

# Winged Blessings

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## Welcome

### Why We Created These Cards

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Thank you for downloading this guide.

The Winged Blessings angel cards are designed to provide personally empowering messages using pictures and images that contain simple visual symbolism combined with inspiring quotes and wisdom. The idea is that they are simple, yet meaningful to as many people as possible. We wanted to give everyone a set of tools to enhance their angelic connection to bring inspiration, guidance and comfort from the angelic realms.

Each time the cards are used, by connecting with the original energy of the angels, those using them with good intentions will receive guidance on many levels to help them along their personal, spiritual life journey. All the cards contain a positive message and you do not need psychic skills or highly developed clairvoyance to get the best from them. Just an open, generous heart is required, and a genuine desire to connect with your celestial guardians.

The cards are split into six 'suits', and for each suit there is a 'master card' and then a series of 'winged cards', except for one suit which is illustrated with faerie images. All of the images were painted by spiritual artist Debbie McIntee. Although many are similar, it is worth noting the small differences in colours, textures and styles, all of which can offer subtle meanings.

In addition to the cards and this guide, you'll also find guided visualisations that you can download from the website. Meditation is a powerful technique for enhancing your spiritual growth, but is also the perfect way to prepare before using the cards and to reflect when you have completed a reading.

We would also urge you to join our community of like-minded souls around the globe by signing up for to the mailing list. You'll receive additional weekly guidance in the form of affirmations, prayers, stories and

videos from Chrissie and Debbie. The mailing list is never shared, and you can unsubscribe at any time if you find it doesn't suit your needs.

Our intentions as a Spiritual Educator and a Spiritual Artist are always to empower and enable people to learn how to access Divine guidance for themselves. These cards were not intended as tools for 'fortune telling' but as a guide for personal and spiritual growth. By using the symbolism of the cards, messages, and additional meanings in this guide, everyone can learn to intuitively 'feel' the energy of the cards and discover something meaningful. Everyone, children especially, love the beautiful colours and sparking light emanating from them.

There are no negative messages, the Angels are always positive, loving and supportive. They come to you with a great deal of love.

Angel blessings,

*Chrissie Astell & Debbie McIntee*

## The Six Suits

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Each card in the deck contains three important elements:

### SUIT

– which is denoted by the colour of the edge of the card and is marked on the back.

### IMAGE

– each suit will contain similar styles of image, but there will be subtle variations.

### QUOTATION

– a unique quotation from Chrissie in the form of advice, understanding or Divine wisdom.

When drawing each card, the full interpretation of what it means for you will be a combination of these three elements.

The six suits are as follows:



### Angels of Healing

– These cards will help with physical healing, as well as helping you to overcome other personal issues. Healing comes in many forms, so when interpreting these cards consider the following questions:

- What areas of my body, mind or soul could this card relate to?
- Is this message about healing relationships – perhaps rifts, arguments or a loss of contact with a family member or friend?
- Do I have self-esteem issues or lack of confidence in myself which requires a new approach or thinking?



### Angels of Inspiration

– The Inspiration cards will give you a new view on aspects of your life that you may not have considered in the past, or that perhaps you have forgotten.

Ask yourself:

- Do I have a personal vision or goal that requires attention or focus?
- Do I need new ideas to overcome problems or move forward with a project, business or personal issue?
- Is this card telling me to look outward at the world around me, reminding me that there are opportunities waiting for me?



### Angels of Power

– Power is not just strength of body, but also strength of conviction and will. Using this card will help to empower you with whatever form of power you need to advance your spiritual growth, or find the physical energy you need.

Ask yourself:

- How strong am I in body and mind? Am I leading the right lifestyle to ensure my whole self is working in perfect harmony?
- Have I lost confidence and need a 'boost' of energy to give me the strength to do the right thing?
- Do I need power to cut ties with people or issues that are holding me back? How does this card help me make those changes?



### Angels of Support

– Life is full of decisions. This card will guide you towards making the right decision at this moment in your life, and also enhance your decision-making skills for the future.

