe

The Spiritual Laws are absolute, and apply to every light being and physical body throughout the entire Universe. When you understand them, and how to live your life according to them, they can help you create a life of Heaven here on Earth, your Life Purpose will be revealed to you, and you will begin to discover what you have come here to accomplish in this lifetime.

You are always working ‘with’ the Spiritual Laws, whether you are aware of them or not. One of the most talked about is the Law of Attraction, which is often connected with manifesting and creating. The Law of Attraction is not negotiable - you cannot merely ‘play along’ with it. Rather, if you want to begin to create the life of your dreams, you must find ways of ‘feeling’ more, and ‘thinking’ less.

The Law of Attraction responds to both your conscious and unconscious energy and will manifest abundance, love, people, ideas, opportunities and everything and everyone which comes into your life. The Law of Attraction responds to all of the energy you hold on to, and all of the energy you radiate; it responds to everything you are and ever have been, and think you will be - and manifests it exactly.

What Is Manifesting?

Manifesting is creating and making real and when you manifest you bring something in to your life experience. You can manifest anything you want and everything you want. You can manifest people, feelings, relationships, possessions, things, outcomes, solutions, and the Law of Attraction will just as easily work with you to manifest problems, difficulties and lack. You are manifesting all of the time whether you realise it or not and whether you want it or not. Manifesting is a process of continuous creating and the key to manifesting happily is to manifest consciously.

Archangel Jophiel can help you to manifest happily, accurately and consciously by creating a positive tone in your life and uplifting your energy.

What Is My Energy?

So, what is your energy and how is it created? Your energy is created by your thoughts, your feelings, your emotions, your expectation, your anticipation, your beliefs and your perception of your life - by everything which you come into contact with, every moment of every day. It is this energy that the Law of Attraction responds to, and in this way you are constantly and continuously manifesting. Whether you know it or not, or like it or not, you are creating with the Law of Attraction.

In order to manifest positively in your life, it is necessary to send out positive energy. Positive energy is formed from positive thoughts, positive feelings, positive emotions, positive expectations, positive beliefs and a positive anticipation of life. When you create positive energy, you will attract positive energy and then the Law of Attraction will bring you the things you really want.

Take a moment: *Spend a moment now and imagine yourself as a magnet - which to the Universe, is what you actually are.*

Close your eyes and think about radiating positive coloured light and energy from your magnetic self. Imagine sparkles of love, joy, happiness and abundance beautifully dancing in your positive coloured light and powerfully drawing those same sparkles back towards you from the wider Universe. Know that every positive energy sparkle comes back with more sparkle friends and adds to the positive force of your magnet. This is manifesting! You are a magnet of like attracting like.

Archangel Jophiel and Manifesting

The Angels' unimaginably positive, open and loving higher perspective will help you to see your life's limitless possibilities, and allow you to focus on the blessings and beauty already in your life.

Archangel Jophiel will help you to positively interpret your life and as you do so, open its treasure chest of positive energy. This will give you the confidence and focus to create more and more positive energy, and manifest more and more positively.

Remember, 'like attracts like' is a Universal Law.

See the Beauty that Exists All Around You

Archangel Jophiel will remind you of all of the beauty that exists in life and help you to feel all the positive energy which surrounds you. When you want to see a more positive way forward, or need some help to get back to feeling positive again, she will help you to see the gifts which lie hidden beneath your pessimism and negativity.

If you allow her to, Jophiel will show you colour and abundance, love and laughter, help you feel excited and uplifted, and offer you countless ways to reinterpret your life and the world around you. She will open your eyes to everything that has always been there but that you have not yet seen.

Archangel Jophiel will always begin by asking you 'What do you want to do today?' Without judging you or your choices, she will remind you of your absolute right to choose positive energy or negative energy, each and every day.

Take a Break & Do the Things You Enjoy

Archangel Jophiel can be called upon to help you take a break when you need one, especially if you feel guilty about relaxing or slowing down. A 'break' will mean a different thing to each of us - an early night or afternoon nap, some simple 'me time', or slowing down completely so you can finally find time to smell the roses. Archangel Jophiel will help you to deal with all of the excuses you make which prevent you from doing all the things you really want to. With her support, you will learn how much easier everything becomes when you allow yourself to do the things you enjoy.

Remember Why You Are Here

Archangel Jophiel will help you to remember that you came here to earth for a joyful experience of life. She reminds you that the only part of life that is ever yours is where you are now, and that by identifying and creating something wonderful you can enjoy in the present, you are already beginning to shape an even better future.

Angelic Perspective - Through the Eyes of the Angels

The Angels see you as a vision of complete love and beauty, of every time you've ever loved and laughed and smiled and enjoyed being where you are. The Angels see you as every

positive thought and feeling you have ever had, and every drop of happiness you have ever enjoyed.

The Angels see all of your potential, all of your ability, your limitless opportunities and your past, present and future successes. They see every single one of your achievements, and the endless reasons to believe in yourself and be confident about who you are.

The Angels see your beautiful face, body, smile, heart, soul and mind, and they would like to offer you their Angelic Perspective in order that you may live your life through their truth, and attract to yourself everything you have ever wanted.

An Angelic Exercise for You to Enjoy

Seeing the Many Blessings in Your Life

As you have seen, Jophiel will help you to notice value and appreciate all of the blessings which you don't pay attention to in your life. She will help you to become far more connected to what is beautiful and precious in your life already. She will help you in this way in order to restore your faith in the Angels and a loving Universe, to provide you with the evidence you need to support positive expectations, and in order that you may have pleasure in the moment and work effectively with the Law of Attraction. Remember, your feelings *now* are asking for more reasons to feel the same in the future to be delivered to you.

Take some time now to think about all the wonderful blessings and beauty and preciousness already in your life. You may want to focus on your life as a whole, a particular area of your life or a particular person or relationship. Write and write and write.

Now ask Archangel Jophiel to help you by saying:

‘Archangel Jophiel, please beautifully illuminate my life with your light and energy in order that I may see all of the many blessings and beauty which already exist.’

Visualisation

The Illumination of Angelic Perspective

The Angels see you as a vision of complete love and beauty. The Angels see you as a vision of every time you've ever loved and laughed and smiled and enjoyed being where you are. The Angels see you as every positive thought and feeling you have ever had and every drop of happiness you have ever enjoyed in your life.

The Angels see all of your possibilities, all of your ability, your limitless opportunities, your successes past, present and future. The Angels see all of your achievements, (every single one of them) and endless reasons for you to believe in yourself and be confident about who you are.

The Angels see your beautiful face, body, smile, heart, soul and mind and they would like to offer you their Angelic Perspective in order that you may live your life through truth and attract to yourself everything you have ever wanted.

In this visualisation, Archangel Jophiel will shine her beautiful sunshine sparkling light into every area of your life and illuminate each area with beauty and Angelic perspective.

1. Sit quietly with your eyes closed and relax your body. Place your hands gently in your lap with your palms facing upwards. Imagine your whole body relaxing and becoming physically comfortable.

2. Follow your 'Pathway to the Angelic Realm'
Visualisation until Step 8

3. It is Archangel Jophiel, who steps forwards to help you today. She tells you that she is here to help you to see yourself and your life as the Angels do. She tells you that she will help you to see your life through the eyes of the Angels and that she will illuminate your life with Angelic Perspective.

4. Jophiel asks you now, to look at your life from the Angelic Realm. Jophiel asks you, to begin to identify, pay attention to and consciously look for all of the blessings in your life already. Spend some time enjoying doing that now.

5. See and feel in your mind's eye, your home and the space in which you live and create. Jophiel shines a powerful stream of sunshine light and energy into your home, filling it with beauty and wonderfully positive and supportive energy and light. Feel how good it will be to live in your home now and soak up the energy which now fills it.

6. See and feel in your mind's eye now all of your relationships. See those you love. Jophiel shines a powerful stream of sunshine light and energy into your relationships with all those you love. Feel your

relationships become charged with positivity, possibilities and opportunities for improvement.

7. See and feel in your mind's eye now yourself now. See your body, your face and the whole of your physical self. Jophiel shines a powerful stream of sunshine light and energy into your body, filling it with beauty and wonderfully positive and supportive energy and light. Feel your body and mind become charged with positivity, possibilities, opportunities, inspiring thoughts and motivational feelings.
8. Archangel Jophiel will now help you to see your life with the beauty and truth of Angelic Perspective. She will help you to see your life through the eyes of the Angels.
9. Thank Archangel Jophiel for helping you to see your life with Angelic Perspective and see your life as the Angels do.

And so it is.

An Angelic Card Exercise for You to Enjoy

In each chapter of 'Lightworking with Angels' you will be working with Oracle cards and asking the Angels to provide you with their guidance and further insight into the week's subject.

Take your Oracle Cards in your hands and fill them with Love and all that Love means to you. Allow your cards to become warmed by your hands. Gently shuffle your cards and take your time and enjoy your connection. Anticipate clarity and Love from your cards; expect them to help you and they will.

When you are ready, ask the Angels to provide you with their loving guidance and choose a card for each question.

Choose a card for each of the questions below.

Note down the cards as you choose them and what you feel that they are conveying to you.

- 1. Archangel Jophiel, how can I work with you to see and feel the beauty and blessings already in my life?**
- 2. How can I bring more fun, enjoyment and pleasure into my life?**
- 3. How can I work with you in order to manifest my dreams?**

Closing Circle

Gently come to rest now in your beautiful heart centre and feel all the warmth of the Angelic Realm still with you. Feel your heart's increased openness and ability to Love and be loved.

