

Harmony for Your Head, Heart & Home

# Archangel Insight Guide



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"Insight is better than eyesight when it comes to seeing an angel."

Eileen Elias Freeman

# How Do I Receive Angel Guidance?

### 1) Look for Signs

The Angels are constantly communicating with you. Open to receive their messages by paying attention to what you see, hear, feel, sense and have a knowing about. Signs often come in the form of numbers (license plates, digital clocks, signs). To learning the number meaning, use Doreen Virtue's Angel Numbers 101 book or app.

### 2) Listen

When you hear, see or a thought about something occurs to you more than once, pay attention! When you receive the message a 3<sup>rd</sup> time, they are urging you to act ©

### 3) Meditate

Meditation can be easy. You can do a moving or walking meditation or quiet your mind by listening to beautiful music or looking at pictures or getting out in nature.

# 4) Ask for Signs and Guidance

The angels are always there to assist you, yet they can only do so if you ask. You can do this by asking out loud, as in a prayer or affirmation, or you may silently think about what you'd like the angels' to provide help or guidance with. If you have asked and don't understand the answer or aren't sure if what you're receiving is the answer, ask your angels to speak more clearly or give you another confirming sign.

# 5) Use Angel Oracle or Tarot Cards

Card decks can be extremely helpful in getting answers and guidance with all areas of your life. The decks by Doreen Virtue and Radleigh Valentine are my favorites and all of them come with a guidebook to help you decipher the card's meaning.

# 6) Seek out an Angel Card Reader or Communicator

Many people have opened the channels to communicating with angels and can help you receive their messages. Giving Angel Card Readings is one of my gifts & joys!



# 5 Things to Ask the Angels with Help for Every Day

# 1. Time

As light workers, many of us have a lot of things to do and there may not ever seem like there are enough hours in the day to accomplish all of it. Archangel Metratron is great about helping you expand time so that you can complete your work. What happens when you ask for a time warp? Time can actually seem to stand still so something you thought would take 20 minutes only takes 5 minutes. Or, you may get a call from the person you are meeting saying that they are going to be late. On your way, you get all green lights.

# 2. Traffic and Driving

No matter where you live in the world, it is likely that you need to deal with traffic and driving at some point. Whenever I get in my car, I ask 50 angels to surround me as I drive. Even if there is heavy traffic, it seems as if I'm driving in a bubble, with no car directly in front of me or behind me. I did this for my son when he was learning to drive, asking the angels to surround him as he did so and he noticed the difference. I also thank the angels every time I get a green light and arrive to my destination on time.

# 3. Communication

Communicating clearly makes a tremendous difference for you and those you are in contact with on a daily basis. I ask that the angels help me communicate what people most need to hear ~ whether it's during a Feng Shui consult, an Angel Reading, on my Blog or Facebook posts, in workshops, speaking to groups or in individual conversations. The evening before an event or client appointment, I will ask my angels and guides to connect with the angels and guides of those I will be communicating with so that I can relay the information they most need to hear. This Free Gift is a direct result of that communication!

# 4. Clearing

Unless you are living in a bubble, you are likely to pick up energy from others that needs to be cleared. Doing this on a daily basis will keep you feeling like yourself (empathic people like me often pick up other's emotions and feel as if they are their own). Archangel Michael does a wonderful job of cutting cords while Metratron is a master at clearing your chakras.

### 5. Faith

Asking the Angels to boost your faith and knowledge that all is well, that you are taken care of, that you are on the right path helps keep you focused as well. Angels can help you accept that everything is happening with perfect timing and can help you find the gift in every situation, no matter how challenging.



Archangel	Color(Sex)	Crystal	Helps With
Ariel	Pale Pink	Rose	Healing and protecting nature & animals, environmentalism; bravery,
	(female)	Quartz	courage, focus; manifesting/prosperity, healers & teachers
Azrael	Vanilla or	Creamy	Grieving and crossing people over to heaven and connecting to loved
	pale yellow	Yellow	ones after death; counselors, helpers, and clergy;
	(male)	Calcite	compassion, peace, transition
Chamuel	Pale green	Green	Soulmate relationships; strengthening relationships; career counseling;
	(male)	Flourite	life purpose; powerful healing; comfort, world peace & tolerance,
			gratitude; finding lost things, situations and people
Gabriel	Copper	Citrine or	Messenger angel; writers, artists; publication; childbirth, adoption,
	(female)	copper	parenting; inner child & playtime; embracing your strength & power;
Haniel	Bluish white	Moon-	Releasing and manifesting; living your passions; self-esteem; moon
	(female)	stone	energy; passion; sensitivity; adding beauty & harmony; clairvoyance
Jeremiel	Deep purple	Amethyst	Life reviews; noticing and releasing life patterns; helps newly crossed
	(male)		over souls review lives; visions, psychic dreams; overcoming difficulties,
Jophiel	Deep rose	Dark pink	Redecorating; spring cleaning; clearing clutter; space clearing;
	pink	crystals	Patience, slowing down & being present to enjoy life; beauty;
	(female)	Rubellite	Outdoors; connecting with nature; spiritual Feng Shui consultant©
Michael	Royal blue	Sugalite	Protection, courage, love, power, strength, faith, wisdom
	w/purple tinges		Protector of you, your family and your home; Clearing of home/office
	(male)		Brings clarity to desires; life purpose; cutting ethereal cords
Metratron	Violet &	Water-	Chakra clearing; time warps; organization, focus, recordkeeping;
	seafoam	melon Tourmaline	Time/\$/contacts/ideas for life mission of those that work with kids;
	(male)	Tourmaine	Prioritizing; motivation; psychic and sensitive kids; clairsentience
Raguel	Pale blue	Aqua-	Oversees Archangels & Angels; Buoys faith; Resolves conflicts and acts
	(male)	marine	as a mediator; relationship harmony & order; fairness;
Raphael	Emerald	Emeralds	Heaven's physician; health; Healing of mind, body, thoughts & soul
	(male)	Malachite	Addictions; Doctors or others in medical field
Raziel	Colors of	Clear	Clairvoyance; Spiritual understanding; Recurring sights, dreams &
	rainbow	Quartz	mental images; turns ideas into gold; Helps you see, hear, feel and
	(male)		know Divine guidance; manifesting; Law makers and lawyers
Sandalphon	Turquoise	Turquoise	Music; delivers and answers prayers; opening to receiving; speaking
	(male)		your truth; appreciating life's miracles; celebrating;
Uriel	Pale yellow	Amber	Ideas and intellectual guidance; next steps; inspiration; answers or
	(male)		insights; tests (studying & remembering answers); claircognizance
Zadkiel	Deep indigo	Lapis	Clairaudience; hearing guidance, clarity about signs; helps with memory
	(male)	lazuli	Emotional healing & releasing unforgiveness towards ourselves & others



# True Guidance From the Angels...

- ★ Starts with You, Beloved, We, Little One
- ★ Feels natural, spontaneous, familiar
- ★ Feels uplifting
- ★ Is positive and for the highest good of all
- ★ Is direct, to the point and supportive
- ★ Leaves a strong impression
- **★** Is consistent
- ★ Asks you to help others
- ★ Asks you to make healthy changes
- ★ May come in the form of words, sights, sounds, symbols or deep feelings

For more information on the Archangels:

Archangels & Ascended Masters by Doreen Virtue
The Big Book of Angel Tarot by Doreen Virtue and Radleigh Valentine
Archangel Oracle Cards by Doreen Virtue

Click here for more information about Angel Readings.