Ask yourself:

- Is there a specific decision I'm struggling with right now and if so, how does this message guide me?
- Has my decision-making become tainted by fear, anger, or loss of confidence? How does this message lead me to make my decisions pure of heart and mind?
- Are my decisions being 'controlled' or influenced in some way by a significant person in my life (partner, relation,

friend)? If so, am I truly making choices in my own best interests as well as others?



### Angels of Love

- We often think of love in terms of romantic love but there are, of course, many types of love. All angel energy is loving, but these cards are sending additional love to you.

Ask yourself:

- How are my relationships with my spouse, partner, family and friends? Is there a message here to help improve the loving relationships that make up my life?
- Is this message one that relates to other kinds of love – the love of life itself, love for the planet and natural world, or respect for others?
- Is this love just for me? Am I lacking in the essential self-love that gives me the strength and confidence to be the most beautiful person I can?



### Angels of Light

– Sometimes our angels and guardians just want to bathe us in their light. If you are feeling low, or worrying about the future, the message here will help reinvigorate you and offer something positive to work towards.

Ask yourself:

- Am I willing to move forward with my life?
- What do I need to prepare for the next steps in life?
- Am I on the right path? Is this card inviting me to take some time out to reflect and re-evaluate my aspirations?
- Am I ready to take positive steps to make improvements, and get closer to my goals?



## Symbolism In The Cards

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You'll find additional symbolism in the images on each card. Remember to include the following when interpreting the full meaning of each card drawn.

**MASTER CARDS** - for each suit there is one 'master' card, featuring an image of an Angel. Do not consider these as more important or powerful than other cards. But do consider whether the cards are offering a more direct message. Especially consider the gestures of the angels.

**COLOUR** – the colour of the edge of the card, as well as colours contained within the painting.

**Orange** – representing motivation, vitality and fertility, supporting you on your spiritual journey.

**Green** – the colour of healing and balance.

**Blue** – one of the deepest colours, offering peace, protection, transcendence.

**Violet/Purple** – the violet flame of transformation, passion and temperance.

**White** – often associated with moonlight, initiation, revelation and purity.

**Yellow/Gold** – the colour of the sun, the Divine, power, strength and creativity.

**Pink (and shades of Red)** – the colour of love in all its forms, the heart, affection, devotion and human fortitude.

**RAINBOWS** – rainbows, or rainbow colours indicate that there is more than one area you should consider in your interpretation. This is especially true of the Angels of Inspiration.

**SHAPE** – the wings in each suit broadly follow a similar shape. What shape have you selected?

**Open wings** – inviting you to open up to angelic Divine love

**Rounded wings** – that want to envelope and protect you from negativity

**Wings in flight** – indicating that it is, perhaps, time for you to fly!

**FAERIES** - faeries feature on the Angels of Light cards. These beautiful creatures are often associated with a 'lighter' spirituality, playfulness, joy and laughter.

## Using Meditation

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*Why Meditate?* - If you do not currently meditate regularly, we urge you to do so each and every day if you possibly can. Meditation has many physical and mental health benefits for the body and mind, including: lowering the blood pressure, decreases the pulse rate, calms the mind, reduces stress, and helps to decrease the appetite. It has a balancing effect between the body, mind and soul and on a spiritual level, with practice will realign our inner self with the interconnectedness of creation, one another, and God.

Preparing for Meditation means simply dedicating time to focus your thoughts and still the body. It may take little or no preparation at all in some cases, or some small steps to create the right atmosphere (although this is not strictly necessary it often helps). So turn off the phone and find a place where you will be undisturbed for however long you wish to take.

Preparation might include lighting a candle, and burning some aromatherapy oils or incense, playing some soothing music and loosening any tight clothing. Some people like to sit cross-legged on the floor, others lie on the floor with knees supported, or have an upright chair with sufficient cushions to support the back. Choose what feels right for you.

Types of meditation include walking meditation, yoga, awareness of the breathing – called mindfulness – as well as many different types of guided visualisation.

Sometimes a guided meditation may include note taking. Although this might seem strange at first simply follow the instructions given breathing calmly into a relaxed state whilst holding pen and paper ready to record any messages or visions you receive. These can be interpreted later.

