



Welcome to Educating Heart & Soul

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you dreamed yourself to be - Patanjali

Why I Wrote This Programme?

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During the later part of the twentieth century the world underwent a huge spiritual sea-change. Established religions began to lose touch with many individuals who became disillusioned with traditional teaching and fascinated instead by the pragmatism that science offered. As mankind reached further out to the stars, deeper into the oceans and discovered knowledge about things previously unimaginable, people questioned the role and value of the 'spiritual' and instead became obsessed with the 'material'.

The consequences of this change have been almost catastrophic. Family values have broken down and fundamental morals have been eroded leading to much suffering around the globe. Those who have been struggling to express their spiritual impulse have been ridiculed and misunderstood.

As we entered the new millennium (the age of Aquarius), many suddenly find themselves responding to the needs that lie within all of us – for love, joy, peace, forgiveness. As individuals try to reconcile these spiritual needs with the modern world, questions are being asked that cannot be answered by science alone. In many cases they cannot be answered by science at all. We are slowly recognising that science can indeed live harmoniously alongside the divine and the mysterious. To live life to the full requires both.

Called and inspired to fulfil my soul purpose by the angels more than 10 years ago, I have been teaching, writing books and working with people from all over the world, igniting the spark of divine light for the first time within the hearts of some, and sharing the love and healing of the angels with many others who have themselves been equally inspired to do great things. I am so happy and excited to be sharing with you now some of the wonderful things I have learned along my own journey.

This course has been written in response to many requests from participants of my workshops, and from people who could not get to a workshop but wanted to do the work anyway! My books are now published all over the world, but many people have expressed the need to explore their connections with angels and the divine further. To these readers I offer more depth than ever, along with practical exercises and personal advice to help you strengthen your connections further.

Others are simply confused or overwhelmed by the increasing numbers of healing therapies, independent faith groups, and the growing interest in world religions in our multi-cultural society. For you, I offer a course which will explain the key differences, but more importantly explore and rejoice in the 'golden thread' that runs through the whole of humanity.

It comes to you with a great deal of love, please enjoy it.

Angel blessings,

Chrissie Astell



What Will You Gain From The Programme?

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Self-reflection and Personal Discovery – In a world where communications are almost instantaneous and where you can travel from one side of the planet to the other in less than a day, many are unsure of their ‘role’, ‘purpose’ and ‘path’. This course will help you put your life, your family and your community in perspective.

Spiritual Learning & Growth – Every human being carries the spark of divine light. For some it is an integral part of their make up. For others it is a mysterious ‘wondering’. Whatever stage you are at now, this course will help you grow, understand and rejoice.

Working with Angels and Archangels – The angels have been with mankind since the very beginning. They are documented in every world religion since the Egyptians and even before that. Even those who say they don’t believe have experienced a presence or guiding spirit in their lives that they couldn’t explain. This course will teach you how to connect, how to receive wisdom and healing, and how to bathe in their light and love.

Religion – We will touch on many of the great religious teachings & beliefs to give you a greater understanding of the commonalities that touch people throughout the world.

Life Skills – Spiritual development cannot take place in any isolated place or time. This course will improve your relationships, at home, work and beyond because there is a spiritual dimension in all these things. And to discover the power of love and reconciliation will give you the tools and confidence to pursue your dreams – living your life the way it is meant to be led.

How To Use This Programme

Preparing for your Journey - Starting with the Archangel Gabriel we will be working through seven modules containing exercises and information which will enable you to know the power and energy of the great Archangels.

It is no coincidence that we begin our journey together with Archangel Gabriel who is the great enunciator, the communicator who heralds the end of the old and the start of the new. Using the metaphor of 'feet and legs' as we set off on this road of Spiritual Enlightenment it is very appropriate to also get into touch with work on the root Chakra. The base energy centre of the chakra system related to all the beliefs we have acquired during the first seven years of life. At this point we can reflect and consider those beliefs and decide which, if any, it is now time to erase, as no longer belonging to us – but to those who taught us - allowing us to move forward with an open mind.

When and where - The benefit of a home study course is that you can fit in the study time around a busy schedule and in your own time. My suggestion, however, is that you try to dedicate a particular time each week to your spiritual learning and allow about two hours each week for the reading, reflection and exercise, plus conducting the guided visualisations. Take your time to reflect or meditate on each section – ask yourself questions like:

1. *Do I fully understand this?*
2. *What does this section mean to me – to my particular faith or set of beliefs?*
3. *What lessons can I derive from this section – guidance that I may be able to use in my life?*

The guided visualisations can be conducted whilst studying the course notes, but feel free to use any of them at any time, as your library of recordings grows. Often you will find that a particular Archangel comes to mind and calls to you.

The best results from the Essene meditations are when they are practiced each morning and evening. I find they contain an element of interconnectedness which is calming and somehow reassuring.

Some of the content will be familiar to you, most spiritual work is merely reminding you of things you have forgotten! Rather than skipping or ticking the box as 'done already', please use this as a reflection time, make notes for yourself as a reminder of just how far you have come on your journey.

Don't forget the Reading Lists – as with any form of higher education, each course includes recommended additional reading. These books and website sources will expand and enhance your learning experience. To be fully aware of the spiritual world we must explore many teachings, and I urge you to buy or borrow as many as you can.

Ask for guidance from the divine - If anything does not sit well with you, you are invited to leave it and return later in the course when it may become clearer. If anything does not resonate, that is absolutely fine. We are all on our individual journey, and have our own spiritual impulse. Not every method suits every participant. Hold to your own feelings of what is true for you.

During this course the object is to sense some of the qualities of the great Archangels for yourself. As you become familiar with the experience through meditation and visualisation, the connection to this source of energy will give you the opportunity to enhance your abilities in healing, teaching or simply to continue along your personal soul journey. Many of you will already be doing so, in which case I hope you will deepen your connection and ability to share the increased knowledge you will gain.

Your personal journal – I urge you to keep a personal journal or diary of your progress through the course. Where appropriate each course module contains spaces and boxes that you can complete, and the column to the right of every page is useful for scribbling notes or highlighting passages. But a personal journal allows you to express your learning freely and without constraint. A few minutes can be spent at the beginning or end of each day, or each time to sit down to study, to write a short summary of your progress. Be open with yourself. Express how you feel. Note your worries and concerns. Create a prayer or poem if you are inspired to do so. Your journal will become an invaluable reminder of your progress as you learn and grow. It's no coincidence that '*journey*' and '*journal*' share the same root. '*Jour*' comes from the French for '*day*' and is rooted in the latin; *diurnum*, meaning '*daily*'. Your journal will be your daily record of the journey which continues forward day-by-day.

Sharing with others – it is difficult to grow spiritually in isolation. I urge you to share your experiences and thoughts with loved ones wherever you can. You may choose to meditate with others and this is welcomed.

Support from Chrissie – I offer you my personal support. Although I cannot be available 24 hours a day, I will always try to answer your questions as quickly as possible, so please feel free to call and leave a message for me, or better still send me an email if you can and I will pick it up wherever I may be in the world. My email address:

Chrissie@AngelLight.co.uk

Please inform us if you have any learning difficulties. We hope to make this course available widely and that includes the blind, and those with other eyesight or reading difficulties. If you have any special requirements please do let us know.

