



*Essence of Angels*®

## Self-Study Course Module 3

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## Introduction

Congratulations on embarking on the Essence of Angels Self-Study Course – Module 3.

The Essence of Angels Self-Study Course is a life changing journey of self-discovery and soul re-connection. The Self-Study Course empowers you to take control of your life and manifest a life of Peace, Love, Harmony and fulfillment of our Soul's purpose.

### Summary of Module 3:

In Module 3, of the Essence of Angels Self-Study Course, Simone will introduce students to the Essence of Angels and discuss the following topics:

- Discussion of Archangels Haniel & Michael;
- Key Uses of each Essence;
- Master Crystal Resonances;
- Relationships to Sacral & Solar Plexus Chakras;
- Relationships to Colour, Sound & Sacred Geometry;
- Resource information relating Essence of Divine Ray, Sacred Fire, Holy Sefiroth & Planet.
- Facilitated meditation/healing with each Angel;

Students by the completion of Module 3, will have a sound understanding of what the resonate frequency's of each Archangel Essence are, and how they can be used for healing the emotional, mental and spiritual levels of our Crystalline Matrix. The facilitated meditations will assist students in bringing all the theory of the Essences into practical usage.

Whilst students may choose complete any modules of their choosing, and in any order, it is highly recommended that the course be completed in order of Modules 1 through to 8.

Each module builds on the module/s before it, and thus a certain level of knowledge is presumed as one progresses through the higher modules.

### What you have received on Registration of Module 3:

On registration for Module 3, you will have received a link to the Module 3 Audio Web Page.

*The Audio Web Page contains the following:*

- Comprehensive course notes to accompany the audio (these notes).
- MP3 audio which you may listen to or download to your desktop or ipod or MP3 player.
- Separate MP3 audio of the Module meditation.





There are also a number of links on the Audio Webpage to further resource information, and these are discussed during the audio.

## Tools to Facilitate Module 3 Learning:

In undertaking Module 3, there are a number of tools to facilitate/assist your learning:

- Archangel Essences Haniel & Michael
- Essence of Angels Mist Sprays and Chakra Oil
- 2 x A3 Full Colour Laminated Charts (used for All Modules).

Whilst the Essences, Sprays, Oil & Charts are not compulsory, they are highly recommended to gain the full benefit of this module.

You may purchase the Archangel Essence separately ([Individual Essences](#)) or as part of a full Boxed set of 12 Essences.

*Please Note: If you intend undertaking all 8 Modules, and then graduate with a 'Certificate of Metaphysical Healing - Essence of Angels Practitioner', then purchase of the boxed set of Essences, Ancient Healers Essence, 2 x A3 laminated charts and the Mist Sprays are compulsory. These maybe purchased AFTER you have completed all 8 modules, but must be BEFORE you apply for Registration as a practitioner with Universal Life Tools.*

## Essence of Angels Certification:

On completion of Modules 1 to 8, students then qualify for registration as an Essence of Angels Practitioner.

To gain Practitioner Certification, students are required to complete a short home based graduation self-test and return this to Universal Life Tools for marking. On successful completion, students are awarded their certificate: Certificate of Metaphysical Healing, Essence of Angels Practitioner.

On being awarded the Certificate, graduates are then offered the opportunity of registering on the Practitioner Directory on the ULT Website (at no additional charge).

[www.universallifetools.com/directory.aspx](http://www.universallifetools.com/directory.aspx)

To obtain a copy of your graduation self-test (available once all 8 Modules have been completed), email Simone Matthews at Universal Life Tools for all the details:

[empower@universallifetools.com](mailto:empower@universallifetools.com)



## How to complete Module 3:

Here are a few steps to assist in the completion of Module 3:

1. Print this Module 3 document. It has been formatted to print double sided if you wish to save on paper and to enable you to produce a booklet. You may consider after completion of Modules 1 to 8, to ring bind all the modules together to form a very comprehensive book.
2. Now firstly, please read through the material to familiarize yourself with its contents and complete your Expectations & Intentions on page 8/9;
3. Listen to the full Audio, and make notes as necessary within this document;
4. You may like to perform the meditation when undertaking point 3. above, or consider performing the meditation at a later time when you are relaxed and in a quiet space. The Meditation is also available separately (on the Audio webpage) – thus you can perform the meditation as many times as you like without having to listen to the full audio in point 3.
5. Additional information will be referred to throughout the audio (point 3.), and details of how to source this will be provided on the Audio Webpage.