Receiving messages in the form of visions, symbols, colours, sensations and sometimes clear visual objects may be experienced and accepted with gratitude as a symbolic gift from the angels, God, your guides or 'higher' self. Record these in your journal for later interpretation. What might not seem to make sense at first will become clearer as you progress.



# *A Blessing As We Start This Journey Of Self-Discovery*

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## *Angel Prayer*

*In the name of "I am that I am" we detach and let go of all energy in truth that is not ours.  
We call back to ourselves all energy in truth that is ours and we ask that as it comes back to us it  
may be dissolved in the Love and the Light.*

*We call to the seven archangels and their Legions of Light,  
We call to beloved archangel Zadkiel and the angels of Joy.*

*To Archangel Gabriel and the angels of Wisdom,  
To Archangel Michael and the angels of Protection,  
to archangel Jophiel and the angels of Illumination,  
to Archangel Raphael and the angels of Healing,*

*To archangel Uriel and the angels of Peace  
and we call to archangel Chamuel and the angels of Love.*

*With gratitude in our hearts we ask you to enter our earthly affairs and bring to us your  
wonderful heavenly qualities. Give us please the freedom from fear and self-doubt, that we may  
find in our minds your wisdom and illumination, understanding, inspiration, creativity, knowledge  
and clearness of sight.*

*Help us to fully appreciate and enjoy the qualities of giving and receiving unconditional Love, to  
feel compassion, mercy, and forgiveness.*

*Show us how to dissolve the feelings of selfishness, self-condemnation and low self-esteem.  
Give us the guidance we need to create inner peace and tranquillity in our hearts and minds, with  
a truly spiritual balance in our humanness.*

*We ask that with the Love and guidance of God, the Source of all life, and the help of the angels, we  
will grow to reach the understanding of true Christ consciousness.*

*As we ask, with honest intent, so it may be so.*

*Amen.*

*By Chrissie Astell*

## Card Reading Techniques

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### *DAILY / WEEKLY / MONTHLY*

You don't have to conduct a formal 'reading' to make use of these cards each day. The simplest way to use them is draw a card for guidance each day, week or month.

You might like to keep the card with you in a purse or wallet, or place it somewhere visible to remind you of its message.

1. Begin by sitting quietly, uninterrupted. You may wish to meditate for a few minutes to relax and put worries out of your mind.
2. In your mind, ask the angels to bring you the most appropriate card, offering guidance and wisdom for the very best outcome.
3. Shuffle the cards well.
4. Draw a card from the pack. It may be a random card, or you may choose to look at the cards face-up until one 'jumps out' at you. You will be guided to the right card for you at that moment in time.
5. First look at the IMAGE. What kind of image is it? What colours does it contain? What symbolism can you see? What images jump into your mind as you enjoy the image in front of you?
6. Then check the SUIT. Which of the six suits have you selected. Does that immediately say anything to you or 'strike a chord'?
7. Finally read the MESSAGE. Does that immediately mean something for YOU right now. Don't worry if it isn't obvious – often the message will become clearer as the day or week unfolds.
8. SAY the message out loud three times. Three is a powerful spiritual number which brings Divine energy towards you and through you.
9. You can also repeat the message throughout the day or week.

You may wish to keep a diary of the cards you select. Make a note of the details. You'll find that you'll look back in the future and see clear signs leading you through life. This can often 'unlock' even deeper meanings for the cards you select.

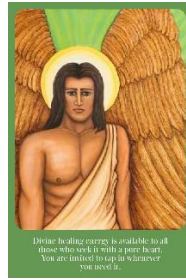


### *MIND / BODY / SOUL*

This three-card reading will give you insights into your well-being and it explores the whole person, rather than just the physical or spiritual.