Send Love and appreciation to the Angelic Realm now from your joyful heart and acknowledge the positive growth which you have experienced today.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and be loving.

And so it is.

Creating Positive Energy

My Thoughts, Feelings and Requests

This is the very special place for you to record your thoughts and feelings. Use this very special place to ask the Angels to help you with anything which you become aware of or would like to ask for, as you move through the chapters of this book.



Chapter Six



POSITIVE INTUITIVE ACTION

In this chapter you will:

- Learn how Archangel Metatron can help you to take positive intuitive action in your life
- Take positive intuitive action in your life
- Discover how your heart can guide you to achieve personal success

Opening Circle

Gently come to be present now in your beautiful heart centre and feel the warmth of Angelic Love reach out to you. Feel your heart's desire to open and trust and Love. Allow every part of yourself to reach upwards through your heart now to the Angelic Realm - to Love.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and loving.

And so it is.

Archangel Metatron

Archangel Metatron - Angel of Inspiration,
Motivation and Miracles

Aura - Silver, Golden, Violet

Crystal - Clear Quartz

Chakra - Crown

Embodies - Balance, Miracles, Motivation

Primary Role - To Help Us to Take Positive Action
in our Lives

Areas of Your Life - Expressing Your Higher Self,
Living Your Life Purpose, Children

Archangel Metatron is the Angel of Inspiration and Motivation, known for guiding us on Earth to take positive action and embrace transformation in our lives.

Metatron radiates a brilliant aura of silver, gold, and violet light—colours that symbolise wisdom, spiritual growth, and transformation. Through his presence, Metatron inspires

people to take initiative, make changes, and move forward even when facing obstacles or uncertainty.

You can call upon Archangel Metatron whenever you need help overcoming procrastination, completing tasks, or finding motivation to move forward. He is especially helpful in times when you feel overwhelmed, stuck, or uninspired.

Asking for Metatron's help can bring renewed enthusiasm and help you tap into creative solutions, making it easier to accomplish your goals. He will fill you with inspiration and encouragement during challenging times, reminding you of the successes you've already experienced.

Metatron can help you notice positive opportunities and attract uplifting people, stories, books, and ideas into your life. He works through everyday events, offering gentle nudges or synchronicities that encourage you to grow, take positive action, and embrace change. His support can help you feel empowered and optimistic during challenging times.

If you need help getting your life back on track, a boost of enthusiasm to move forward, or support to complete a project, Metatron can assist you. He can help you organise your priorities, finish what you start, and take action that brings satisfying results.

Archangel Metatron has a special role in supporting children and young people, especially those with heightened spiritual awareness or sensitivity, sometimes called 'lightworkers.' He is known as the 'Leader of all Children,' guiding and nurturing

the next generation so they can recognise and fulfil their unique purposes.

As the Angel of Miracles, Archangel Metatron, encourages you to recognise and appreciate the extraordinary in everyday life. By shifting your perspective, you are likely to begin to notice small miracles and signs of encouragement around you each day.

Archangel Metatron reminds us that miracles can be seen every day if you look for them.

Archangel Tips:

- Metatron can be called upon to motivate you to complete a task in your life.
- Archangel Metatron can help you take the next gentle step when you feel overwhelmed.
- Ask Archangel Metatron to help you welcome miracles and positive outcomes into your life.

Archangel Metatron Invocation

Take a moment to read about invocations on page 6 before you begin.

So, let's practise your Pathway to the Angelic Realm and when you reach the Angelic Realm, ask Archangel Metatron to come forwards and be with you.

Allow your heart to be lifted to Love by the Angels.

Your desire to connect with the Angelic Realm has been heard by the Angels and they are all gathering to help you.

Each and every Angel above shines their beautiful light, illuminating your pathway to the Angelic Realm.

The Angels can see inside of your heart and they know that you are ready.

They would like you to feel their energy all around you and to know that your heart is also ready for this journey.

Feel your heart's desire to move upwards now and to meet the Angels and allow the Angels to lift your beautiful heart upwards to the dimensions of peace and tranquility. Breathing in gentle purple and blue light now and feeling your heart surrounded by complete peace and tranquility. Feeling blessed and loved and free and moving upwards on a wave of soft purple and blue light.

Feel the Angels gently hold your precious heart now with such love and lift your heart upwards now towards the dimension of happiness and appreciation.

As you feel your heart reach the dimension of happiness and appreciation, the coloured light which bathes and surrounds you begins to become a soft and delicate pink. Feel how your heart responds as it is bathed in the beautiful energy and light of happiness and appreciation.

The Angels now lovingly and tenderly, lift your treasured and precious heart into the Angelic Realm. You are immediately surrounded by the most magnificent pearlescent energy and beautiful light beings gather around you, bathing you in their unconditional Love.

Feel the Love of the Angels of the Angelic Realm surround you and bathe you in their pure energy.

Now ask Archangel Metatron to come forwards to be with you now and know and see and feel how Archangel Metatron comes to stand before you. Good. Metatron shines his inspirational violet, silver and golden light towards you, around you and fills you with positivity, motivation and miracles.

Archangel Metatron is with you now and will stay with you for the rest of the day.

And so it is.

How Can Archangel Metatron Help Me?

Archangel Metatron is the Archangel of Inspiration, Motivation and Miracles; an Angel with whom anything can be achieved. Metatron will inspire and motivate you, and fill you with the desire and confidence to take positive action in your life. He can help you to become organized, complete outstanding tasks, prioritise or conquer feelings of being overwhelmed - he can help you do whatever needs to be done in order to achieve success in your life.

What Prevents Positive Intuitive Action

Many people suffer from a failure to take positive action in life, a tendency to procrastinate or do nothing. The reasons are numerous, but they all stem from fear. Fear wants to keep you where you are - fear wants to stay in control at all costs.

There are many different kinds of fear that prevent you from taking positive action in life such as fear of failure, fear of success, fear of disappointment, fear of not being good enough, fear of being laughed at or of being humiliated, fear of getting it wrong, fear of criticism, fear of commitment, fear of believing in yourself, fear of what others will think or say.....and so it goes on.

People find numerous excuses and reasons for failing to take positive action in life, and become entirely convinced by many of them. Some of your reasons to avoid positive action in your

life may appear to reflect complete truth but the reality is that, any thought or feeling you have which prevents you from taking positive action - is the voice of fear. Metatron will help you to conquer your fears, take positive action by motivating and inspiring you all the way to success.

I often think about how Archangel Metatron must have heard it all! He must have heard all of the excuses and reasons to stay stuck in the same old job/relationship/body/way of life. People convince themselves that they are disadvantaged in some way, and that if life were different it would be easier to act. 'If I was younger/better off/more educated/had more time/had a better upbringing/healthier/more successful/slimmer, then...

The reasons are endless, but the result is the same - it all leads to zero positive action.

Taking Positive Intuitive Action

Archangel Metatron will help you take positive intuitive action in your life and learn how to make the right decisions. He will help you have confidence in your own intuition, which is your gift from the Universe, and to act instinctively based on how you feel. He will help you to move your decision making HQ from conscious thought to your heart centre, to increase your ability to hear your inner voice and to trust your heart to lead you towards everything you want from life.

Metatron Will Help You to Listen

Metatron will help you to listen to how you feel before you act, and to then act positively. He will release you from the need to have the approval of others before you act, and to instead listen to your true feelings and to develop your own ideas. He will help bring true success in all its forms into every area of your life.

Gathering All You Need for Success

If you ask him to, Metatron will bring to you the right people at the right time, and create the right circumstances for you to achieve your goals. Unless you are accustomed to taking positive action in your life, all of these opportunities will pass you by. Archangel Metatron will take care of the ‘how’, and asks only that you seize the opportunities which are offered to you.

My experience of Archangel Metatron is that he will take the ‘pause button’ off of your life and help you to really live it. He will motivate you to do it, get it done, finish it, give yourself a chance, reach for the stars and fly past them into a whole new galaxy.

Where Does Positive Intuitive Action Come From?

Positive intuitive action comes from your heart centre, a clear and perfect empowered centre that holds all of your truths

and will always direct you to your highest good. Your heart centre is not a sentimental or rash energy centre, it's a strong, constant and positive centre which will repeat and repeat the same unconditional messages of love to you, no matter how many times you ignore it.

If you would like to begin to take positive intuitive action in your life, you must begin by listening to your feelings. Once you start to listen, you will find that your heart centre will very often tell you things that your ego does not agree with. It may ask you to rest, it may ask you to choose a more gentle way, it may ask you to first find love within yourself and then proceed. Your Heart Centre will always show you love and ask you to see love, and it will show you the benefit in every situation.

Take a moment: *Close your eyes and put your hand over your heart. Listen to what your heart would like you to know. Tell your heart that you are willing to listen and ask it to help you to achieve wonderful outcomes and personal success for your highest good.*

Take a Risk

Your heart centre will encourage you to believe in yourself and to take positive action, sometimes into the unknown. It will help you to develop faith by taking what the ego may see as a risk. But what is a risk? The risks your heart centre ask you to

take are not risks which involve any danger or injury, though they may be a risk to your pride and ego, which is why they make the under developed parts of our personality resist by feeling fear. This fear can be lovingly released when it is understood.