At a later date, it is recommended to re-read through your notes and/or listen to the audios again at your leisure. Quite often when we first listen to an audio (or read notes) we hear/read what needs to be heard for that time in our journey. But at a later date, when we revise the information a whole new world of meaning and understanding blossoms before us.

## How to download the full Audio from the Audio Web Page:

You are most welcome to download the full Audio mp3 (point 3. above) from the Webpage to load into itunes / load onto your ipod or mp3 player / burn to a CD. The method of downloading is dependant upon whether you have a Macintosh computer or a PC.

### **For Macintosh users:**

Whilst holding the control key, click on blue 'Download MP3' (see picture below) with your mouse, then select 'Download Linked File' (and this will download the mp3 file to your desktop).

### **For PC users:**

Right click on the blue 'Download MP3' (see picture below) with your mouse, then select 'Download Linked File' (and this will download the mp3 file to your desktop).

The Download MP3 (blue link) looks like this on the Audio Web page:





## **Other Studies to Support Module 1 to 8 Learning:**

The Universal Life Tools Metaphysical School of Healing provides a range of other study programs which support and enhance the teachings of 'The Essence of Angels'.

Please visit the ULT on-line store for more information, particularly as we are adding more and more self-study programs all the time.

<https://www.universallifetools.com/online/shop/home.php>

## **Self-Study Programs**

The 12 Wave of Love Audios, are in depth programs discussing all metaphysical principles from our Galactic Alignment, Photon Belt, our Celestial Sky grids, Schumann Resonance, Zero Point etc.. Each of the 12 events works with a particular Archangel Essence, and DNA Light Codes to support that events Activation and Attunement Meditation work.

The 12 audios are facilitated very similar to these 8 Modules. With each event you have access to the Audio Web Page, separate meditation, and detailed transcription notes.

## **Crystal Light Healing – Levels I, II, III & IV**

These are face to face programs within Australia, which we hope to be bringing overseas in 2010.

## **Message from Simone**

Congratulations on making the commitment to awaken fully, and embrace the entirety of your Being.

Once again, welcome to our Universal Life Tools School of Healing, and joyously open your heart to all the treasures contained within this Module. The Angels are guiding you along this journey, so sit back and enjoy the trip, as you are deeply LOVED.

All my Love

*Simone*



## Expectations & Intentions

Words have a powerful energy, and can be used to create your own reality. So, to obtain the most out of this Module 3 Self-Study Course, I would like everyone to jot down below what they would personally like to achieve from this 'Essence of Angels' course. When detailing your intentions consider covering the following points:

- What you would like to achieve from Module 3;
- How you can contribute to ensure your required outcome is achieved;
- What you will commit to doing after the module to ensure continued learning.

After jotting down your points, sign your intentions as an acknowledgement to the universe that this has already occurred. Signing your intentions and stating 'And it is So' gives your statements strength of fact and accomplishment.

### Example:

I will achieve from this Module 3 Self-Study Course.....(*detail what comes to you from your higher self*).....

And it is so,

*Simone*

***Detail your Expectations & Intentions here & over page:***



**And it is So**

**Signed:** .....





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*Archangel Haniel*






## Archangel Haniel

<b>Name Meaning:</b>	Grace of God
<b>Other Names:</b>	Anael, Aniel, Hamiel, Onoel, Hanael, Simiel
<b>Divine Ray:</b>	Orange Ray
<b>Sacred Fire:</b>	Orange Flame
<b>Celestial Order:</b>	Chief of the Order of Virtues Chief of the Order of Principalities
<b>Seven Heavens:</b>	N/A
<b>Holy Sefiroth:</b>	Angel of Victory of the Holy Sefiroth (7th Sefiroth - Netzach)
<b>Planet:</b>	Angelic Governor of Venus
<b>Angels before God:</b>	N/A

## Archangel Haniel Essence

<b>Key Words:</b>	Harmony & Grace
<b>Master Crystals:</b>	Celestite
<b>Crystalline Matrix Chakra:</b>	Sacral Chakra (Chakra 3)
<b>Colour:</b>	Orange
<b>Note:</b>	A & A#
<b>Symbol:</b>	Cube 





## **Key Uses:**

- Aligning with Lunar Cycles, Celestial energies and the Goddess Archetype;
- Increasing intuition and psychic abilities;
- Increasing fertility and hormonal balance;
- Increasing feminine creativity, bringing harmony & grace into our lives;
- Releasing need for control, hence addictions.

