



# ARCHANGEL MICHAEL

Archangels are high ranking angels and their energies are very powerful. They are mentioned in many religions as having important work to do and they are held in high esteem.

Archangel Michael – Electric Blue – Divine Will and Joy.

“Call upon me in times of fear. I will guide you through the many trials and tribulations of life by offering you my divine protection. See my light spiralling around you, keeping you safe. I am with you.”

We can call upon Archangel Michael to assist us in our daily trials and tribulations of life. Michael's positivity very quickly transmutes our negative thoughts as well as dispelling the negative actions of others.

When summoning Michael, visualise him standing in front of you and ask for his divine protection. His sword of light has a powerful blue ray which brings in love, compassion and healing. It's known the sword of truth.

Archangel Michael asks that we learn to 'trust' in who we are by feeling the light of truth and honour (integrity). His sword of light guides us when we are lost. He illuminates our path and brings us out of darkness. He is by our side in times of need. He heals our hearts and brings in light love and compassion.

Ask for him to be with you when fearful or alone especially when you going on any journey through

life. He can also be called upon when going on a journey in your car.

It is said that Archangel Michael's sword of light represents "Christ Consciousness." This energy has a high frequency energy which helps to dissolve illusions and brings in wisdom. His light of truth enables us to move forward by releasing that which no longer serves our highest good. Christ consciousness is much evolved energy which is here now to help humanity evolve. This energy is accessible to anyone who asks.

It is important for me to say that there are angels mentioned in many different religions and their associated religious texts, they do not belong solely to Christianity. For ease of purpose I have referred to the Angels as (him but they could just as easily be her).

We can call upon Archangel Michael to help release us from situations in life that no longer

serve us. If you are finding it hard to move on from someone in your life, but you know in your heart that the situation is not right and time to let go, he is always there to help.

I love Archangel Michael. Not only does he give us divine protection but his energy is brave and strong. He picks you up when you are down and connecting with him restores your faith and willingness to let go.

When we part with someone in our lives, we should try not to feel angry or blame. Sometimes particularly in romantic relationships it is very hard to let go. Someone can feel like a soul mate to us but they they may simply be someone who has come into our life to show us the way. It is an experience that we have chosen to live through. We have agreed to do this on another plane of reality to balance, to learn and to grow. It can be very hard to accept this. We like to say 'why me?' Because I I didn't ask for this. I don't need to be punished like this. As I said before, it's not God's punishment it is merely one of your soul fragment's crying out for integration of the soul and spirit. It wants to be united with the truth. It doesn't want to be in illusion any more. It is asking for light, illumination and truth.

As you step away from the person who has caused you pain, on an emotional level the cords between you may have become extremely thick. They generally attach at the solar plexus (because that particular chakra is your power centre) but it is possible for people to be chorded at the throat which stops that person speaking out. I have observed this with clients particularly people who are finding it very difficult to express their true feelings.

I would like to share with you a fabulous releasing exercise that I came across a few years ago. I have found this release exercise very effective particularly at the end of romantic relationships, or for a situation where someone is taking a large amount of energy from you.

1. Close your eyes gently and visualize the person that you would like to detach from standing in front of you. Not too close, but see them in your imagination.

2. Call in Archangel Michael to help you with his sword of light. Then see him making a figure of 8 which is around you and the person you wish to release.

3. Imagine yourself in one part of the eight and then imagine the other person in the other part of the eight. See the figure eight as moving energy which is pulsating and sending positive vibrations to you both.

4. Now ask Archangel Michael to break that figure of eight into two separate circles of light. He can do this with the tip of his sword.

5. See the person you wish to detach from stepping away from you now with the circle of light still around them. See them moving towards the horizon until they become smaller and smaller.

6. See the person disappearing over the horizon until completely out of sight. If this is difficult, don't worry because in essence they have still gone. They are surrounded with light and they will remain protected.

7. Complete the exercise by affirming three times; 'It is done, it is done, it is done.' The power of three is very strong and sends a special energy out into the ethers to accomplish release.

Colours associated with Archangel Michael are Silver and Deep Blue. Try carrying a Citrine crystal on your person to enhance the energy confidence. For dream recall place a stone of Red Jasper under your pillow as you sleep.

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