Every Part of You Is Wanting to Help You in Some Way

As much as it may sometimes appear to the contrary, every part of you wants to help you. When you feel fear, it is something inside of you wanting to prevent you from taking that path because it is frightened. This frightened part of you projects fear as a warning sign to you, and it makes you feel a vast spectrum of unpleasant, limiting or preventative feelings such as: self-doubt, anxiety, low confidence, fear of failure, low self-esteem, that you are unworthy, that you are unprepared, faithless, hopeless and useless.

The best antidote to fear I have ever been shown by the Angels is to demonstrate to the fear that you are safe by taking positive action. When you do, you will feel good. It's not a case of judging your fears, or blaming yourself for your fears, or blaming anyone else for your fears. It's about choosing to live your life in another way, which is open and fun, loving and enriching.

How Can I Take Positive Action in My Life?

Positive action must begin with an idea or a desire - of something which you hardly dare imagine, or for something which you have always had a burning desire to achieve. These ideas and desires are the beginnings of new, positive and empowering realities. They are the seeds of success just waiting to be given a chance to grow.

Too many people dream and wonder, but don't allow their seeds of success to be sown. Taking positive action allows your ideas to grow and to become stronger. Before you know it, what was once just a thought will become a physical reality which you have achieved.

Taking positive action means choosing what you are going to do and doing it to the best of your ability until it is completed.

An Angelic Exercise for You to Enjoy

Committing to Taking Positive Action in My Life

As you have seen, Archangel Metatron will help you to take positive action in your life and in doing so attract positive outcomes.

Metatron asks you now to think of an area of your life in which you are ready to take positive action. It may be that you are ready to de-clutter your home, take steps to bring an idea into fruition, complete a long outstanding task or act in accordance with your Heart Centre feelings on a matter.

Take some time now to think about an area of your life in which you are ready to take positive action. Write the area of your life below and detail the positive action which you are going to take.

Set a date to start or a date by which you will finish, note it here and then and put it in your diary. Metatron will help you.

Area of My Life:

Positive Action I Will Take:

Date Set to Take Action or Complete Action :

Now ask Archangel Metatron to motivate and inspire your positive action by saying:

‘Archangel Metatron, I am committed to taking positive action by(action you will take) and I ask that your energy carries my positive action into inspired and positive outcomes in my life. I send you this intention and request with love and appreciation’

Visualisation

Your Intuitive Path of Positive Action

Your Intuitive Path of Positive Action begins right where you are now, wherever you are, and leads all of the way to the achievement of your goal.

Your intuitive path of positive action is a path which you will be conscious of your journey along, you will feel your way along your intuitive path of positive action and Archangel Metatron will inspire, motivate and encourage you all of the way to your goal.

Metatron's influence will come to you in many thousands of ways, from the final push you need to complete a task, or words of much needed encouragement in your ear, to a powerful desire to succeed, to the motivation to keep on going, Metatron will guide and support you all the way.

In this visualisation, you will be escorted by Archangel Metatron all the way from where you are now, to the successful outcome of your goal. He will help you to recognise and remember your route through your feelings and show you how much closer you are to where you want to be than you think you are.

Take a moment now to think of something you would like to achieve. It maybe something which you are working towards

already or it may be something completely new. You may need time to think or you may have a suggestion come into your mind immediately. Pay attention to what you are hearing and feeling.

Choose an area of your life such as your finances or your career or your body or your life path and think of a goal. Think of something you would like to achieve in this area and write it down in the space below:

Archangel Metatron will now help you to take the positive intuitive action which will lead you to achieving your goal.

1. Allow your body to relax now and close your eyes.
The Angels are all assembling in the Heavens to help you. Your desire to connect with the Angelic Realm has been heard by the Angels and they are all gathering to help you and preparing to greet you warmly.
2. Follow your 'Pathway to the Angelic Realm'
Visualisation until Step 8
3. It is Archangel Metatron, who steps forwards to help you today. Archangel Metatron surrounds you with his beautiful aura of violet, silver and golden light and you feel the energy around you becoming charged with success. He will help you to successfully achieve your chosen goal.

4. Archangel Metatron asks you to think of your chosen goal now. He asks you to imagine living it now. Feel, see and become aware of all of the details of your goal. Become familiar with how positive your future goal feels to you now. Where are you? What surrounds you? How do you feel?
5. Archangel Metatron asks you to identify one positive emotion or quality which you feel when you imagine your goal. What is it you feel when you imagine successfully achieving your goal?
6. Think about that for a moment and really feel it again now.
7. Know that the positive emotion you feel will pave your intuitive pathway of positive action. Every time you feel this positive quality, you are moving closer towards reaching your goal.
8. Metatron asks you to now to choose your first step of positive action. Spend a moment choosing your first step.
9. Metatron asks you set when you will take your first step of positive action. Take some time to set a date and time.

10. Metatron would like you to know that he will now charge your positive pathway to achieving your goal with inspiration and motivation and miracles.

11. It's time to come back now surrounded by Archangel Metatron's energy of inspiration, motivation and allowing every part of your life to benefit.

And so it is.

After the visualization:

What was the emotion you felt when imagining achieving your goal?

What was the first step of positive action which you agreed to take towards success?

What is the date of your first step?

An Angelic Card Exercise for You to Enjoy

In each chapter of 'Lightworking with Angels' you will be working with Oracle cards and asking the Angels to provide you with their guidance and further insight into the week's subject.

Take your Oracle Cards in your hands and fill them with Love and all that Love means to you. Allow your cards to become warmed by your hands.

Gently shuffle your cards and take your time and enjoy your connection. Anticipate clarity and Love from your cards; expect them to help you and they will.

When you are ready, ask the Angels to provide you with their loving guidance and choose a card for each question.

Choose a card for each of the questions below.

Note down the cards as you choose them and what you feel that they are conveying to you.

- 1. How can I take more positive action in my life?**
- 2. How can I become more inspired and motivated about my life?**
- 3. How will I recognise the beginnings of success in my life?**

Closing Circle

Gently come to rest now in your beautiful heart centre and feel all the warmth of the Angelic Realm still with you. Feel your heart's increased openness and ability to Love and be loved.

Send Love and appreciation to the Angelic Realm now from your joyful heart and acknowledge the positive growth which you have experienced today.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and be loving.

And so it is.

Positive Intuitive Action

My Thoughts, Feelings and Requests

This is the very special place for you to record your thoughts and feelings. Use this very special place to ask the Angels to help you with anything which you become aware of or would like to ask for, as you move through the chapters of this book.



Chapter Seven



YOUR UNIVERSAL VOICE

In this chapter you will:

- Discover what your Universal Voice is and how to use it
- Learn how to strengthen your Universal Voice
- Learn how to manifest with your Universal Voice

Opening Circle

Gently come to be present now in your beautiful heart centre and feel the warmth of Angelic Love reach out to you. Feel your heart's desire to open and trust and Love. Allow every part of yourself to reach upwards through your heart now to the Angelic Realm - to Love.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and loving.

And so it is.

Archangel Uriel

Archangel Uriel - Angel of Universal Understanding and Wisdom

Aura - Golden, Violet and Ruby

Crystal - Ruby

Chakra - Crown

Embodies - Universal Understanding and Wisdom

Primary Role - To Link Your Physical and Spiritual Self

Areas of Your Life - Desire, Abundance and Manifesting

Archangel Uriel is known as the Archangel of Universal Understanding and Wisdom. Uriel radiates an illuminating aura of gold, violet and ruby - colours that amplify abundance and manifesting. Uriel can help you understand the Universal Laws and how your physical and energetic bodies interact to create the outcomes you experience in life.

Uriel helps you understand the spiritual Universal Laws that maintain harmony in the Universe. These Laws influence our lives whenever we think, feel, believe, or expect something—whether positive or negative. Whether we are aware of it or not, Universal Laws are always at work, shaping our existence.

Many people think that your voice is only used for the words they speak, but you actually have two distinct voices. The first is your spoken voice, used for speaking and singing. The second is your Universal Voice—a subtle form of communication that operates through your energy and vibrations.

Your Universal Voice is constantly sending messages to the Universe, shaped by your thoughts, feelings, and emotions. Archangel Uriel can help you notice the difference between these two voices. While your spoken voice can be heard with your ears, your Universal Voice is experienced as the energetic quality behind your inner state, influencing what you attract and manifest in your life.

Every word you speak carries energy. Your Universal Voice represents the true energy of your words, expressed through their vibrational frequency.

Archangel Uriel helps you become aware of your thoughts and feelings. He shows you that positive emotions generate positive energy, which attracts favourable outcomes and even more uplifting energy.

Archangel Uriel wants you to understand that the Universe always responds "Yes" to you. It never denies you, never claims

you are unworthy or too late, and never suggests someone else is more deserving. Uriel can help you to know, believe, expect, and accept this truth.

Ask Archangel Uriel to help you create and maintain positive thoughts and amplify your ability to manifest a life filled with purpose and fulfilment.

Archangel Tips:

- Uriel can help you strengthen your Universal Voice for clearer manifestation.
- Uriel can help you release the beliefs or emotions that may be blocking you from attracting what you desire.
- Uriel's guidance can be called upon whenever you want to align your thoughts and feelings with positive outcomes.

Archangel Uriel Invocation

Take a moment to read about invocations on page 6 before you begin.

So, let's begin by practicing your Pathway to the Angelic Realm. When you reach the Angelic Realm, ask Archangel Uriel to come forwards and be with you. Allow your heart to be lifted to love by the Angels.

