

Invocation:

Angel Ariel, Angel Raphael, Angel Gabriel,
Angel Celestina, Angel Faith, Angel Cassiel, Angel Daniel,
Angel Sarah, Angel Michael.

Accept this heartlink invitation to join Your Energies with mine. Guide me, direct me, surround me, protect me with Your Loving Light, as I serve others for the Highest Good and Highest Healing of all while in service to You.

Let me be an instrument of Your Will. My own will set aside. Fill my thoughts, words and actions with Angelic Peace and Joy as I fulfill my soul's mission.

Gratefully, I thank You for hearing and answering my prayer.

Mantra: Om Shrim Maha Lakshmeyei Swaha

"Om and salutations, I invoke the great feminine principle of great abundance."

1. Heartlink with Angel Ariel.
2. State or write your intention, - what do you wish to create with this mantra? (good health, friends, inner peace, wealth, etc.)
3. Chant the mantra and draw the Unity symbol at the same time. Do this 10 times the first time, then 3 times a day for one month. You can chant the mantra in your mind and visualize yourself drawing the Unity symbol.

1. Om (Bring hands together, creating horizontal line)
2. Shrim (Create vertical line)
3. Ma (Draw bottom part of triangle-wide)
4. Ha (Draw point of triangle at top)
5. Laksh (Draw top part of triangle-wide)
6. Mi (Draw point of triangle at bottom)
7. Yei (Draw circle from bottom to top)
8. Swaha (Draw circle from top to bottom)

Mantra: Om Gum Ganapatayei Namaha

"Om and salutations to he who removes obstacles."

Repeat steps 1-3 above and proceed with steps 1-8 below.

1. Om (Bring hands together, creating horizontal line.)
2. Gum (Create vertical line)
3. Gan (Draw bottom part of triangle,-wide)
4. A (Draw point of triangle at top)
5. Pat (Draw top part of triangle-wide)
6. A (Draw point of triangle at bottom)
7. Yei (Draw circle from bottom to top)
8. Namaha (Draw circle from top to bottom)

Grounding Meditation:

Feel the energy in your head. Feel it as a thick, honey-like substance. Now allow it to flow down into your throat, then into your chest. Feel it in your belly, pelvis, thighs, calves and finally feel the energy in your feet. Focus on the energy in your feet and really feel your feet in contact with the earth. Now allow the energy to flow through your feet, through the floor, and down into the ground. Feel roots going down to the ground, sinking deep into the earth, down into the core of the earth.

Now when you breathe in, bend down and pull the earth's energy up into your feet. When you breathe out, feel the energy go deep into the earth. Keep reaching down as you pull the energy into your calves, reach down as you pull the energy into your thighs, pelvis, belly and finally feel the energy in your heart.

Lift up your arms and heartlink with Angel Celestina. Feel the heavenly energy of Angel Celestina pouring into your hands and arms. Allow this energy to move into the top of your head until it reaches the heart and mixes with the earth energy. Breathe in the union of these two energies within your heart. Then allow all the energy to flow back into your feet and root deeply in the earth.

From this powerful place of grounding, tone. Breathe in through your nose and out through your mouth, and allow that breath to move into a tone.

SINGING WITH ANGELS

By Sandy-Joy

Sing with the angels and life is a joyride.
Fly through the air or look deep inside.
Hear their voices as they sing their sweet songs.
Feel their love as you sing along.

Chorus:

So sing with the angels and your spirits will rise.
Your heart will soar for joy is the prize.
Share angel music throughout the earth.
And soon you'll see love give birth to peace, peace
Peace in the world, to peace.

Sing with the angels and your life is in focus.
Your soul is aligned with the greater good.
Every moment's a treasure, everyone is precious.
Darkness turns to light as the music comes through.

Repeat Chorus.