## **Archangel Haniel**

Archangel Haniel (AAH) is strongly aligned with astrology and in particular Earth's moon, and how her energies affect us here on Earth. AAH assists us in aligning with our lunar energies and the natural 'ebb & flow' of the universal tide such that we can balance with celestial energies and bring much grace & harmony into our lives.

When we tune into our lunar cycle with the aid of AAH, we re-remember how to harness the lunar energies to assist with healing, planting/crop harvesting, crystal healing and herbal medicine.

AAH assists us in stimulating our creative endeavours, accessing our 'Goddess' archetype and hence being self-assured in our creative feminism. As we enter the Age of Aquarius, we are returning to the power of the Feminine and her gentleness in creating a heaven here on Earth.

On a spiritual level, when we align our creativity with AAH, we let go of the need to control, and hence unite again with freedom, joy, happiness and revel in our own sensuality. We feel carefree and love our physicality and appreciate its role in containing the soul in this lifetime. When we learn to balance/tune into the lunar energies and celestial bodies we naturally awaken our own 'feminine intuition' hence psychic abilities such as clairvoyance and claircognizance.

On a physical level, when we align with AAH, we balance our hormonal systems and learn to flow with life's processes thus increasing flexibility, increasing fertility and aging with Grace. When we are secure in our femininity we love our bodies and hence take care of our selves with exercise and a healthy balanced diet. Our sensuality and sexuality becomes a normal extension of our feminine creativity, the moon goddess energy.

Call upon AAH to assist in releasing the need for addictions (we become addicted as a means of control) such as alcohol, food (anorexia & bulimia), exercise and our physical appearance. AAH also helps us attune with nature and her natural cures such as herbs, essences & homeopathy, thus call upon AAH to assist you with your healing.

If we have carried much pain forward from our ancestories and/or our previous lifetimes, AAH can be called upon to release these Karmic links with the past, releasing them in all directions of time and space. AAH is a loving Angel to invoke for 'sensitives'. To help these souls balance with the energies on Earth and Earth's relationship with all celestial bodies.



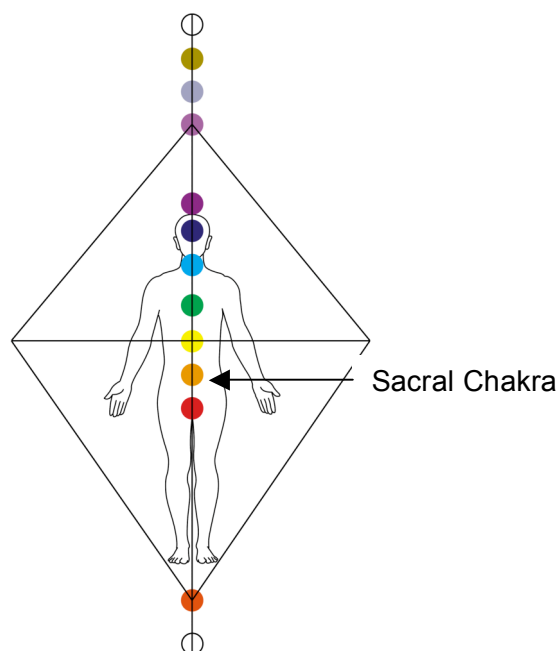
## Master Crystal:

<b>Name:</b>	<b>Celestite (or Celestine)</b>
<b>Appearance:</b>	Blue, grey, yellow, white, red - Clusters, Geodes, large points
<b>Astrology:</b>	Gemini
<b>Ruling Planet:</b>	Venus
<b>Numerology:</b>	8 (celestite) & 2 (Celestine)
<b>Ray:</b>	Celestial
<b>Element:</b>	Air
<b>Chakra:</b>	Heart, 3 <sup>rd</sup> Eye, Crown, Higher Chakras & aligns Sacral with Celestial energies.
<b>Mohs:</b>	3
<b>Chemical Comp:</b>	SrSO <sub>4</sub> , Strontium Sulfate
<b>System:</b>	Orthorhombic
<b>Source:</b>	Germany, England, Madagascar, USA, Peru, Mexico
<b>Rarity:</b>	Readily available.
<b>Formation:</b>	A rarer variety of Celestite is called Ohio Celestite (from Ohio) and forms tabular crystals. Great for opening of the Sacral chakra and Angelic Connections.
<b>Energetics:</b>	<p>Celestite connects with the Angelic realm, and is a teacher and source of unconditional love. It assists you in opening up your heart to the higher light octaves. It is said that celestite was given powers by angels to raise consciousness, and to bring guidance from the angels. Celestite aids personal creative expression. Celestite promotes peaceful co-existence and harmonious interaction with all aspects of creation.</p> <p><b>Mental:</b> Calms mind, dispels worry, fluent communication; Inner peace and strength of convictions.</p> <p><b>Emotional:</b> Assists communication, speaking from the heart; Aids creativity, artistic endeavours; Cools very fiery emotions.</p> <p><b>Physical:</b> Insomnia, sleep disorders; Assists the body in assimilating nutrients and eliminating toxins; Helps with energy distribution around the body.</p> <p><b>Spiritual:</b> Purity of heart as you connect with the celestial realm of angels; Dream recall and insight during the dream state; Clears auric field, transmuting attachments; Brings harmony, balance, beauty and unity into your life.</p>