Ok - your desire to connect with the Angelic Realm has been heard by the Angels, and they are all gathering to help you. Each and every Angel above shines their beautiful light to illuminate your pathway to their realm.

The Angels can see inside your heart, and they know you are ready. They would like you to feel their energy all around you, and to know in yourself that you are ready for this journey.

Feel your heart's desire to move upwards to meet the Angels, and allow them to lift your beautiful heart upwards to the dimensions of peace and tranquility. Breathe in gentle purple and blue light, and feel your heart surrounded by complete peace and tranquility. Feel blessed and loved and free, as you move upwards on a wave of soft purple and blue light.

Feel the Angels gently hold your precious heart now with love, and lift your heart upwards towards the dimension of happiness and appreciation. As you feel your heart reach this dimension, the coloured light which bathes and surrounds becomes a soft and delicate pink. Feel how your heart

responds as it is bathed in this beautiful energy and pink light of happiness and appreciation.

The Angels now lovingly and tenderly lift your treasured and precious heart into the Angelic Realm. You are immediately surrounded by the most magnificent pearlescent energy. Beautiful light beings gather around you, bathing you in their unconditional love.

Feel the love of the Angels of the Angelic Realm surround you and bathe you in their pure energy.

Now ask Archangel Uriel to come forwards to be with you, and know and see and feel how he comes to stand before you. Good. Uriel shines golden, violet and ruby red light towards you, around you and fills you with a higher Universal Understanding and an increased awareness of your power.

Archangel Uriel is with you now and will stay with you for the rest of the day.

And so it is.

How Can Archangel Uriel Help Me?

Archangel Uriel is the Archangel of Universal Understanding, Wisdom and Illumination, and he will help you to understand the laws which govern the Universe. Uriel will help you understand the link between your physical and your spiritual self, and the role which each part plays in manifesting. He will teach you how to align all parts of yourself, so that you can receive what it is you really want from life and he will show you how to manifest your desires by working with the Laws of the Universe.

The Universe Always Says 'Yes'

Archangel Uriel would like to begin with some words of encouragement. He would like you to know that the Universe always says 'yes' to you. Whatever it is you want, whatever your desire, whatever your goal, the Universe always says 'yes'. The Universe says 'yes' immediately, without reservation and without question every time. This is often hard for us to believe, as we feel that so many of our requests go unnoticed, making us question why we do not have what we have asked for.

People often conclude that the reason they do not get what they ask for is because they aren't good enough, worthy enough, or because their requests are too big. Uriel would like you to know that the Universe always says 'yes' to what you

ask for, but it is how you ask and how much you believe you will receive it which influence your ability to manifest the things you say you want.

How Do I Ask the Universe for What I Want?

You ask the Universe for things every second of the day, sometimes for a few seconds, sometimes for hours and always through your thoughts, feelings and emotions. You ask the Universe with your expectations and your beliefs, and you ask the Universe with your strength of feeling about a subject. The stronger the feeling - the louder the call.

Sometimes you are aware of what you are asking the Universe for, and sometimes you are oblivious that you are even asking, but you are always asking. Sometimes you are asking from a place of complete clarity and belief, and from here you will manifest joyfully, accurately and swiftly. More often though, you ask through your problems and your challenges.

If you ask 'not to have any more money troubles', and you feel lacking, you are not asking for what you really want. If you ask for 'just one relationship to last', and feel the failure of all of your previous encounters, you are not asking for what you really want. If you are desperate (a very repellent energy) for a new car, but all you can feel is how old and worn out your current car is, you are not asking for what it is you really want.

If you want something, but you can only feel it as a result of a problem and the problem is what you are feeling, you are not asking for what you want – you are feeling what you don't want.

The ego and the logical mind will always ask questions and look for answers, and in certain situations, this function will serve you well. However, to attract positive outcomes from the universe you need to align yourself with a desired outcome before it has arrived. You do this with what the Angels call your 'Universal Voice'.

Your Universal Voice

Your universal voice is the only sound that the Universe ever hears from you. It is not created by the words you speak or the sounds which come from your mouth, but by the energy created by your feelings and emotions.

Archangel Uriel would like to help you to understand the difference between your spoken voice and your 'feeling' voice. To do so, he calls your 'feeling' voice your Universal voice.

Your Universal Voice is activated in what you truly feel about what you are saying. Sometimes the feeling and the words are in agreement, and sometimes they are not. We often say things we don't mean or hide behind our words so we are rarely challenged – certainly not by ourselves. This is why it is often only children who are able to really 'hear' what we are saying or feeling when we speak.

The only way to ask the Universe for something which you want is through your Universal voice, and it is your Universal voice which communicates directly with the Universe. When you use it, you communicate on a Universal level, and through vibration which is the only language in the Universe. Your vibration is created by everything you think and feel, by everything you believe, expect and accept. Your vibration is created by your emotions, and your emotions are your Universal Voice.

Take a moment: *Close your eyes and find the part of your body where your Universal Voice is currently strongest. Ask your heart to become your dominant energy centre within you and the permanent home of your Universal voice.*

How Can Uriel Help Me Feel Beneficial Emotions

Archangel Uriel would like you to know that it is your thoughts about life and interpretation of your experiences of life that create and support your feelings and emotions. Uriel can be called upon to help your thoughts and feelings to remain positive, so you can accurately manifest your true desires. Uriel will work with you on a very conscious level to create positively through your thoughts and ideas. Call upon him whenever your thoughts become heavy or negative, and

he will purify and align your thoughts with what it is you actually desire.

There Is No Filter

The Angels have always explained to me that there is no filter between you and them. There is no filter to catch the dense, heavy and negative energy of everything you don't want, and to only allow the fine, light and positive energy of your heart's desires.

The Angels cannot take the problem or challenge which you constantly think about and feel, and bring you the positive outcome which would make you happy. This is where life lessons provide you with repeated opportunities to learn, evolve and change your perspective. It is Universal law that 'like attracts like' - the only way the Angels can bring you what you really want is by you thinking about and feeling what you really want.

You have complete free will and creative control of every thought and feeling. YOU get to decide exactly what you manifest, because you decide exactly what to think and feel. You are manifesting all of time, and if you are not manifesting the things you want, then you must strengthen your Universal voice to attract positive outcomes in your life. You must find the feeling which you associate with having what you really want, before what you really want arrives. As soon as you do

this, you'll find that life changes. You will know that what you really want is already on its way, and that the Angels are bringing it to you. This is the way to use your Universal voice effectively and this is how you work with the Universe to manifest everything you have ever wanted.

An Angelic Exercise for You to Enjoy

Strengthening Your Universal Voice

As you have seen, Archangel Uriel will help you to become far more aware of the connection between what you are choosing to feel and what those chosen feelings are asking the Universe for. How accurately aligned with your desire or goal are the feelings which you are currently choosing to feel in relation to your desired outcome?

The Angels have always explained to me that there is no filter. The Angels will not hear your negativity or pessimism or heavy feeling in relation to a subject and flip it to mean the reverse. When you are experiencing a limiting emotion such as doubt or fear, it doesn't matter how justified you feel you are to feel the way you do, or how many people agree with you, it will not draw your desire closer to you. The Angels cannot see the problem or challenge which is on your mind and change your request to the positive and true feeling which is hidden beneath your fear. You must show the Angels what it is you want, by feeling what you want, not what you don't.

Uriel asks you now to spend some time thinking about an outcome you really want.

When you have chosen an outcome you really want, close your eyes and think about how good it feels. Notice all of the qualities which are contained in the emotion of having the

outcome you really want and list them in as much detail as you can.

The outcome I want:

When I imagine myself with the outcome I really want, I feel:

Areas of my current life in which I can find these feelings:

What percentage of you really wants the object of your desire?

What percentage of you believes you can have it?

Now feel all of the good feelings which you associate with the outcome that you want and ask Archangel Uriel to help you to continue to feel all of these positive feelings.

'Archangel Uriel, I ask that you help me to continue to feel all of the good feelings which are drawing the outcome I want to me. I send you my request with love and appreciation'

Visualisation

Creating and Manifesting with Your Universal Voice

Creating and Manifesting with your Universal Voice is something which you have always done whether you are aware of it or not. Creating through feeling is not something which is new, it has been happening since the beginning of time and it will continue for all eternity.

Your Universal Voice is a voice of vibration and the vibration is created by your emotions and the way that you feel. Your Universal voice is a language of vibration and it is the way in which every part of the Universe and every energy and being therein, creates and brings to life. Archangel Uriel would like to help you to understand how it is that you can create and manifest your true desires, by asking the Universe accurately and drawing to yourself outcomes which are aligned with what it is you really want.

Take a moment now to choose an outcome you really want. You may choose the same outcome as your Angelic Exercise, or you may choose something new.

The outcome I want is:

1. Sit quietly with your eyes closed and relax your body. Place your hands gently in your lap with your palms facing upwards. Imagine your whole body relaxing and becoming physically comfortable.
2. Follow your 'Pathway to the Angelic Realm'
Visualisation until Step 8
3. It is Archangel Uriel, who steps forwards to help you today. Uriel surrounds you with his beautiful aura of golden, violet and ruby red light. Uriel tells you that he will help you to draw the outcome you really want in to your life.
4. Uriel asks you to imagine the outcome you really want in as much detail as possible. Imagine the outcome you really want now and know that your feelings are activating your Universal voice.
5. Archangel Uriel now asks you to imagine that you already have the outcome you really want. What emotions do you feel? Which qualities can you imagine your life containing? Spend some time thinking about all of the good feelings you associate with the outcome you really want.
6. Uriel would like you to know that the outcome you really want is closer than ever before.