Using The Meditations

Why Meditate? - If you do not currently meditate regularly, I 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.

Later in the course I will provide you with a copy of my book *Gifts from the Angels* which will give you a comprehensive guide to the symbols often seen or sensed during meditation.

Continuing Personal & Professional Development

If you are a professional – perhaps a therapist, holistic practitioner or counsellor – then this course can be used as part of your annual CPD. You can apply for a certificate at the end of the programme which assumes a minimum of 60 hours of study, reflection and assessment. This may translate into CPD ‘points’ for your professional organisation or association.

In addition there are several options for further study with AngelLight, depending on your vision and goals for your future:

1. If you intend to create and run your own workshops, retreats or study groups, we offer the **Diploma in Spiritual Workshop Facilitation** – in which you will learn and practice individual and group facilitation skills and learn how to plan, promote and run your own profitable events.
2. If you plan to work with individuals or small groups to help them grow spiritually, or offer spiritual counselling and support, you can progress on to the Spiritual Companions programme. This course is recognised as a foundation course for the programme, and I offer a **Spiritual Companions Guidelines & Certification** course which is run annually in England and Ireland.

In order to qualify for these programmes you **MUST** demonstrate that you have completed this course fully, by completing the assessments at the end of each module. You are welcome to send copies to me each month, but remember to keep copies for yourself too, as they will become part of your portfolio if you continue your studies.

Check the website for full details of these courses and other workshops and retreats.

www.AngelLight.co.uk

A Blessing As We Start This Journey Of Self-Discovery

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.

Christine Astell



What Will We Be Covering In This Module?

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Connecting with Angels & Archangels

As we begin our spiritual journey, we start by connecting with the angelic realms. We look at the evidence of angels throughout history – the ‘Golden Thread’ that runs through all major religions and faiths from the dawn of mankind.

Meet your Guardian Angel

We practice a visualisation to meet your own guardian angel and receive gifts for your spiritual growth.

Archangel Gabriel, and the Angels of Communication

Gabriel brings you news, and great joy. Work with this energy of new beginnings to develop your sense of purpose. We explore the background to Gabriel and follow a guided meditation to ask for gifts of wisdom.

Jesus and the Essenes

Introducing one of the greatest mystics from history, Jesus, but with a different approach. Who were the Essenes and what evidence is there that Jesus was part of this powerful, yet deeply spiritual group? This module includes a full set of beautiful Essene Communion with the Heavenly Father and Earthly Mother, as taught by ‘Jeshua, Teacher of Righteousness’. We’ll look at how they were used and how we can benefit from these daily invocations.

*Angels are bounteous, beneficent, beautiful beings of pure light,
who act only on the will of God and resonate to the
vibration of complete and absolute Divine Love.*

Connecting with Angels & Archangels

When making the decision to work closer with the angelic forces it is important to take a few moments to reflect upon your intentions. The Laws of the Universe are that if you ask, then you will receive. One of the strongest religious teachings throughout the world is that of 'knock and the door shall be opened'.

Another is the principle of the 'prodigal son'. Once a person realises that they wish to commit to a spiritual path, or even return to a connection to God that they may have perhaps strayed away from, and they seek with a pure heart, then their prayers will be heard and answered. The angels rejoice at the re-awakening of a friend as your light becomes ever brighter.

Very often people worry that they are unsure of their belief in 'religion' and God, but they are drawn to angels as a gentler, less intrusive presence. However, not only are angels inseparable from God, but once a person has experienced the presence of an angel they too are left with an indelible sense of that presence which can never be erased. Many describe their experience as 'other-worldly' but in cases where an angel has been present an overwhelming feeling of love will remain for ever.

In a personal experience where I was visited by an angel, I was completely overwhelmed with a sense of being totally loved which I can only describe as 'absolute bliss'. Not only that, but I felt that I 'knew' the angel and that he knew me. *The sensation of absolute love which although I cannot adequately put into words – because our language just does not have the words to express how I truly felt – nothing, and no-one can ever take away from that experience.* This is what has been recorded by a Swedish scientist in the 1800s following a similar encounter.

'I am well aware that many will say that no-one can possibly speak with spirits and angels so long as he is living in the body; many say it is all fancy, others that I recount such things to win credence, while others will make all kinds of objection. But I am deterred by none of these: for I have seen, I have heard, I have felt.'

Emanuel Swedenborg

When you communicate with these beneficent celestial beings, make no mistake, although they will guide and help you, the angels will not act as 'magicians'. They are not 'Santa Claus' bearing gifts because you left them a Christmas wish list of wants and desires. But they will bring you untold spiritual gifts. Some of which you may find extremely challenging, particularly if you have chosen to work hard on personal and spiritual development at the same time. Not surprisingly the desire to understand oneself better and change to a more spiritual way of life often 'comes along' synchronistically with the raised interest in all things angelic!

One of the suggested first steps in communicating with angels is to make a place in your personal environment that would feel welcoming to your celestial guest. Although they are always there, you are after all inviting them closer.

Bearing in mind that an angel's 'spiritual home' is one of absolute harmony and love, you would need to create an area or space where you too can feel a harmonious atmosphere yourself. Try to create this sacred space by closing the door to outside distractions and turn off your telephone. This may sound obvious but in our busy world of technology we are often unaware of how little peace there is in our daily life.

Play some soft or ethereal music to create a relaxing atmosphere and light a candle to symbolise purity, the fire of creational love, and the light of angelic wisdom. There is a saying that wherever a candle is lit, an angel appears. If you have any pictures of angels, or replicas of your personal religious master, depending on your own spiritual impulse, then you may like to put them in this place, with some fresh flowers or crystals, again to symbolise the purity and beauty of creation.

Do remember that petitioning angels for their assistance, talking with them, meditating and asking for their divine wisdom is not 'worshipping'. Angels act as a catalyst or conduit, they carry your prayers to the Source and on the returning impulse of thought give you the guidance that comes back to you. They act as messengers, between you and God, whoever or whatever you perceive 'Him' to be.

At the beginning of your prayer, meditation, contemplation, or communication with the angels, your attention and intention are paramount. Angels are an almost incomprehensible source of love of humanity. Your request must always be from the heart, with gratitude, and for the 'best possible outcome for all concerned'.

A word of warning; self-centred motives are also heard, since a promise has been made that your prayers will always be answered, but the outcome may not be as you expected. Be very careful that you are not requesting anything which may be harmful to anyone else. An angel cannot

change your 'karma'. Only you can do that. Remember to be careful what you wish for.

At the end of your communication of however long you choose, whether it was for healing, guidance, inner peace or just simply to make a connection; always remember to express your gratitude, thanking the angels, Jesus the great healer, and God, the Source of Creation.

Guardian Angels

We have been given the chance of tapping in to a source of never ending love, or not the choice is ours...Remembering that we have angels around us is one way to live in a more loving world. The more we learn to treat ourselves and others with love, the more attractive and loving our immediate environment will become. This has a 'pebble in the pond' effect, creating wider and wider rings as others notice and slowly begin to change too. Between us we can co-create a much more heavenly place to be! It starts by communicating with the angels closest to us, our guardians.