## Sacral Chakra:

The Sacral Chakra color is ORANGE. It is located below the navel. When in balance we are tuned into our creativity and feelings and have a healthy outlook on our bodies, sensuality and all life's pleasures. Out of balance we may experience addictions to work, alcohol, drugs, food, sex or a constant need for more even though we are well provided for. The continual need for more, and it becomes controlling. Conversely, when deficient we stress & worry about all of the above, stifling our creativity and emotional feelings.



Balanced Chakra	Excess Chakra Energy	Deficient Chakra Energy
Self Assurance Self Esteem Secure, Freedom Creativity Joy & Happiness Sensuality, Sexuality Health view of body & food	Obsessions for food, drugs, alcohol, sex, weight, exercise, health, appearance, overindulge in everything, intolerance	Stress or worry about physical appearance, frigidity, sexual issues, lack of creativity, past life issues, fatigue, Hormonal probs, epilepsy, asthma, blood sugar probs, digestive probs



## Using the Essence

AAH aligns us with the Lunar and greater Celestial cycles, bringing us into harmony with all cosmic energies:

- Dosage Bottle – take 7 drops 3-4 x day;
- Great to take essence during major lunar cycles (eg Full Moon, Lunar Eclipse, New Moon etc..) for meditation or simply to acknowledge and align with the energies;
- Effective also to use in an oil burner or spritz spray to disseminate the energies around the home or healing room during major lunar cycles;
- Particularly effective to take internally when need to call on our feminine creativity, strength, and self assurance eg Public speaking or performance, major life events (eg marriage), and job interviews etc.

### Archangel Haniel Exercise 1:

1. Sit in a relaxed position and begin to concentrate on your breath;
2. As you breath in and out feel your body relaxing & all tensions released ;
3. On your out breaths, release those energies that are no longer needed within your vibration, and just ask for these to be released to the Light;
4. Whilst on your in-breath feel yourself being filled with golden-white light, that fills up your entire Crystalline Matrix, raising your vibration to its highest level of attunement, whilst maintaining balance & harmony on all levels;
5. Now place 1 drop of Archangel Haniel Essence under your tongue (taking care not to come into physical contact with the glass dropper).
6. Ensure you are grounded, cleared of vibrational aspects not part of your energetic field and protected from any energies that are not of pure intention of the Loving Light of Source. To do this you can follow the principles outlined in CLH (Crystal Light Healing Workshops), or simply state this CO-MAND with INTENT.
7. State with intent:

I lovingly invoke the Light of Source.

I am a clear & perfect channel of the Light.

In the name of the Light, I lovingly invoke Archangel Haniel (AAH)

I loving ask AAH to Clear, Balance & Harmonise my Sacral Chakra on all levels of my being (and in balance & harmony with all other energetic centres).



8. State with intent:

I hereby give blessings & thanks to the Light of Source.

I hereby give blessings & thanks to AAH.

Blessed be the Light of Source.

And it is So.