7. Archangel Uriel places a blueprint of all of the positive emotions and attractive qualities which you associate with the outcome you really want in your heart. Your heart recognises and embraces these positive associations with the outcome you really want and transmits a strong, consistent and clear message to the Universe.

8. Archangel Uriel tells you now that he will help you to feel all of these feelings powerfully and consistently and use your Universal Voice.

9. Thank Archangel Uriel for helping you to use your Universal Voice to manifest outcomes that you really want.

And so it is.

After the visualization:

The good feelings which I associate with the outcome that I want are:

How much I want it now:

How much I believe I can have it now:

An Angelic Card Exercise for You to Enjoy

In each chapter of 'Lightworking with Angels' you will be working with Oracle cards and asking the Angels to provide you with their guidance and further insight into the week's subject.

Take your Oracle Cards in your hands and fill them with Love and all that Love means to you. Allow your cards to become warmed by your hands. Gently shuffle your cards and take your time and enjoy your connection. Anticipate clarity and Love from your cards; expect them to help you and they will.

When you are ready, ask the Angels to provide you with their loving guidance and choose a card for each question.

Choose a card for each of the questions below.

Note down the cards as you choose them and what you feel that they are conveying to you.

1. **Archangel Uriel, how can I strengthen my Universal Voice?**
2. **How can I most easily find the good feelings in my life?**
3. **How can I ask the Universe for what I really want?**

Closing Circle

Gently come to rest now in your beautiful heart centre and feel all the warmth of the Angelic Realm still with you. Feel your heart's increased openness and ability to Love and be loved.

Send Love and appreciation to the Angelic Realm now from your joyful heart and acknowledge the positive growth which you have experienced today.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and be loving.

And so it is.

Your Universal Voice

My Thoughts, Feelings and Requests

This is the very special place for you to record your thoughts and feelings. Use this very special place to ask the Angels to help you with anything which you become aware of or would like to ask for, as you move through the chapters of this book.



Chapter Eight



LIFE PURPOSE

In this chapter you will:

- Learn how your Guardian Angel can help you live your true life purpose
- Discover the value of doing what you love
- Explore your unique life purpose colours and strengths

Opening Circle

Gently come to be present now in your beautiful heart centre and feel the warmth of Angelic Love reach out to you. Feel your heart's desire to open and trust and Love. Allow every part of yourself to reach upwards through your heart now to the Angelic Realm - to Love.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and loving.

And so it is.

Your Guardian Angel

Your Guardian Angel - The Angel of True

Life Purpose

Aura - Your Unique Life Purpose Colours

Crystal - Clear Quartz

Chakra - Heart

Embodies - Your Life Purpose Strengths

Primary Role - To Help You Live Your True
Purpose in Life

Areas of Your Life - Connecting Your Spiritual and
Physical Selves

Your Guardian Angel is *your* Angel, existing only for you. Your Guardian Angel is with you to keep you safe and to guide you to your unique life purpose.

Your Guardian Angel radiates the unique aura of your life purpose strengths - colours that are the vibrational frequency of your true life purpose. Through your Guardian Angel's

presence, you are supported to fulfil your true life purpose and in doing so contribute positively to the expansion of the Universe.

Your Guardian Angel is with you from the very beginning—from the moment you are conceived.

Every soul that enters the world, even as a tiny cluster of cells, is accompanied by a Guardian Angel. Even if a life is brief—whether a child is not born or only spends a short time on Earth—the soul does not come here alone.

Before you even entered this life, your Guardian Angel was already with you, reminding you of your purpose. Each Guardian Angel is unique, and yours is here to guide you and support you to fulfil your purpose and help you accomplish what you came here to do.

Your Guardian Angel is with you right now and is overjoyed that you are taking this step to learn more about them. By learning about your Guardian Angel, you can discover how to fulfil your life purpose and contribute positively to the growth of the Universe.

You may be familiar with images of Angels in a personified form with wings, and this helps us connect with them and feel comfortable with a form we know. But Guardian Angels are energy—pure, loving vibrational frequencies with colours that reflect your unique purpose in life.

You were born with life purpose strengths that are entirely your own. Your Guardian Angel embodies these strengths and radiates them to you through their uniquely coloured aura, revealing your potential and showing you how to use your gifts for your highest good.

As you deepen your connection with your Guardian Angel, you gain confidence, clarity, and the support you need to bring your true purpose to life.

Guardian Angel Tips:

- Your Guardian Angel to remind you of your unique purpose and strengths.
- Your Guardian Angel can gently support your healing during times of challenge.
- Your Guardian Angel can help you develop confidence and trust in yourself.

Guardian Angel Invocation

Take a moment to read about invocations on page 6 before you begin.

So, let's begin by practicing your Pathway to the Angelic Realm, and when you reach the Angelic Realm, ask your Guardian Angel to come forwards and be with you.

Allow your heart to be lifted to Love by the Angels.

Your desire to connect with the Angelic Realm has been heard by the Angels and they are all gathering to help you.

Each and every Angel above shines their beautiful light, illuminating your pathway to the Angelic Realm.

The Angels can see inside your heart, and they know you are ready. They would like you to feel their energy all around you, and to know in yourself that you are ready for this journey.

Feel your heart's desire to move upwards to meet the Angels, and allow them to lift your beautiful heart upwards to the dimensions of peace and tranquility. Breathing in gentle purple and blue light now and feeling your heart surrounded by complete peace and tranquility. Feeling blessed and loved and free and moving upwards on a wave of soft purple and blue light.

Feel the Angels gently hold your precious heart now with such love, and lift your heart upwards towards the dimension of happiness and appreciation.

As you feel your heart reach the dimension of happiness and appreciation, the coloured light which bathes and surrounds you begins to become a soft and delicate pink. Feel how your heart responds as it is bathed in the beautiful energy and light of happiness and appreciation.

The Angels now lovingly and tenderly, lift your treasured and precious heart into the Angelic Realm. You are immediately surrounded by the most magnificent pearlescent energy and beautiful light beings gather around you, bathing you in their unconditional Love.

Feel the love of the Angels of the Angelic Realm surround you and bathe you in their pure energy.

Now ask your Guardian Angel to come forwards to be with you now and know and see and feel how your Guardian Angel comes to stand before you.

Your Guardian Angel shines their loving pure white central light towards you, around you and fills you with the energy of your true life purpose.

Your Guardian Angel is with you now and will stay with you for the rest of the day.

And so it is.

How Can My Guardian Angel Help Me?

Your Guardian Angel is the Angel of True Life Purpose and exists in order to remind you of, and guide you to your true purpose in life. Your Guardian Angel is your Angel, with you from the moment of your conception and exists only for you.

Your Guardian Angel is with you to keep you safe and to guide you to your true life purpose. When you live your true life purpose you experience exquisite levels of fulfilment and contentment in every part of your life.

True Happiness

Most people when asked what they want in life answer that they just want to be happy. Happiness can be an elusive quality and many search for happiness for their entire lives. Many search for answers and direction and feel that they are at the mercy of everything that is happening around them. They can feel overwhelmed by all the noise and stress of life, and simply want to find peace.

Your Guardian Angel is waiting to help you to find and follow your life purpose path, so, instead of guessing and hoping you'll find the way, you'll know your precise direction. Your Guardian Angel will show you your distinct life purpose path instead of wandering through life constantly looking for signs to guide you to happiness.

A Sacred Partnership

Your Guardian Angel will help you to consciously move away from fear and back into your heart where trust and truth reside. Your Guardian Angel helps you to find your feeling of safety and security knowing that guides you honestly and lovingly.

Many of us need to establish or re-establish a sense of trust in our lives. If you have been wounded by betrayal or loss, your trust can have been damaged or even destroyed. Even if you have been spared such trauma, you may have experienced disappointment or had to deal with challenging situations when your faith in life and trust in others and in yourself can be called into question.

You can cherish your relationship with your Guardian Angel as a sacred partnership, unlike any other in your life. Your Guardian Angel loves you unconditionally and guides you with messages that you can trust and validate for yourself. Your Guardian Angel will guide you one step at a time by validating your thoughts, feelings and choices and by showing you how positive life can be when you learn how to trust yourself.

Doing What You Love

For many of us, it's a real stretch to consider that significant improvements in life can happen simply through pleasure. It

can be hard to imagine how lasting, positive change can happen just because you are doing things you love.

When you are doing things you love, change happens easily and smoothly. It is a delightful surprise that following your life purpose path brings more ease and more pleasure into your life.

Your life purpose is as joyful to pursue as to achieve. It reflects the things you love to do as opposed to what you feel you should do. Your life purpose path resonates with who you are at your essence and expresses itself through your pleasure and enjoyment.

You have a unique life purpose and you have a Guardian Angel that exists purely to support and guide you to live it. Your Guardian Angel's sole purpose is to love, empower, and be with you in this lifetime, to remind you of who you came to be, and to support and guide you to find and follow your true life purpose.

Take a moment: *Close your eyes for a moment and ask your Guardian Angel to help you to remember something that you love to do. Think of something you enjoy, makes you smile and brings happiness. Ask your Guardian Angel to help you to experience more of these feelings of pleasure in your life.*

Life Purpose Strengths

You were born with unique life purpose strengths. Your Guardian Angel embodies each of your life purpose strengths and radiates their energy and qualities to you through their uniquely coloured aura.