We all have guardian angels, some believe that we each have one but my feeling is that we have probably three. There is one angel from the time of birth to accompany us through life; one angel that has been with us from the beginning of time, from the moment our soul came into being; and a third attracted to us at times of change, or particular 'rights of passage' such as parenthood, or to help us with our choice of career such as teaching, nursing etc.

If you have good contact with your own guardian angel, use this box to record your reflections on your first experience. How did you feel? How do you regularly connect now? How have you changed since that first encounter?

People often ask me how to see, talk to, or feel the presence of an angel. Many of you will already be communicating regularly but for those of you who would like to 'meet' with your guardian angel, here is a guided visualisation you might enjoy which I have been fortunate enough to record with the well known New Age composer Llewellyn and is available on a CD called *Journey to the Angels*

Meditation To Meet Your Guardian Angel

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- ✧ Set the music of your choice to a low gentle volume and light your candle, and/ or your favourite incense.

- ✧ Find a space where you can sit upright comfortably.

- ✧ Relax your muscles and concentrate on breathing slowly and deeply.

- ✧ Imagine yourself sitting in a beautiful garden, admiring all your favourite flowers. Perhaps you can see a pair of butterflies playing in the light breeze, birds singing, bees buzzing between blossoms.

- ✧ Visualise yourself walking amongst the flowers, sensing the fragrances and vibrant colours.

- ✧ As you walk around you notice a gate and decide to walk through it. Finding yourself in a wide green meadow which leads you downhill to a river where there is a person in a small boat waiting to take you across.

- ✧ Once you reach the other side of the river you thank the boat-person and climb out onto the bank where you see a pathway leading up the side of a hill. Starting to climb the path, you feel a sense of anticipation and excitement.

- ✧ The path becomes steep and as you climb notice whether there are any obstacles in your way. What is the view on either side of you. Looking

ahead you can see a gate in the distance with a bright golden light shining through and all around it. With great excitement you walk towards the gate.

- ✧ As you approach the gate it opens slowly and there standing in front of you is the most beautiful being, your guardian angel. What does the angel look like to you? Do you hear anything?

- ✧ Stand and absorb the loving energy surrounding this spiritual messenger and imagine you can feel the warmth of the love radiating from the angel's heart. As you are in the presence of this angel know that you may ask anything and communicate with your angel through your thoughts now. Listen for the answers in your senses but do not rush, or make demands, be patient, this process can take practice. The angel may give you gifts to bring back with you. They may be in the form of words, images or sensations. Accept them with gratitude.

- ✧ As you leave the angelic presence know that you can return at any time to this special sacred place. The gate closes and you walk back to the waiting boat. How was the pathway on the way down? Did you notice any difference?

- ✧ Once the boat has taken you back across the water, thanking the person who brought you climb back onto the river bank and start walking back across the meadow to your garden gate. When you return to the garden sit quietly for a moment and reflect on the experience, gratefully considering the symbolism of the spiritual gifts you may have been given. Again admire the flowers around you and allow yourself to breathe in the sense of your tranquillity, your freedom, your loving heart and inner peace created by your angel within your private garden of mystery.

The belief in angels has been with us throughout history and evidence can be found of statues and stone carvings, in the British Museum, of guardian angels walking behind kings dating back thousands of years.

*Beside each man who's born on earth
A guardian angel takes his stand,
To guide him through life's mysteries ...
Menander of Athens (c.343-291 BCE)*

In St. Augustine's Eight Questions ("de diversis questionibus octoginta tribus") he said: 'Every visible thing in this world is put under the charge of an angel.' Genesis Rabba (10) says similar: 'There's not a stalk on earth that has not its angel in heaven.'

A commitment to working with our celestial guides can truly change your life. However, trying to find original information can be frustrating and confusing.

In Gustav Davidson's *A Dictionary of Angels* there are 362 pages of information regarding the names and tasks of all the angels. The book which he says started just as a hobby, a literary diversion, clearly became an obsession. An acquaintance of mine who started her Theology degree believing in the presence of angels and then following through to end up with a PH.D from researching contemporary experiences with angels also found that her research developed into a passion verging on an obsession.

When I first became interested in opening a healing centre for 'the angels' my life was filled with angels everywhere in the form of presents, workshops, visions, coincidental conversations and such synchronicity that I knew I had no choice but to make this in some way my life's work.

Do this exercise as a time line. Using the following page, mark the line with five or ten year periods and answer the questions listed below on the line as symbols, pictures or written answers representing how they occurred, at the time in your life when they happened.

- ✧ What was your wake up call to embark on a spiritual path, and when?
- ✧ What threshold have you crossed? Ordeals have you dealt with?
- ✧ Who were the mentors and guardians that appeared?
- ✧ What were their particular characteristics?
- ✧ Do you recognise your inner demons, or reflections of your inner shadows?
- ✧ What steps have you taken to overcome them

Mark this line with 5 or ten year periods

Further Exercises:
Working With The Angels & Archangels

*“If you greet everyone you meet as if they were an angel –
you will always be in Divine Company”*

Create an internal and external sacred space

To create your own external space where you would most likely do this work, or where you like to sit and meditate, by creating ‘altar’ by having an area where you can place a beautiful cloth, fresh flowers, crystals, pictures and icons representing your own spiritual connection, such as your favourite angel picture, perhaps a figure of a your personal spiritual teacher, and/or the angels.

Describe or sketch your ‘altar’ here:



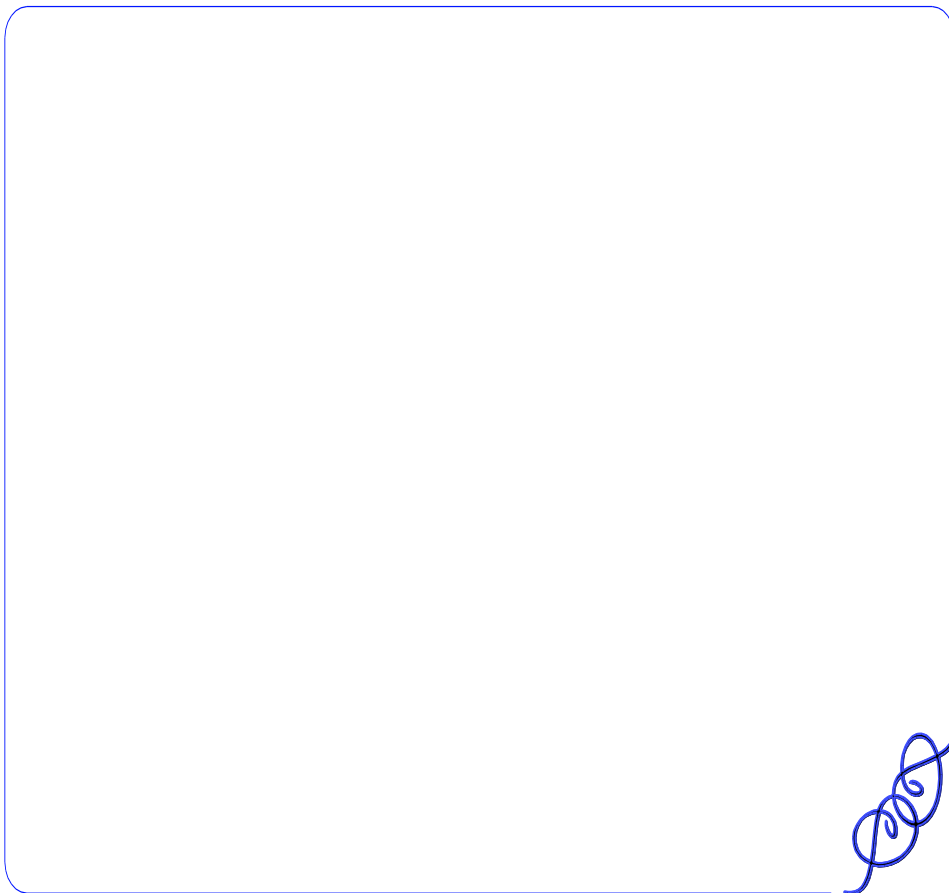
Develop and trust your intuition

By creating your inner sacred space you can get into touch with your unconscious, developing and trusting your intuition.