## **Archangel Haniel Exercise 2:**

### **Find a partner for this exercise.**

1. Sit in a relaxed position and begin to concentrate on your breath;
2. As you breath in and out feel your body relaxing & all tensions released ;
3. On your out breaths, release those energies that are no longer needed within your vibration, and just ask for these to be released to the Light;
4. Whilst on your in-breath feel yourself being filled with golden-white light, that fills up your entire Crystalline Matrix, raising your vibration to its highest level of attunement, whilst maintaining balance & harmony on all levels;
5. Now place 1 drop of Archangel Haniel Essence onto your finger and rub this into your clients Sacral Chakra (etherically, and in a circular motion as intuitively guided).
6. Ensure you are grounded, cleared of vibrational aspects not part of your energetic field and protected from any energies that are not of pure intention of the Loving Light of Source. To do this you can follow the principles outlined in CLH (Crystal Light Healing Workshops), or simply state this CO-MAND with INTENT.
7. Now hold your clients hands (or place hands on your clients shoulders if they are lying down) and ask permission from your clients higher self to perform any healing work. Once received, state with intent:

I lovingly invoke the Light of Source.

I am a clear & perfect channel of the Light.

In the name of the Light, I lovingly invoke Archangel Haniel (AAH)

I loving ask AAH to Clear, Balance & Harmonise my clients Sacral Chakra on all levels of being (and in balance & harmony with all other energetic centres).

8. When you feel ready, ask AAH if there is a message she would like to pass onto your client through you. Now relate this message to your client.



9. State with intent:

I hereby give blessings & thanks to the Light of Source.

I hereby give blessings & thanks to AAH.

Blessed be the Light of Source.

And it is So.

**Note:** you could do this exercise with each of the 12 Essences on each of the 12 Chakras to give your client a full Chakra balancing session.

**Notes:**





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
*Archangel Michael*



## Archangel Michael

<b>Name Meaning:</b>	<i>He who is like God</i>
<b>Other Names:</b>	Beshter, Mika'il, Sabbathiel, St Michael
<b>Divine Ray:</b>	Blue Ray
<b>Sacred Fire:</b>	Blue Flame
<b>Celestial Order:</b>	Chief of the Order of Seraphim Chief of the Order of Virtues Chief of the Archangels
<b>Seven Heavens:</b>	Angelic Ruler of the Fourth Heaven
<b>Holy Sefiroth:</b>	Angel of Glory of the Holy Sefiroth (8th Sefiroth - Hod)
<b>Planet:</b>	Angelic Governor of Mercury
<b>Angels before God:</b>	One of seven of the Archangels who stand before God (with Chamuel, Gabriel, Raphael, Uriel, Jophiel, Zadkiel).

## Archangel Michael Essence

<b>Key Words:</b>	Strength, Protection & Faith
<b>Master Crystal:</b>	Amethyst & Cacoxenite
<b>Crystalline Matrix Chakra:</b>	Solar Plexus (4 <sup>th</sup> Chakra)
<b>Colour:</b>	Yellow
<b>Note:</b>	B
<b>Symbol:</b>	Tetrahedron 





## Key Uses:

- Clearing & Protection – physically, emotionally & spiritually;
- Strength, Truth, Courage & Conviction;
- Align with Divine Will to understand and fulfil your life purpose;
- Protects & guides the 'new children'.

## Archangel Michael

Archangel Michael (AAM) is a powerful angelic ally to work with in this lifetime on Earth. He is very handsome and he appears to many in a blue/purple robe, wearing a shield of armour and holding an almighty sword. He uses his sword to 'cut away' attachments, and those energies that are perceived as negative or of lower vibration and then wraps his robe/wings around you offering safety and protection.

Call upon AAM to release those old paradigms that no longer serve you and guide you on your new path, safe and secure in his presence.

Invoke AAM for guidance on your life path and to release the fears and doubts you have about moving forward. AAM will give strength and courage on your journey, and assist you in staying true to your heart felt convictions.

Working with the Solar Plexus energies, AAM assists you in aligning with Divine Will. That is, he will help you to work with your gifts in the name of Spirit. Through providing visions through the 3<sup>rd</sup> Eye and opening the Crown Chakra to receive the Light of Source, he assists us to receive the Spiritual Wisdoms of our path. AAM then guides us to act on these visions reminding us that we are worthy for they are the callings of Spirit. The Solar Plexus is our intermediary between the physical and spiritual planes, thus AAM assists us in bringing through the spiritual into the physical – transmuting energy into matter ie manifestation.

If you are feeling down about relationships, your career or lost the motivation or drive to make changes and move forward, invoke AAM to guide you on the next step of your path. AAM helps you to align to your truths, will bring you strength and courage to stand by your convictions and not compromise your integrity. He will help you face any obstacle, no matter how small or insurmountable that obstacle may be.

In times of stress or tension, AAM helps to calm our nervous system, releasing tension headaches and migraines and improving digestion.