Your Guardian Angel is the key to living your true purpose in life. When you live life together with your Guardian Angel you learn what your unique strengths are and how to apply them to your life in order to live your true purpose. Your Guardian Angel knows all of your unique life purpose strengths and as they reveal them to you, they show you how best to use them in your life. In this way, your Guardian Angel guides you every step of the way along your life purpose path.

When you know your unique life purpose strengths you discover the beautiful truth of your greatest strengths, gifts, and talents. You discover the potential you have within you to live your unique purpose. Once you know your strengths, you can focus on doing what you love, doing what you do best. Your life purpose strengths reflect all of the things you are good at doing and being. They are the true remarkable you, the you that exists deep inside and that you may have hoped to be on the outside. You can think of your life purpose strengths as your true self, and the true you was born to be fulfilled and completely happy in life.

The Nine Life Purpose Strengths

Your life purpose strengths reflect all of the things you are good at doing and being. Once you know your strengths you can focus on doing what you love, doing what you do best and living your true life purpose.

Remember, your Guardian Angel embodies each of your life purpose strengths and radiates the energy and qualities to you through their uniquely coloured aura. There are nine core life purpose strengths that are expressed through Guardian Angel colours. Tressarn, my Guardian Angel has helped me create a summary of each of the nine core life purpose strengths for you.

Your life purpose strengths are completely unique to you. Within each strength, there are infinite hues of each colour that relate to all of the personal nuances that exist.

You may already have a sense of your life purpose strengths. You may feel yours are hidden away from sight. However you feel about your unique life purpose strengths, know that your Guardian Angel is always helping you to discover them.

Deep Blue Life Purpose Strength:

Courage & Loyalty

Deep blue as a life purpose strength is often present for those of you who have wise souls and loyal hearts. More than that, to have deep blue as a strength means you have the courage and confidence to envision what you know you want in life and the loyalty to yourself to make it your living reality.

Courage

Courage is choosing to do something even when it ventures into a new or unknown territory. It takes courage to do new things and move out of your comfort zone. It is not always easy to face challenging experiences in your life and to take necessary action. Doing so, though, helps you develop confidence in yourselves and in your capabilities so you can act when you feel nervous or fearful. As you see yourself succeeding at doing new things, your inner strength grows. Courage helps you step beyond your limiting comfort zone so you can reach for what you truly desire.

Loyalty

Deep blues signify loyalty and sincerity. Persons who have this colour, stay true to a person or a cause and honour your given word. Loyalty, then, engenders trust in others. Deep blues

understand that your word is your bond and you tend to take time before making a commitment. You tend to

understand the power of your words and enjoy giving sincere compliments. You naturally see and highlight the most positive attributes of others and tend to show compassion and care with your encouraging manner.

Signs of a Deep Blue Life Purpose Strength:

- People tell you that you are strong
- You are self-aware
- You like to take people as you find them
- You love to think about your future

Benefits of Having a Deep Blue Strength:

- Personal courage
- Non-judgemental attitude
- Highly capable

Top 10 Deep Blue Life Purpose Themes

- Courage
- Loyalty
- Confidence
- Strength

- Meditation
- Honour
- Sincerity
- Knowledge
- Depth
- Envisioning

Gold Life Purpose Strength:

Success & Prosperity

Gold as a life purpose strength indicates an individual's potential for great success. Gold is a strength that often appears to those of you who are enthusiastic and driven to make a difference in the world. Golds often create different versions of success throughout a lifetime, as you come to understand what success really means to you at each stage of your life.

Success

Those with gold as a life purpose strength are here to experience success. Golds find success most easily when you listen to your heart. You understand the importance of defining success for yourself and know that success comes when you live a life rich with purpose and meaning. The mark of true success for golds comes when you look in the mirror and know that you are on your right path. Golds express the valuable contribution you have to make in life and live your life

honouring integrity and authenticity, through which you succeed in ways that bring the highest good and in which you thrive the most.

Prosperity

Gold as a strength indicates wealth and many wonderful forms of abundance and prosperity. Golds are born to prosper and thrive. You learn how to acknowledge and appreciate what you have and can easily increase abundance in your life. Golds are sincere in your appreciation and seem to ooze an energy of plenty and growth, always attracting more. Golds always count your blessings and enjoy sharing them with others.

Signs of a Gold Life Purpose Strength:

- People tell you that you inspire them
- You are generous and share with others
- You are fascinated by finding out what makes successful people tick
- You have goals

Benefits of Having a Gold Strength:

- Self-motivation
- Enthusiasm and drive to succeed in life

- Ease and enjoyment in living abundantly

Top 10 Gold Life Purpose Themes

- Success
- Prosperity
- Generosity
- Fulfilment
- Achievement
- Value
- Triumph
- Choice
- Accumulation
- Accomplishment

Green Life Purpose Strength:

Helping & Healing

Green is a life purpose strength that is often present to those of you who are born wanting to help make a difference in the world. To have green as a strength means you have a naturally healing presence that can help others to experience improvement in their lives.

Healing

Those of you with a green life purpose strength are often drawn to explore different ways of bringing healing and well-being into the world. Greens can be motivated to learn about healing from a young age and can follow a traditional medical route. You bring healing into others' lives in a multitude of ways. Some greens sense that you are here to make a positive contribution to their local community. Some of you are drawn to spend time outdoors and soak in the healing energy of nature. Others of you feel and sense things that others don't and are gifted with the healing ability of empathy. Many of you healers and bringers of wellbeing have a strong moral inner compass to do good and are guided wisely by your intuition.

Helping

Greens have a strong sense of wanting to offer support. Greens are drawn instinctively to helping others and find it easy to give time and offer support. You all have your own ways of helping others and universally enjoy the feeling of being there as a constant for others. Greens have tremendous empathy and wish to help others, though you yourself may feel unsupported in your own life. The most vibrant and thriving greens create healthy boundaries and prioritise your own wellbeing in order to improve your ability to help others. Greens need more rest and sleep than others as you are

powerful tonics that naturally increase wellbeing and enhance your good feelings about life.

Signs of a Green Life Purpose Strength:

- People tell you that you always make them feel better
- You enjoy thinking of ways that you can make things better in the world
- You get a healing glow from spending time in nature
- You love visiting places with good energy

Benefits of Having a Green Strength:

- Bringer of true improvement
- Natural healing and calming presence.
- Ability to resolve disputes by helping both parties see their common ground.

Top 10 Green Life Purpose Themes

- Healing
- Helping
- Health
- Wellbeing
- Vitality
- Regeneration
- Improvement

- Growth
- Evolving
- Nurturing

Yellow Life Purpose Strength:

Optimism & Value

Yellow is a life purpose strength for those of you who are born with a positive outlook on life. Yellows are natural optimists rooted in a deep sense of your own value. Yellows know your own worth, grow belief in themselves, and choose to honour your true value and power.

Optimism

Those of you with yellow life purpose strengths live life with natural optimism. Yellows believe that your life and the outcomes, events and experiences in it, are positive. Yellows see life challenges as temporary setbacks rather than permanent obstacles. Your attitude to conquering life challenges means that you can always easily see the possibility of change and improvement. Yellows tend to look for meaning in adversity and choose to grow through their challenges, which can make you highly resilient.

Value

Yellows learn your value and worth and empower yourselves to create the most positive outcomes in all areas of your life. You value yourselves authentically and by doing so, create a powerful approach to life that leads you to live abundantly. Those of you with a yellow life purpose strength value yourselves, your energy, and your time, and value others in the same way to create positive relationship dynamics. Yellows are constantly expanding into new levels of worthiness, which perpetuate your levels of optimism and create many more things to value and appreciate in life.

Signs of a Yellow Life Purpose Strength:

- People remark on your optimistic attitude
- You love to encourage others
- You look for positive solutions
- You know deep in your heart that belief in yourself is key to creating the life of your dreams

Benefits of Having a Yellow Strength:

- Positive and close relationships
- Optimistic attitude
- Personal empowerment

Top 10 Yellow Life Purpose Themes

- Optimism
- Value
- Self-belief
- Worth
- Value
- Empowerment
- Positivity
- Joy
- Enlightenment
- Bliss

Pink Life Purpose Strength:

Empathy & Compassion

Pink is a life purpose strength to those of you who are sensitive, with developed emotional intelligence and sensitivity. Pinks are compassionate individuals, who bring a level of care to situations that makes others feel valued, respected, and appreciated and you inspire others to open to their true potential.

Empathy

Empathy is a strong theme for those of you with a pink life purpose strength and this can create a strong calling to help

others and make a difference in the world. Pinks have an innate sense of when situations need to be addressed and instinctively know how to bring out the best in others in order to create the best results. You know how to make people feel understood, valued, respected and appreciated — and encourage people to become more open. Pinks learn to empower others by learning to accept and appreciate yourselves first and grow self-trust through your high emotional intelligence. Pinks learn to empower yourselves and others with empathy and your understanding of challenges in life. Your personal journey becomes an important part of the way you can truly empower others.

Compassion

Pinks with the life purpose strength of compassion possess a powerful leadership quality. Pinks are able to help others feel that they matter and to understand how their contribution counts. To feel valuable is one of the most important catalysts of growth. There is a strong correlation between the care demonstrated by compassion and the inspiration of others to perform at your highest level. Treating people with compassion makes people feel they matter, know why they matter, and what they contribute. Pinks have highly developed leadership skills that are focussed on bringing out the best in others and showing a care for the people around you.