This may be whilst walking in the countryside, or in meditation, but wherever you want to create an 'inner-sanctuary' for connection to the divine energies you can go inside to your own protected sacred space knowing that you are loved and safe. Visualise a light surrounding you, blue, white or gold; blue is traditionally the colour of Archangel Michael, white for Archangel Gabriel, and gold often used as a circle of protection when doing spiritual work. (I always surround the room in a ring of golden light when I am running my workshops).

As you sit in meditation go behind the eyes and to the middle of your brow, where in yogic traditions is the seat of the soul, or if you prefer see yourself walking down stairs into a warm safe space in the heart area. Whichever feels most comfortable to you. If you have been practicing spiritual work for some time you will already have your own method of creating an inner sacred space.

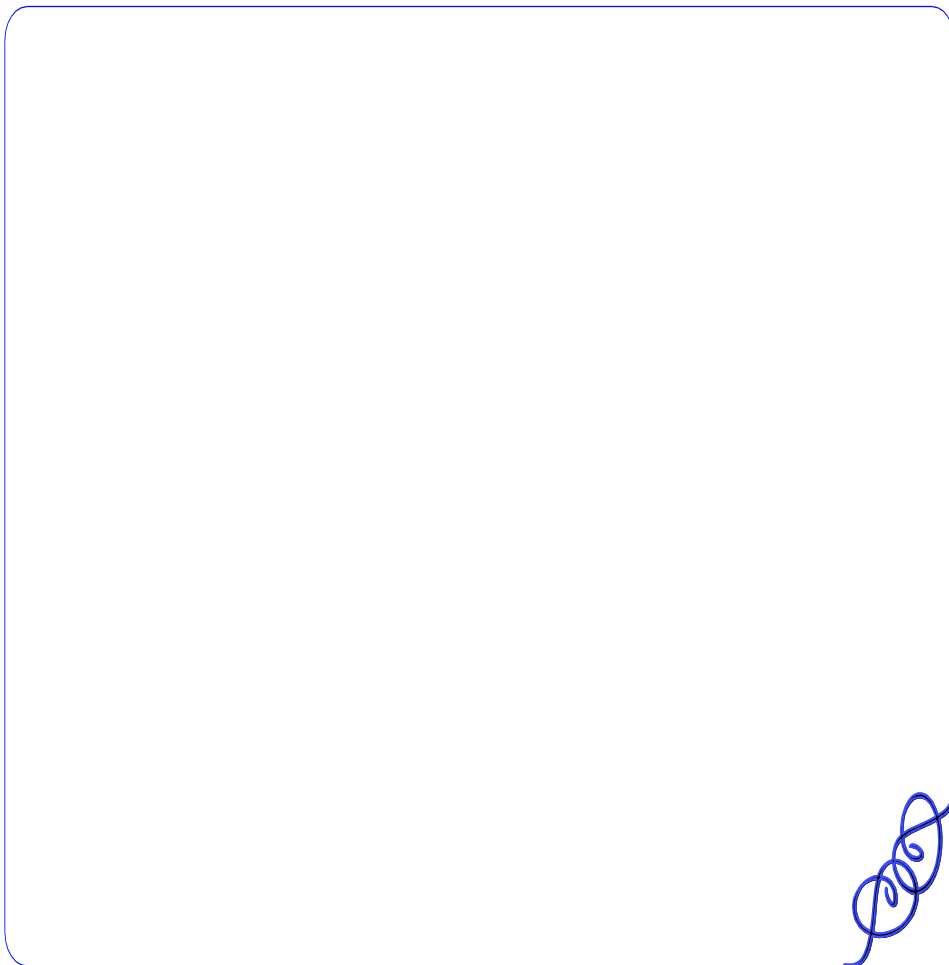
Note how you create your inner space.



Connect your true self with the universal wisdom

Sit for a moment now, and imagine yourself growing larger and larger, as a gigantic being, a brightly shining cosmic being, so large that you hold the earth in one of your hands. As you look upon it lovingly, imagine that you sit amongst all the stars, moons and suns that make up this cosmos, and reflect that this is only one tiny particle of a great never ending star-filled universe, and you are a part of it. No more or less important than any other aspect; you have a connection with the stars, you are connected to every leaf of every tree, of every root in the earth, of every grain of sand, every drop of rain. This huge being of light is your true self, your higher self, that part of you that dances to the music of the stars, and has a part to play in the order of Universal Law. Your higher self, your true self knows exactly what your soul purpose is, and why you are here. All you have to do is connect with that higher wisdom, trust, believe, and follow its guidance as you ask that you be shown what it is that you need to do.

How do I connect with my guardian angel/ my higher self/ God, in my own unique way?