AAM has a special role in protecting and guiding the 'new children'. These are the children who have come through to break down the outmoded rules of our society, and assist people reconnecting through the One Heart, and returning to a higher vibration of being. Many of these children find it difficult to integrate with 'Earthly' energies (eg food allergies, sensitive to noise etc..) and AAM can make their transition here on Earth a more pleasant one.

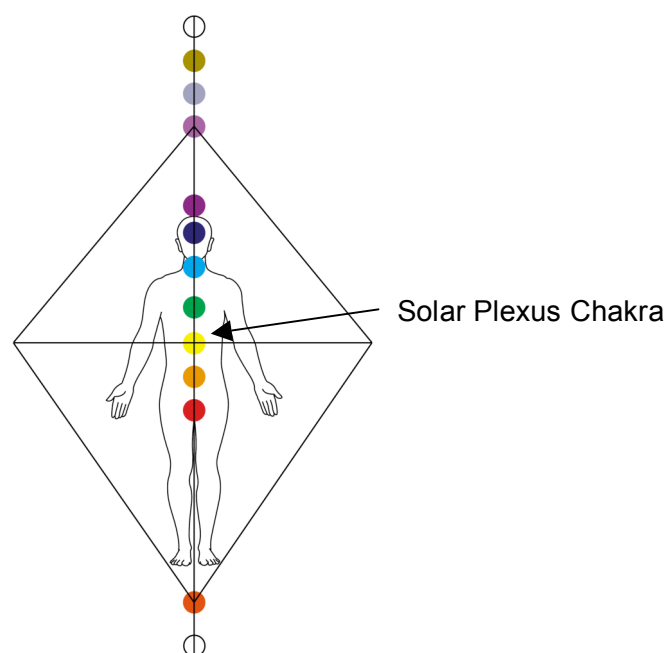
**Master Crystal:**

<b>Name:</b>	<b>Amethyst &amp; Cacoxenite</b>
<b>Appearance:</b>	Deep Purple to Lavender - Points, Geodes and Clusters – all sizes Cacoxenite looks like yellowy/brown coloured specs or tuffs.
<b>Astrology:</b>	Sagittarius, Aquarius, Pisces
<b>Ruling Planet:</b>	Saturn
<b>Numerology:</b>	3 (Amethyst 3 & Cacoxenite 9)
<b>Ray:</b>	Purple Ray
<b>Element:</b>	Air
<b>Chakra:</b>	Third Eye, Crown, Soul Star and beyond (Solar Plexus with Cacoxenite)
<b>Mohs Scale:</b>	7 (Cacoxenite 3.5)
<b>Chemical Comp:</b>	SiO <sub>2</sub> (minor Iron & Aluminium impurities cause amethysts colour, Cacoxenite is hydrate iron aluminium phosphate oxide hydroxide) silicon dioxide
<b>System:</b>	Trigonal (Cacoxenite Hexagonal)
<b>Source:</b>	Bolivia, Brazil, Uruguay, Argentina, Namibia, Zambia and other African countries & Europe
<b>Rarity:</b>	Readily available, makes up about 12% earths crust
<b>Formation:</b>	Amethyst is formed in silica rich liquids deposited in gas cavities (geodes) in lava. Amethyst occurs in crystalline masses, and when conditions permit, it forms hexagonal crystals. Crystals are usually grown from a base and form clusters, occasionally stalactites are formed.
<b>Energetics:</b>	Amethyst is a transformation stone, fostering spiritual growth and Divine Understanding. It helps one to access the higher states of consciousness and access universal wisdoms. Cacoxenite is a mineral of ascension.
<b>Mental:</b>	Calms the mind, aids memory, decision making & mental chatter insomnia; Assists with self discipline; Connects with the Divine Mind.
<b>Emotional:</b>	Balances & centres emotions – aligns emotions with body & mind.
<b>Physical:</b>	Balances endocrine system, hormones – infertility and menopause. Cleanser of eliminative organs including the skin. Good blood cleanser. Calms the nervous system, releases tension & headaches & migraines; Good for digestive system disorders including parasites.
<b>Spiritual:</b>	Increases intuition, intuitive dreams & psychic gifts (great on the 3 <sup>rd</sup> eye); Cleanses the Aura and protective against psychic attack. Gives spiritual insight and wisdom, become humble and surrender to universal forces – Divine Will.