Signs of a Pink Life Purpose Strength:

- People tell you that you are caring
- You enjoy helping others and supporting them through challenging situations
- You get a warm feeling inside when you see good people in the world
- You enjoy being kind to others

Benefits of Having a Pink Strength:

- Emotional intelligence
- Gentle and compassionate handling of difficult situations
- Ability to bring out the best in others

Top 10 Pink Life Purpose Themes

- Empathy
- Compassion
- Generosity
- Receiving
- Acceptance
- Abundance
- Kindness
- Openness
- Sensitivity

- Trustworthiness

Orange Life Purpose Strength:

Collaboration & Connection

Orange is a life purpose strength to those of you who are here to bring people together and create unity. With orange as a life purpose strength, you have an ability to bring forth new ideas and involve others in solving problems to make progress towards a common goal.

Collaboration

Those of you with orange as a life purpose strength are born with an understanding of the value of many minds coming together to create meaningful outcomes. Oranges nurture a welcoming space in the world, where people are encouraged to share because they feel safe. Oranges always treat others equally and fairly and encourage collaboration with others with a genuine interest and openness. Oranges are creative problem solvers as you get others to come together and share skills. Collaboration is a highly evolved skill that enhances relationships and creates good feelings about yourselves and your relationships with others.

Connection

Those of you with an orange strength form natural connections with others and seek to bring people together in positive ways. Oranges enjoy creating connections and meaningful relationships with others and need to find your people. You seek connection by joining existing communities or creating your own. Oranges offer security to others through emotional connections that are built on trust and intimacy. Oranges are gifted with the ability to remain unattached to outcomes or agendas, so you create freedom for growth and alignment through your connection to situations in life.

Signs of an Orange Life Purpose Strength:

- People tell you that you make them feel involved
- You look to work with others to find positive solutions
- You ask other people for their thoughts and ideas
- You love connecting people for their mutual enhancement

Benefits of Having an Orange Strength:

- Rich relationships
- Emotional intelligence
- Trust and emotional security

Top 10 Orange Life Purpose Themes

- Collaboration
- Connection
- Unification
- Solidarity
- Togetherness
- Family
- Warmth
- Inclusion
- Sharing
- Symbiosis

Red Life Purpose Strength:

Motivation & Action

Red is a life purpose strength to those of you who are passionate about what you believe in, and you are born motivators. To have red as a life purpose strength means you are here to live a life full of productivity and purposeful action.

Passion

Those of you with red as a life purpose strength are self-propelled action takers who move forwards to accomplish meaningful goals in life. Reds direct your energy towards the things you care about and discover what really matters. Reds

understand the value of pursuing passions in order to reveal true callings in life. Doing what you love, doing the things you are drawn to, develops your strengths and natural abilities. Reds' passion for life is optimistic and this optimism is a constant energy booster. The optimism of reds has huge benefits for your overall health and wellbeing. Those of you with red as a strength bring a wonderfully warming and encouraging influence to the world and create a desire in us all to move forwards positively in life.

Motivation

Those of you with red as a strength are natural motivators. Reds generate powerful motivational energy that inspires productivity and action. Reds are highly productive in your lives and with a clear focus you see swift and smooth results. Reds ignite skills in others, live your own dreams, make visions a reality, and aspire to reach your highest potential. Those of you with red as a life purpose strength are generous with your energy and enthusiasm. You produce motivational energy for yourselves and for others, too. Inspirational and motivational energy flows easily from reds and into the lives of others and leaves others feeling empowered and capable. Red strengths bring optimism and a feeling that anything is possible, which increases confidence in the way forwards.

Signs of a Red Life Purpose Strength:

- People tell you that you make them feel capable and energized
- You seek out activities that release pent up energy
- You enjoy focussing on getting things done in life
- You are motivated by having goals

Benefits of Having a Red Strength:

- Passion and enthusiasm
- Finisher and completer
- Highly productive

Top 10 Red Life Purpose Themes

- Passion
- Motivation
- Purpose
- Energy
- Action
- Productivity
- Movement
- Personal Power
- Potential
- Progress

Silver Life Purpose Strength:

Intuition & Spiritual Growth

Silver is a life purpose strength to those of you who are highly intuitive. With silver as a life purpose strength you understand that your mind, thoughts, and feelings are all powerful tools for imagining and then creating your reality as they want it to be.

Intuition

Those of you with silver as a life purpose strength possess an incredible super power — intuition. Silvers have the ability to know or sense something without reasoning or logic. Increasingly, intuition is credited as being a trusted navigation tool used by many who are successful in life and business. Silvers develop and strengthen your intuition by creating a quiet and peaceful mind. You learn to trust your sense of things and to trust your ability to make good choices about the things that matter to you in life. Silvers develop your intuition by listening to and acting upon your gentle inner voice and have the power to improve all areas of life for the better.

Spiritual Growth

Silvers have remarkable potential for spiritual growth and have the ability to understand the workings of the unseen laws

that create our reality. Spirituality is non-denominational and is the energy of interconnectedness between all people, things, thoughts, feelings, and actions. Silvers understand the oneness that we are all intertwined and any change in one affects everything and everyone else. Silvers understand how your thoughts and feelings impact the lives of others around you. You are kind and compassionate people and you fill the world with light and grace.

Signs of a Silver Life Purpose Strength:

- People tell you that you have a positive energy
- You enjoy reading spiritual books and look for alternative solutions
- You see reality differently than others do
- You trust the benevolence of the Universe and know you can create any reality

Benefits of Having a Silver Strength:

- You often just know how things will be
- You can plainly see what is unclear to others
- You feel empowered and uplifted by spiritual growth

Top 10 Silver Life Purpose Themes

- Intuition

- Spirituality
- Alignment
- Ideas
- Purifying
- Abundance
- Femininity
- Clarity
- Awareness
- Focus

Purple Life Purpose Strength:

Change & Forgiveness

Purple, as a life purpose strength, is often present to those of you who are born into a life full of changes and adventures. To have purple as a strength means you are here to create positive outcomes and freeing growth.

Change

Those of you with purple as a life purpose strength are born with the power to create positive change in your own lives and the lives of others. Purples are adaptable and flexible people who embrace change and allow thriving and growth in new circumstances. Purples approach change from the heart and take responsibility for your own peace by understanding the power of your perspective. Purples expect change to lead you

to better things and you go inside to find the true source of grounded joy. You show others how to embrace change by freeing yourselves from attachments and, instead, opening your hearts to connect to your highest good.

Forgiveness

Forgiveness is a practice that must begin with yourselves. Those of you with purple as a life purpose strength understand the freedom of healing the wounded parts of yourselves that simply want to be loved. Purples learn that self acceptance brings love to the wounds of your heart and opens your hearts to more love. Love heals all wounds. Purples are loving and tolerant of others to the degree you have learned to refrain from judging and criticising themselves. Purples are liberated through your ability to forgive yourselves and release the guilt, shame, and fear of the past. Each time forgiveness is practised, more space is made for more love and compassion to enter your relationship with yourself and with others. Forgiveness helps you release the fear and regret from your past, so you can transform your present and align yourselves with a future full of love and light. Self-forgiveness begins when you accept that growth is nurtured through love.

Signs of a purple life purpose strength:

- People tell you they love your calm energy
- You have often felt different from other people

- You find it easy to let go of the past
- You move on quickly from things that weren't meant to be

Benefits of having a purple strength:

- Very few first-day nerves
- Settle in to new roles quickly
- You have a live-and-let-live attitude

Top 10 Purple Life Purpose Themes

- Change
- Forgiveness
- Transformation
- Transmutation
- Releasing
- Connection
- Transition
- Friendship
- Majesty
- Freedom

An Angelic Exercise for You to Enjoy

Discovering Your Unique Life Purpose Strengths

As you have seen, your Guardian Angel exists in order to guide you to your true purpose in life.

Your Guardian Angel asks you now to begin to explore your own unique life purpose strengths.

Take some time now to look through each of the Nine Life Purpose Strengths and feel which colours you are most drawn to.

Write in the space below, the three colours and strengths that resonate with you the most.

The first life purpose colour I am drawn to is:

The strength within this colour I am drawn to is:

The second life purpose colour I am drawn to is:

The strength within this colour I am drawn to is:

The third life purpose colour I am drawn to is:

The strength within this colour I am drawn to is:

Visualisation

Receiving Your Guardian Angel's Gift

The purpose of this visualisation is to strengthen your connection with your Guardian Angel so they can help you to find and follow your life purpose path.

Each time you connect with your Guardian Angel you will become charged with their light and take a step closer to your true life purpose.

Connecting with your Guardian Angel and accepting their gift for you will provide you with an important life purpose message.

Your Guardian Angel is with you now and helping and loving you.

Let us connect with your Guardian Angel so they can help you to live your true purpose in life.

1. Sit quietly with your eyes closed and relax your body. Place your hands gently in your lap with your palms facing upwards. Imagine your whole body relaxing and becoming physically comfortable.
2. Your desire to connect with the Angelic Realm has been heard by the Angels and they are all gathering to help you and preparing to greet you warmly.

3. Every Angel shines their individual and beautiful light, illuminating your pathway to the Angelic Realm. Every Angel is ready to gently and lovingly lift your heart upwards through the purest emotions of Love to the Angelic Realm

4. Imagine a beautiful light in the distance. The light is pure and white and the most beautiful image of perfection you have ever seen. The light is reaching out to you and with each breath that you take, you draw it closer to you. Breathe in that beautiful light now.