- 1 Begin by sitting quietly, uninterrupted. You may wish to meditate for a few minutes to relax and put worries out of your mind.
- 2 In your mind, ask the angels to bring you the most appropriate cards, offering guidance and wisdom for the very best outcome.
- 3 Shuffle the cards well.
- 4 Draw a card from the pack. It may be a random card, or you may choose to look at the cards face-up until one 'jumps out' at you. You will be guided to the right card for you at that moment in time.
- 5 This is your MIND card – relates to everything going on in your thoughts - it offers guidance on those things you are thinking about now, your 'state' of mind, stress etc.
- 6 First look at the IMAGE. What kind of image is it? What colours does it contain? What symbolism can you see? What images jump into your mind as you enjoy the image in front of you?
- 7 Then check the SUIT. Which of the six suits have you selected. Does that immediately say anything to you or 'strike a chord'?
- 8 Finally read the MESSAGE. Does that immediately mean something for YOU right now. Don't worry if it isn't obvious – often the message will become clearer as the reading unfolds.
- 9 SAY the message out loud three times. Three is a powerful spiritual number which brings Divine energy towards you and through you.
- 10 Now repeat the process by selecting a second card.
- 11 This is your BODY card – it offers guidance on your physical state, health and wellbeing, aches and pains, and illness.
- 12 Finally repeat the process for a third card.
- 13 This is your SOUL card – it offers guidance on your spiritual connections with those you care about as well as the Divine realms, and on your journey of spiritual growth.

You may wish to keep a diary of your readings. Make a note of the details. You'll find that you'll look back in the future and see clear signs leading you through life. This can often 'unlock' even deeper meanings for the cards you select.



### PAST / PRESENT / FUTURE

This three-card reading will give you insights into your life journey. It can be a very powerful and cathartic reading and should be taken with care. In particular, remember always that angel cards offer guidance and love, they are NOT predictions of the future and should never be taken literally. ALWAYS REMEMBER that the angels bring only POSITIVE, LOVING energy to you. If the message you are seeing feels negative in any way please remember that this is your interpretation, put it aside.

- 1 Begin by sitting quietly, uninterrupted. You may wish to meditate for a few minutes to relax and put worries out of your mind.
- 2 In your mind, ask the angels to bring you the most appropriate cards, offering guidance and wisdom for the very best outcome.
- 3 Shuffle the cards well.
- 4 Draw a card from the pack. It may be a random card, or you may choose to look at the cards face-up until one 'jumps out' at you. You will be guided to the right card for you at that moment in time.
- 5 This is your PAST card – it offers guidance on your actions and life experiences up to this point. It may be referring to a specific event or period of time, so hold the meaning lightly until you have completed the whole reading.
- 6 First look at the IMAGE. What kind of image is it? What colours does it contain? What symbolism can you see? What images jump into your mind as you enjoy the image in front of you?
- 7 Then check the SUIT. Which of the six suits have you selected. Does that immediately say anything to you or 'strike a chord'?
- 8 Finally read the MESSAGE. Does that immediately mean something for YOU right now. Don't worry if it isn't obvious – often the message will become clearer as reading unfolds.
- 9 SAY the message out loud three times. Three is a powerful spiritual number which brings Divine energy towards you and through you.
- 10 Now repeat the process by selecting a second card.
- 11 This is your PRESENT card – it offers guidance on where you stand right now in this moment. It may refer to your personal

- life, family life, social life or career. Whatever meaning comes to you, hold it lightly until you have completed the full reading
- 12 Finally repeat the process for a third card.
  - 13 This is your FUTURE card – it offers guidance on your way forward. It may refer to the events and issues raised by the first two cards, or it may be offering guidance on the path you need to take.
  - 14 It's important to consider these three cards HOLISTICALLY. Is there an overall message relating to part of your life that the angels want to remind you of? Is there an issue from the past that is affecting you and you need to let go in order to move forward? TAKE TIME reflecting on the messages and meaning you receive from this reading. You may need time to yourself to fully process your thoughts and feelings.

You may wish to keep a diary of your readings. Make a note of the details. You'll find that you'll look back in the future and see clear signs leading you through life. This can often 'unlock' even deeper meanings for the cards you select.

## Further Support

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If you would like to learn more about working with angels or angel cards, through books, CDs, workshops or courses, or if you seek direct guidance from Chrissie, visit the AngellLight site:

[www.AngelLight.co.uk](http://www.AngelLight.co.uk)

Alternatively, you may find that hanging one of the beautiful images from the cards in your home or office will help to channel and focus positive, loving energy. Many of the images used in these cards are available to buy as originals, prints, postcards and in other formats directly from the artist:

[www.SoulfulCreations.co.uk](http://www.SoulfulCreations.co.uk)