## Solar Plexus Chakra

Is located above the navel and is the color YELLOW. This chakra is the connection between the spiritual and physical bodies, our balancing centre. It is the centre of personal power/primal ego and Divine Will. It reflects our thoughts and feelings about power and control and how we work with Divine Will.



Balanced Chakra	Excess Chakra Energy	Deficient Chakra Energy
A strong sense of self. Feel empowered. Move with freedom and adaptable. Balanced Will power. Align with Divine Will – How may I serve.	Obsessions about power over others – need to control (and do control) everything in your environment. Insomnia, nervous exhaustion, mental excess Strong willed and bullish person.	Stress, worry or fear about others controlling you or having power over you. Liver probs, obesity, depression, digestive probs Asthma, breathing probs. Cannot say 'no'.



### **Using the Essence:**

- Dosage Bottle – 7 drops 3-4 times per day.
- During Meditation/sleep – place one drop of AAM Essence on the 3<sup>rd</sup> Eye & Crown Chakras to aid visions and understanding of Divine Wisdoms.
- Children – Place 1 drop on their pillow at night before sleep and one drop on their Crown Chakra on waking (thus invoking protection from AAM morning & night).

### **Archangel Michael Exercise :**

1. Sit in a relaxed position and begin to concentrate on your breath;
2. As you breath in and out feel your body relaxing & all tensions released ;
3. On your out breaths, release those energies that are no longer needed within your vibration, and just ask for these to be released to the Light;
4. Whilst on your in-breath feel yourself being filled with golden-white light, that fills up your entire Crystalline Matrix, raising your vibration to its highest level of attunement, whilst maintaining balance & harmony on all levels;
5. Now place 1 drop of Archangel Michael Essence under your tongue (taking care not to come into physical contact with the glass dropper).
6. Ensure you are grounded, cleared of vibrational aspects not part of your energetic field and protected from any energies that are not of pure intention of the Loving Light of Source. To do this you can follow the principles outlined in CLH (Crystal Light Healing Workshops), or simply state this CO-MAND with INTENT.
7. State with intent:

I lovingly invoke the Light of Source.

I am a clear & perfect channel of the Light.

In the name of the Light, I lovingly invoke Archangel Michael (AAM).

I loving ask AAM to Clear, Balance & Harmonise my Solar Plexus Chakra on all levels of my being (and in balance & harmony with all other energetic centres).

8. Now when you feel guided, ask AAM to release the fears and doubts you have about moving forward, to give you strength and courage on your journey, and assist you in staying true to your heart felt convictions.



9. State with intent:

I hereby give blessings & thanks to the Light of Source.

I hereby give blessings & thanks to AAM.

Blessed be the Light of Source.













And it is So.

**Notes:**





## Appendix A - Essence of Angels Summary Table

	Archangel	Keywords	Master Crystals	Chakra	Colour	Musical Note	Sacred Geometry
12	Metatron	Ascension, Channel of Light & Soul Purpose	Fluorite & Selenite	Cosmic Gateway	Cosmic Light	C & C#	
11	Uriel	Mastery of Universal Laws	Ruby & Gold	Universal Gateway	Gold	B	
10	Jeremiel	Past Lives, Visions & Dreams	Lapis Lazuli	Stellar Gateway	Silver	A & A#	
9	Raziel	Wisdom, Knowledge & Understanding	Black & Clear Quartz	Soul Star	Ultra-violet	G & G#	
5	Gabriel	Clarity, Creativity, & Strength	Rutile in Clear Quartz	Crown	Violet	F & F#	
7	Raphael	Healing	Green Tourmaline & Malachite	Third Eye	Indigo	E	
6	Zadkiel	Compassion & Mercy	Sugilite	Throat	Light Blue	D & D#	
5	Chamuel	Unconditional Love & Gratitude	Rose & Lavender Quartz	Heart	Green	C & C#	
4	Michael	Strength, Protection & Faith	Amethyst & Cacoxenite	Solar Plexus	Yellow	B	
3	Haniel	Harmony & Grace	Celestite	Sacral	Orange	A & A#	
2	Jophiel	Beauty, Illumination & Wisdom	Smokey Lemon Quartz	Base	Red	G & G#	
1	Azrael	Life Transitions	Black Rainbow Obsidian	Earth Star	Infra-red	F & F#	
12	Sandalphon	Ascension, Channel of Light & Soul Purpose	Fluorite & Selenite	Earth Gateway	Cosmic Light	C & C#	