5. As the light fills you, you feel your heart become light and full of Love. Feel your heart's desire to move upwards now and to meet the Angels. Allow the Angels to lift your heart upwards to the dimensions of peace and tranquility. Breathe in gentle purple and blue light now and feel your heart surrounded by complete peace and tranquility. Feel how blessed and loved and free you are as you move upwards on a wave of soft purple and blue light.

6. Feel the Angels gently hold your precious heart now with such love and lift your heart upwards towards the dimension of happiness and appreciation. As you feel your heart reach the dimension of happiness and appreciation, the coloured light which bathes

and surrounds you becomes a soft and delicate pink. Breathe in this beautiful light and fill yourself with it. Feel how your heart responds as it is bathed in the beautiful energy and light of happiness and appreciation. Feel how your heart is climbing higher and higher with each breath you take.

7. The Angels now ask you if you are ready to allow your heart to enter the Angelic Realm. If your heart is ready, say 'Yes' with your mind, your voice or your heart. The Angels will understand and hear you.
8. The Angels now lovingly and tenderly, lift your treasured and precious heart into the Angelic Realm. You are immediately surrounded by the most magnificent pearlescent energy and beautiful light beings gather around you, bathing you in their unconditional Love.
9. It is your Guardian Angel who comes forwards to help you today. Your guardian Angel tells you that they are here to help you to find and follow your life purpose path.
10. Imagine your Guardian Angel's light forming a cocoon of pure white light all around you and sense how this cocoon of pure white light raises the vibration of you and everything around you.

11. Imagine your heart centre begin to gently awaken and glow with the radiant pure white light that is reaching you. Feel the light from your heart centre increasing your feelings of love and raising your vibration.
12. Enjoy this beautiful experience of connection with your Guardian Angel. Allow your heart centre to become charged with your Guardian Angel's pure white light and feeling more connected, more loved and more loving then ever before.
13. Your Guardian Angel has a gift for you. A gift that you can take back with you into your life and be enriched by. It is a gift for you will help you to find and follow your life purpose path
14. Feel a beautiful increase in love all around you as you prepare to receive your Guardian Angel's gift. Your Guardian Angel lovingly offers you your gift now. Imagine, see, sense or feel yourself receiving your Guardian Angel's gift now.
15. Take a moment to see, feel or become aware of the details and the essence of the gift that is gently coming into your awareness. You might see your gift, feel your gift, think of your gift or become aware of it through an inner knowing.

16. Accept your gift with a beautiful feeling of love and appreciation to your Guardian Angel.

17. Return to the room feeling charged with love and your heart centre filled with the unconditional love and light of your Guardian Angel.

18. Thank your Guardian Angel for their gift for you and for helping you to find and follow your life purpose path.

And so it is.

After the visualization:

My gift from my Guardian Angel is:

My gift means this to me:

An Angelic Card Exercise for You to Enjoy

In each chapter of 'Lightworking with Angels' you will be working with Oracle cards and asking the Angels to provide you with their guidance and further insight into the week's subject.

Take your Oracle Cards in your hands and fill them with Love and all that Love means to you. Allow your cards to become warmed by your hands. Gently shuffle your cards and take your time and enjoy your connection. Anticipate clarity and Love from your cards; expect them to help you and they will.

When you are ready, ask the Angels to provide you with their loving guidance and choose a card for each question.

Choose a card for each of the questions below.

Note down the cards as you choose them and what you feel that they are conveying to you.

- 1. How can I discover more about my unique life purpose strengths?**
- 2. What can I do to find and follow my life purpose path?**
- 3. What is my next step to living my true life purpose?**

Closing Circle

Gently come to rest now in your beautiful heart centre and feel all the warmth of the Angelic Realm still with you. Feel your heart's increased openness and ability to Love and be loved.

Send Love and appreciation to the Angelic Realm now from your joyful heart and acknowledge the positive growth which you have experienced today.

Allow the Angels to be closer to you than ever before and feel their loving embrace surround you.

Smile, feel loved and be loving.

And so it is.

Your Guardian Angel

My Thoughts, Feelings and Requests

This is the very special place for you to record your thoughts and feelings. Use this very special place to ask the Angels to help you with anything which you become aware of or would like to ask for, as you move through the chapters of this book.





A Quiet Note Before You Close This Book

The Archangels have walked lovingly beside you through every chapter of this book.

You've opened your heart and your life to their presence, listened to their messages, and allowed their light to guide you. And now, as you reach these final pages, you might feel a quiet sense that something even more personal is gently calling you.

An Angel that exists just and only for you.

A more intimate, everyday closeness—with the one Angel who has been with you all your life - your Guardian Angel.

If you feel that gentle sense of wanting to welcome more love into your life, please trust it.

And if you feel guided to go even deeper - beyond working with the Archangels and into clear and beautiful communication with your own Guardian Angel - you might love exploring the Channel of Clarity Method, a powerful, proven way to channel your Guardian Angel that was gifted to us by Tressarn in 2022. It's the process I now teach every day.

If you feel guided, you can find more details at the back of this book.

With our love,

Ros & Tressarn xx



Visualisations

All 8 of the Angelic Visualisations from this book are available for you on my website:

www.angels-with-ros.com/book2



Each Angelic Visualisation recording will bring you even closer to the Archangels and enhance your

Angelic connection for years and years to come.

You will benefit from:

- Professional Studio Recordings
- Feeling Immersed in the Angelic Realm
- Dedicated Time for Your Angelic Connection
- Developing Your Angelic Relationships
- Stronger Personal Guidance & Intuition



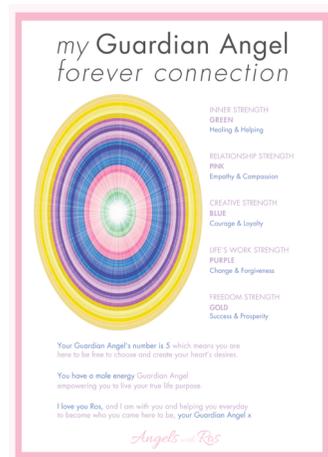
Meet Your Guardian Angel

Meet Your Guardian Angel is a special way for you to connect with your Guardian Angel.

And **it's a free gift.** There is no charge, no payment, no card details.

Your Guardian Angel is waiting to help you - you just need to take gentle steps to connect with them.

Women with the best connection to their Guardian Angel know the key to their success is to discover their unique life-purpose strengths.



That's why Tressarn and I created something special.

Meet Your Guardian Angel is a special way for you to connect with your Guardian Angel.

Tressarn has helped me create this beautiful process that will reveal to you:

- Your Life Purpose Strengths
- Your Life Purpose Colours
- Your Guardian Angel's Number of Bands
- If your Guardian Angel is Male or Female energy

Tressarn and I are so excited for you to meet your Guardian Angel:

angels-with-ros.com/myga



Meet Your Guardian Angel is completely free.



You May Also Like...

Discover Your True Life Purpose with the
Loving Guidance of Your Guardian Angel



Uncover the Channel of Clarity Method - the proven way to
find, follow, and live your true life purpose with the support
of your Guardian Angel.

Channel of Clarity introduces a proven, step-by-step method to connect with your Guardian Angel and discover your true life purpose - no prior experience needed.

Step into the true life purpose your Guardian Angel has been gently guiding you toward all along.

You're being guided. This is how to receive clear, loving guidance - for the rest of your life.



Available on [amazon.com](https://www.amazon.com) or

angels-with-ros.com/book-channel-of-clarity





About the Author

Hi, I'm Ros Place!

I've always had a special gift:
communicating with Angels.

For over 20 years, I've worked with
people to help them connect with their
Guardian Angels.



I'm the co-creator of the Channel of Clarity Method,
developed alongside my Guardian Angel, Tressarn.

For decades, I've supported women on their journey to find,
follow and live their true life purpose with their Guardian

Angel, helping them receive life-changing guidance and clear answers to life's most important questions.

I first shared the Channel of Clarity Method with a small group of clients who had been asking me for years to teach them how to connect with their Guardian Angels.

What used to take a year to learn now takes 12 weeks or less, and the results are life-changing.

What makes me different?

Many people who teach spiritual guidance don't actually live by it themselves.

They might tell you to trust, but they don't fully trust it in their own lives.

I do things differently - because I live everything I teach.

Every choice I make is guided by my Guardian Angel, Tressarn.

Together with my husband and our two teenage sons, I've been traveling the world for over two years - guided at every step.

If you'd like to learn from someone who has communicated with Angels all their life, I've been helping women connect

with their Guardian Angels for 20 years - so they can receive clear guidance and direction whenever they need it.

Please check out my website for more information:

angels-with-ros.com

Time is so very precious. Life goes by in a flash. You have a Guardian Angel by your side - waiting to help you.

If you have any questions, please feel free to ask - I'm here to help. You can reach me directly at **hello@rosplace.com**

With love to you and your Guardian Angel,

Ros



You Know Best



Did You Love it? Let Me Know!

A quick review from you supports an independent author like me to be seen, even in a huge sea full of big publishing companies!

We all rely on reviews to make good purchases and yours will really help other readers.

Please head over to Amazon or wherever you purchased this book to leave an honest review.

Thank you SO much! It means more than you will ever know.

With love always,

Ros x

Simply head over to Amazon on this link and scroll down to the “Write a customer review” button:

www.angels-with-ros.com/review-lwa2