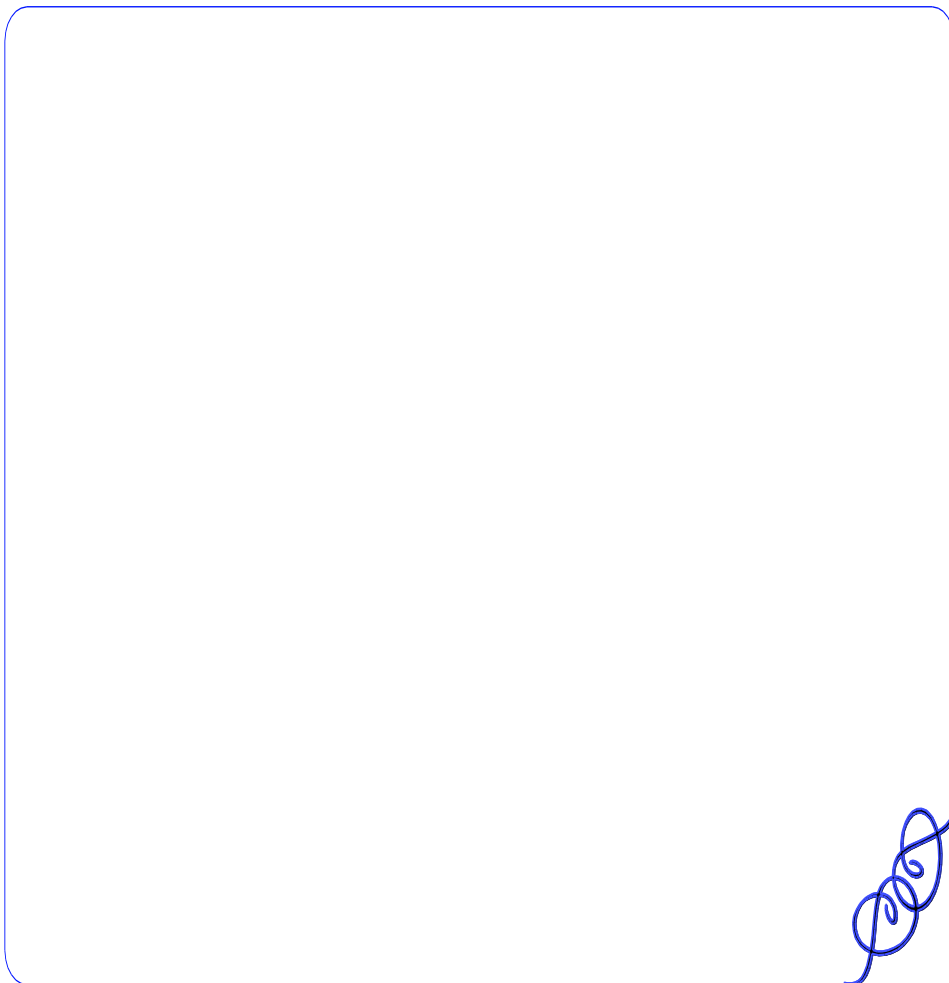


Pay attention to the symbols and patterns shown to you:

Each of us has a different way of experiencing the world. Some of us are clairvoyant (we see things), some clairsentient (we feel things physically), some clairaudient (we hear things)... and some of us just know!

When you are working with God and the angels in spiritual practice it is important to ask for signs that are unique to you. If you are not a 'hearing' person (clairaudient) you may miss whispered messages or sounds. If you are not a 'visual' person (clairvoyant), you might not notice messages left for you to see. Similarly if you are not a 'feeling' person (clairsentient) you might not get shivers, or tingles of acknowledgement when one of the angels, or Spirit, has touched your shoulder. Just ask for signs and symbols that are clear to you... even if the sign is one that you specify so that your understanding will be clear. Then sharpen your senses and wait.

Reflect on your personal method of receiving messages 'How do I 'sense' or know when something is right for me to follow'



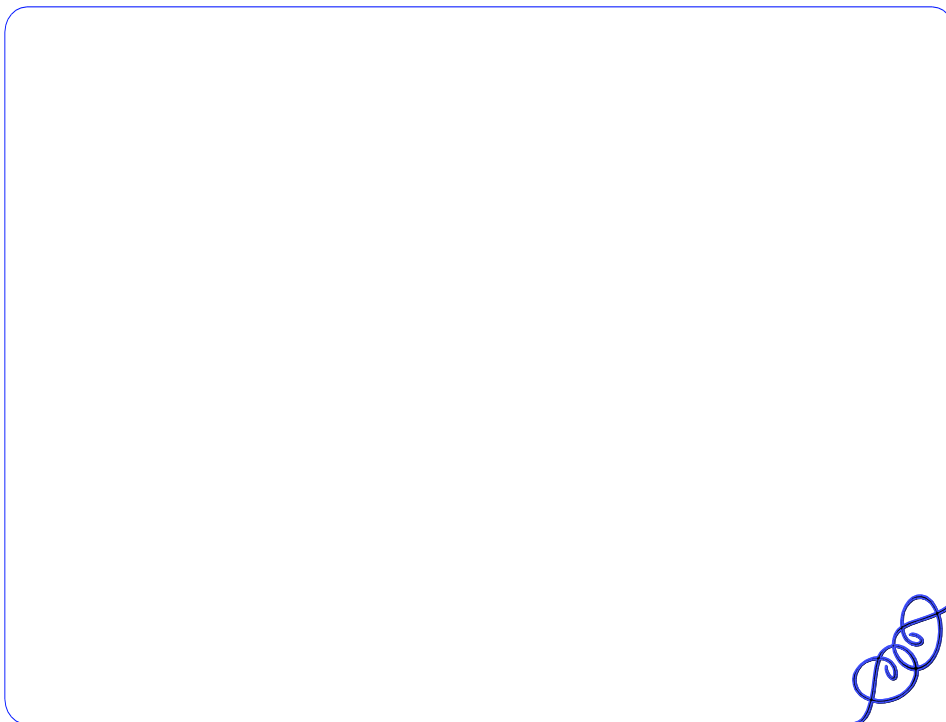
Very often people tell me they wish they could 'see' their angel, or 'hear' their guidance Here is an exercise to help ascertain your communication type.

Think of a beautiful memory, something you thoroughly enjoyed – that merely recollecting it brings a smile. Now try to remember what you were wearing at the time, the colours, and the textures you could feel. Try to think of any sounds or smells present on the occasion, other people around you on that day and what you were doing. How was the temperature, was it hot, cold, were you bare foot, can you remember the ground/floor whether it was soft, grassy, hard? Lastly, how did you feel emotionally?

Now make a few notes, based on how easy each of these recollections was. Which came first to you? Which was the most difficult?

So, if you found you remembered the music or voices easiest, then you are most likely to receive messages through voice or the lyrics of songs, or perhaps something being said to you (possibly even about a totally different subject). If you found the colours and sights are easiest to remember you will be a visual person and find that you 'see' the signs being given. If your greatest memory of the occasion is the warmth and joy you felt, or indeed any other emotion then it is through this – your inner feeling- that you will know the wisdom in the messages your receive.

Your beautiful memory:



Take a step into the unknown, have faith, all will be well.

Everything you think and feel you attract towards you. By trusting that all will be well regardless of the outcome, letting go of fear, and having faith you will attract your greatest dreams as experiences. We know this to be true. This is the Law of Attraction.

Develop a sense of living as if it were an adventure

Have fun, develop the positive attitude that nothing is a problem, only a challenge! – Then ask for divine assistance in showing you how to deal with everything for the best possible outcome, for all concerned.

Acknowledge and develop your unique spiritual gifts

Think about this for a while: make a list of your unique talents. Do you find it difficult?

What do you like best about your friends? Could it be that they are mirroring qualities that you have yourself... remember that like attracts like!

Calling in the white light of the angels of Gabriel write a list from A-Z and think of a positive word for each letter that describes you... don't hide your light under a bushel now!

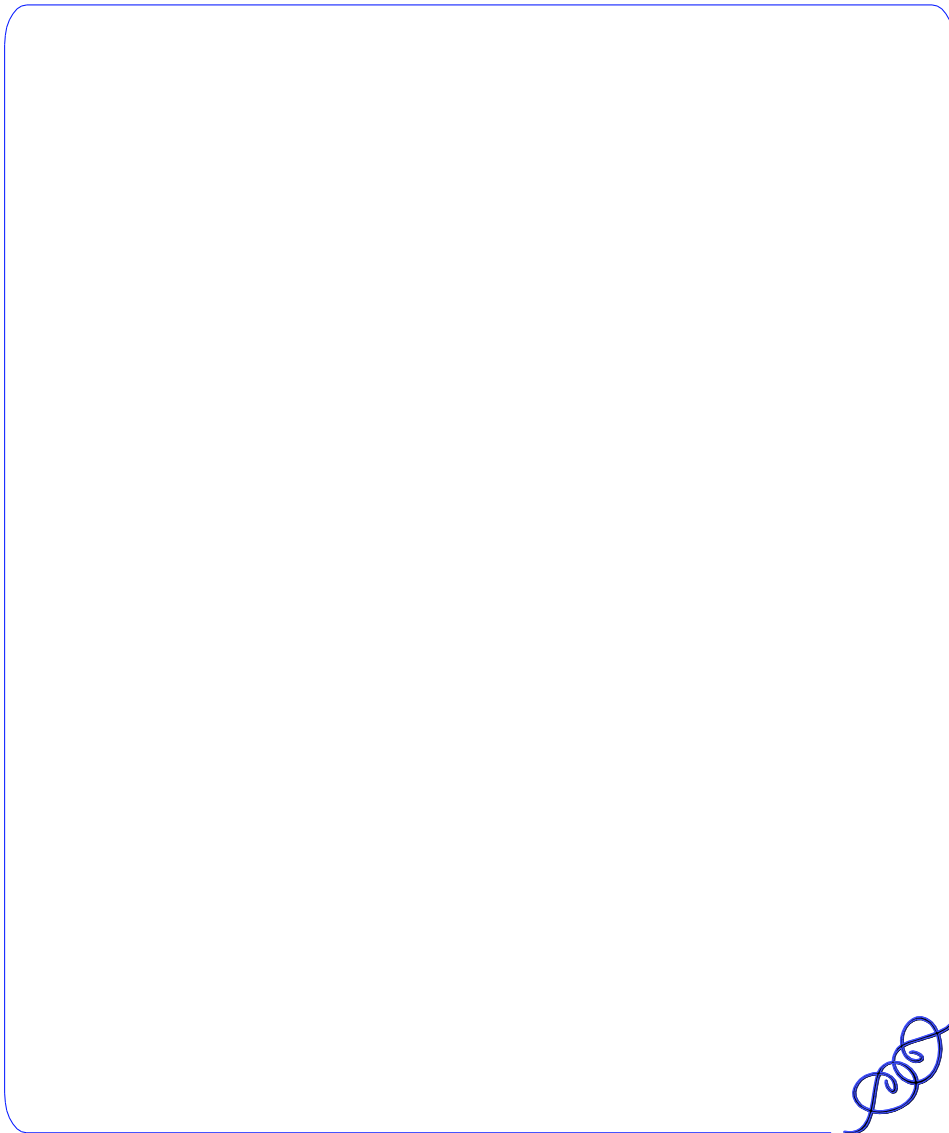


Face up to and deal with your own inner demons

This can be a hard one for us to take on. We all have a shadow side and must learn to love each part of who we are. Very often the things we like least about ourselves are the very lessons we have come to master. Can you honestly say that you have dealt with and overcome all of the personality or ego traits that sometimes consume you?

Without being harsh on yourself, this is not an exercise in self-judgment, try to think of something you would like to change about yourself. Dig out an 'inner demon' that you could ask Archangel Gabriel to assist you with. Use your personal journal if you don't wish to share these feelings here in the course notes.

I lovingly accept all aspects of myself. I have noticed this aspect of my shadow side and would like help:

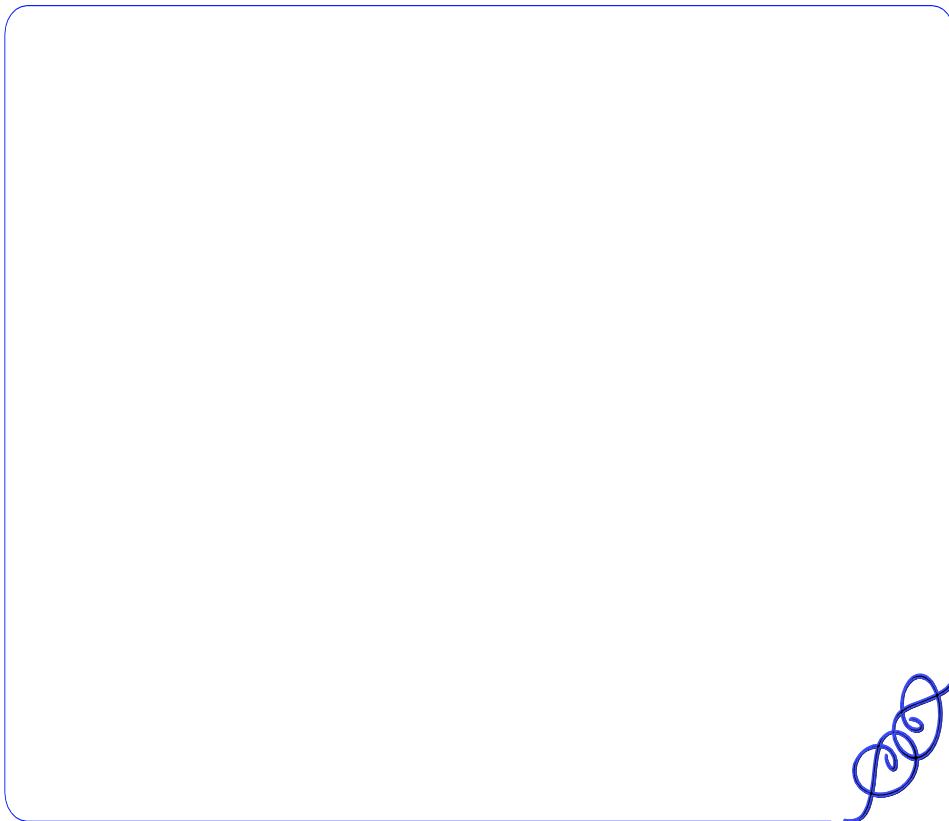


Discover the 'angel' within

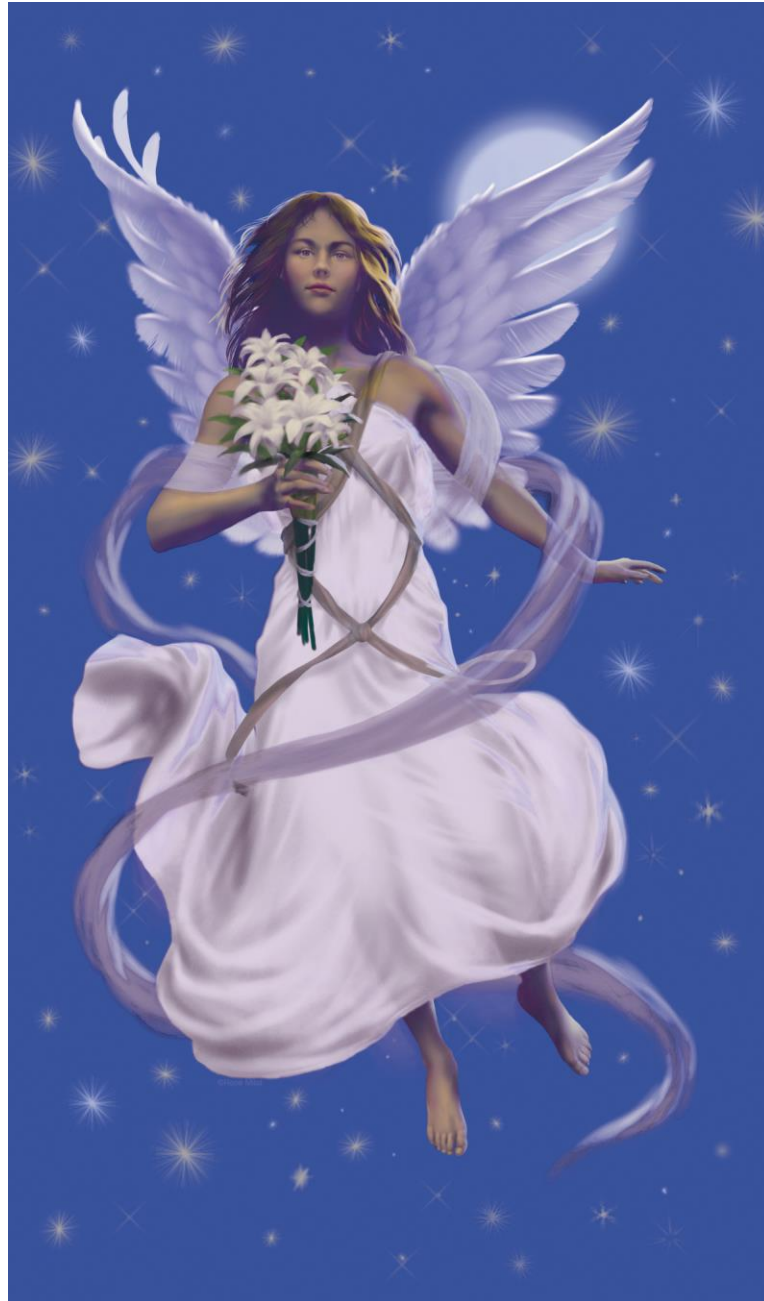
Swedenborg also believed that we are all angels in training. These exercises are designed in so that you will begin to see the light of your own inner beauty shining through – if you cannot already!

- ✧ Holding your sacred space explore the occasion when you first felt drawn to the angels
- ✧ What were your feelings at the time?
- ✧ What are the angelic qualities you see in others?
- ✧ What are your angelic qualities?
- ✧ When you are in touch with your 'inner angel' how does this change your perception of the world around you?

Note your experiences here:



*Archangel Gabriel
And The Angels of Communication*



'Archangel Gabriel' from The Angel Insight Pack, by
Christine Astell, published by Duncan Baird Publishers,
October 2008. Artwork by René Milot.
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What do we know about Archangel Gabriel?

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Gabriel, the Archangel of annunciation, guidance and resurrection.

Affirmation: *"I trust my inner guidance in the knowledge that I am loved"*

- ✧ Day of the week : Wednesday
- ✧ Colour: crystal white
- ✧ Archangel of the east
- ✧ Element of air
- ✧ Planet Mercury,
- ✧ Ashram (Healing Temple) ,Mount Shasta, California
- ✧ Crystal: Danburite or Celestite
- ✧ Key words: rebirth, new beginnings, direction.

The angel Gabriel, together with Michael is the only angel mentioned by name in both the Old and New Testaments, and acts primarily as a messenger of God and is probably the most famous of angels with many, many stories collected from different traditions.

Gabriel's name means *'God is my strength'* and is the second highest ranking angel in Judaism, Christianity and Islam. Gabriel is ruler of the Cherubim, the guardian of Paradise and of the first heaven, which is apparently closest to mankind, and said to sit on the left hand side of God.

As Archangel of Resurrection, Annunciation, Baptism and Rebirth, Gabriel is also known as the Archangel of Communication, the angel of revelation and the bringer of truth who can direct you on your true life's purpose back to the Light of God's eternal love .

As the over-lighting angelic presence of Winter, Gabriel works on the energy of the fourth Ray of purity and creativity with the Ascended Master (Chohan) Serapis Bey and the colour of crystal white. (We will be looking at the Seven Rays and the Ascended Master teachings in module 6)

There is a theory that: seated to the left of the throne of God, Gabriel could be seen as a feminine energy, and the only female archangel in the angelic hierarchy. More evidence of this theory can be found in Longfellow's *The Golden Legend* where he describes Gabriel as the angel of the moon who brings humanity the gift of hope. The moon is generally symbolic of the feminine principle. Another pointer to this possibility is that it is always Gabriel who announces birth, and traditionally is said also

to be the teacher of wisdom to the incoming soul of the unborn child during its nine months in the mother's womb.

A further clue of this is that Mary, the virgin, was not afraid of the angel, since she did not assume it to be 'a man'. In art Gabriel is almost always strongly depicted as female carrying the lilies of purity. However, this would not be easily accepted in some quarters!

As the angel of the east Gabriel, the element of air and the mind, Gabriel brings the dawning of new awareness, new beginnings and opportunities into your thoughts and circumstances. Symbols of Gabriel are the white Lily, bright white light, ambiguous femininity, the moon, inspiration, planet (and metal) Mercury, birth, and death.

As Gabriel is synonymous with redemption, and has been given the role of announcing the births of John the Baptist and Jesus as Saviour, he is perhaps the most cherished angel in the Bible in terms of Christian tradition.

In Biblical (Jewish and Christian) tradition Gabriel ("God is my strength") appears four times. Firstly to Daniel (Da 8:16, and 9:21) and to Zechariah as he is burning incense at the alter in the temple. Gabriel announces that his wife is to give birth to a son named John (Lk 1:11-19).

"I saw a man clothed in linen with a belt of gold from Ophir round his waist. His body gleamed like topaz, his face shone like lightening, his eyes flamed like torches, his arms and legs sparkled like a disc of bronze, and when he spoke his voice sounded like the voice of a multitude".

The Holy Bible: Daniel 10. 4-7

There are more stories written about Gabriel than any other of the angels. Probably the most well known is the story of the annunciation where Gabriel appeared to Mary to tell her she was going to give birth to Jesus (Luke 1:26-29).

In Islamic lore, as the 'spirit of truth' it was Gabriel (Jibril in Islamic) who is believed to be the angel who appeared to Mohammed and dictated to him the Qu'ran sura by sura (verse by verse).

Mentioned several times in ancient texts such as the book of Enoch, Gabriel is very important in the Jewish literature: in the book of Enoch, Gabriel is one of 4 angels that will cast Satan (Azazyeel) and his minions "into a furnace of blazing fire, that the Lord of spirits may be avenged of them for their crimes, because they became ministers of Satan, and seduced those who dwell on earth." (1 Enoch 53:6, Laurence translation)

In the Dead Sea Scrolls book *War of the Sons of Light with the Sons of Darkness*, the Sons of Light go into battle with the names of several angels, including Gabriel, on their shields.

The story told in the diaries of William Blake the 18th century artist, is that on being commissioned to paint an angel Blake asked aloud 'Who can paint an angel?' and an invisible presence replied 'Michelangelo could'. Blake asked 'How do you know?' and was told, 'I know for I was there, I sat for him I am Gabriel'

According to the court testimony of Joan of Arc it was Archangel Gabriel who inspired her to go to the assistance of the Dauphin, King of France.

Again, in Jewish and Christian tradition Gabriel is one of the seven angels surrounding the throne of God.

In Milton's *Paradise Lost* Gabriel is placed at the eastern gate of Paradise as chief of the angelic guards.

As the angel of communication it is Archangel Gabriel who will give you guidance on your spiritual growth and future direction if you ask wholeheartedly.

If you are artistic and creative Gabriel will be a natural source of inspiration to you bringing music, poetry and art wrapped in messages of spiritual purpose and growth.

As Archangel of birth and death meditating in communion with Archangel Gabriel will enable you to focus on your direction and purpose and possible changes. She/he will bring you assistance and guidance particularly if you desire a change in direction or a new challenge has ended something and created new beginnings for you.

Archangel Visualisation With Gabriel

The recording supplied with this course provides a guided visualisation with Gabriel, to ask for assistance and guidance with life purpose and direction. Try the visualisation now and note your experiences. A full transcript of the visualisation is included on the next page if you need it.



Transcription

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This meditation is to invoke and feel the power of the light of Archangel Gabriel.

First I'd like to quote from Patanjali:

"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you dreamed yourself to be."

Find a quiet place where you can enjoy this meditation away from telephones and commitments, allowing yourself to truly 'be' in the presence of the angels.

You might like to light a candle, or burn a few drops of essential oils. You may even choose a few favourite crystals to have by your side.

Sitting comfortably I'd like you to start breathing deeply in the light of your candle.

Imagine you are breathing in a beautiful white light and to do this I'd like you to start by imagining a white light shining towards your right foot.

Breathe the light in through your right foot – visualising all the tendons, bones, tissues, muscles - filling up as you breathe in the brightest white light.

Send feelings of gratitude towards your foot, fully appreciating how much you need your feet.

Now breathe in the light into your left foot, again imagine the foot full of the white light and that you can see all the tendons, muscles and all the little bones in your foot as you fully appreciate just how much you need your feet for standing, walking, moving around.

Remember back to childhood and all the lovely things you did as you played – running around, hopping, skipping and jumping - using your two feet.

And now pause and consider for a moment – how do I feel about my standing in society?

How do I feel about where I stand in my own family?

How sure am I that I am on the right spiritual path?

Do I know where I came from?

Do I know and understand the direction that I chose to follow?

Breathe in the light deeply with each breath. Imagine you can see the light rising through your ankles, your shins, calves, knees, thighs - and as you breathe the light rises really feel the light in your legs and your hips. Imagine that the light is so bright that you can see it moving through the pores of your skin, surrounding the whole of the lower half of your body in bright, white light.

Now breathe the light through your hips and into your lower abdomen, thanking this whole pelvic area for what it does for you in the general passage of time. Appreciate how much your cells carry memory and ask yourself: do I feel safe?

As you breathe in the light as it moves up and through your body, allow yourself to fully relax with every exhalation, letting go of any anxieties, any tension - watching the light as it fills every part of your abdomen, your lungs, your heart, ribcage.

Watch the light as it moves across your shoulders front and back, down through your arms, through your hands and out through your fingertips. Send warm thoughts of gratitude towards your hands and your arms, and imagine all the things you do with your arms.

Visualise yourself reaching out towards your loved ones, embracing them, holding them close to your heart.

Now ask yourself this question: How ready am I to give and receive pure, unconditional love?

Breathe in the light, up through your chest, neck, and into your face, allowing it to move through your head and as the light fills your head, imagine all the beautiful things you that you have ever seen. Think of the sounds and the beautiful music you have listened to. The beautiful fragrances that you smell. The wonderful tastes you absorb through your mouth. The words that you can say and the songs that you sing. Be grateful for all the wondrous things that the senses do for you and fill them with light.

As your mind absorbs the light allow it to fill your mind and memories with white light, with its purity and its love, invite it and allow it to cleanse and purify anything you may be holding in your thoughts that is not of the purist love.

And now as you see yourself as a being full of pure brilliant white light, call the name of Archangel Gabriel. Call it three times in your mind.

Invite the energy of Gabriel to come closer to you and sense the brilliance of the white light that's associated with this wonderful archangel presence, a being of annunciation and direction.

Ask now if you have any questions regarding the direction or purpose of your journey ahead.

Ask the angel to indicate to you whether you are indeed fulfilling your soul's purpose. Allow the messages to flow through you; as feelings, sensations, or pictures, even messages you might hear, gifts you may feel. The images you are being given are heavenly. Ask the angel to give you a sense of your direction and feel it in your heart. Feel it and see it in your mind as messages or vision or words, whatever comes to you.

Sit in this presence and absorb the light and the love.

With a sense of gratitude from your heart thank Archangel Gabriel and know that you are indeed truly loved. Allow the Archangel to move away from you. Consciously be aware of the light in your body and slowly breathe it back down your body and through your feet in to the Mother Earth. Imagine it pouring out of your skin.

Imagine that you are surrounded by white light. As you slowly breathe in and out be aware now of where you are sitting, your feet on the ground firmly. Be aware of the weight and heaviness of your body.

Breathing slowly, deeply, deliberately, allow yourself to be back in the present moment. Bring yourself into your own space, your own room, breathing deeply. Feeling your body fully grounded.

Very slowly, when you're ready, open your eyes.

Ways of Working with Gabriel

- ✧ Use the visualisation regularly to sense the great light and power of the presence and grace associated with Gabriel.
- ✧ Collect or find your own favourite picture of Archangel Gabriel to put on your 'alter'.
- ✧ Buy the largest piece of white crystal you can (that you are energetically attracted to) in quartz, danburite or celestite (or others) , cleansing and dedicating it to your work with Gabriel in improving all your communication.
- ✧ Angels communicate in many ways, and often through images and visions in your dreams. Using your journal make a note each morning of symbols or messages in your dreams. At first they might not seem to make sense to you, but in time you may find significant repeated patterns.
- ✧ Is Gabriel drawing your attention to the ways in which you communicate with others? Pay attention to how well you listen to other people and how well they understand you.
- ✧ Enhance your different levels of communication. Perhaps signing up for a workshop or course in creative writing or computer skills.
- ✧ Gabriel is known for communication through the arts. Try spending time either writing your own poetry or interpreting some of the classics paying particular attention to the words or phrases that affect you emotionally. Very often divine inspiration comes in a subtle way through our moods. Look out for anything that lifts your spirits. Visit an art gallery and instead of simply passing through, allow yourself to take time with those pictures you are attracted to, interpreting for yourself whatever you feel the artist was depicting.

- ✧ Always try to communicate honestly, avoiding self deception at all times. When we persuade ourselves as well as others with obvious dishonesty we are harming our soul, and our relationships. Walking a spiritual path necessitates looking deep within your heart and eradicating anything which no longer holds truth for you.

Look up the definition of 'inspiration' and 'enthusiasm'. Put them into context in your own words. In what ways do you become enthusiastic? What inspires you? In what ways do you enthuse and inspire those around you?



A Final Invocation to Gabriel

Dear God I call on the powerful presence of Archangel Gabriel.

I thank you from my heart for your guidance and I ask to be shown in ways that I will clearly understand how best to pursue my soul's intention.

Gabriel, please surround me in your brilliant white light and purify my thoughts and deeds that I may communicate my truth with clarity and purpose.

Put your words in my mind and your truth in my heart that this day I neither think nor say anything except what is good and honest.

Let my eyes always look clearly ahead on the road you wish me to tread, that I might not be tempted away by distractions.

Protect me from all lies and falsehood, and help me to learn discernment that I might avoid deception whenever I meet it.

Thank you, Amen.