

Angels, Archangels and Ascended Masters



© Copyright Hazel Raven 2011

Angels, Archangels and Ascended Masters

© Copyright Hazel Raven 2011

By

Hazel Raven

Raven & Co Publishing
P.O. Box 88
Tyldesley
Manchester
M29 8YA

© Copyright Hazel Raven 2011

Copyright
Raven & Co Publishing
All rights reserved

ISBN 0-9538890-3-3

Text, drawings and images by Martyne and Hazel Raven

First published in 2009 by

Raven & Co Publishing
P.O. Box 88
Tyldesley
Manchester
M29 8YA

Printed by

Dedication

This book is dedicated to Avalokiteshvara

© Copyright Hazel Raven 2011

Author Acknowledgements

I would like to thank the angelic realm for all their support, help and guidance when I was writing and researching this book and all my other angel books, courses and essences. A special thank you to the many thousands of people who have attended my angel seminars over the last 18 years and who have freely shared their experiences, stories and ways of looking at angels.

Huge Thank you's to:

Martyne Raven for the angelic artwork

Madeleine Sedgwick for lovingly editing

Julie Lomas for support and assistance

Steve Ritchie for sponsoring 'The Christ Consciousness'

2t for sponsoring 'Archangel Azrael' and 'Archangel Cassiel'

'Mother Karen' for sponsoring 'Archangel Muriel'

Janet Chua, 8 Mansions for sponsoring 'Archangel Jerimiel'

Dr K.T. Birinder for affirmations and support

Graham Raven for general design layout

Barry Stockton for friendship that goes back aeons

Finally I would like to thank my family and friends for their unconditional love and support.

Hazel Raven is one of the principals of the board of ACHO (Affiliation of Crystal Healing Organisations). She has been a committee member, treasurer and former Vice Chairman of ACHO and teaching the two year professional crystal courses since 1990.

© Copyright Hazel Raven 2011

As a committee member of ACHO, Hazel was actively involved with setting the British agreed guidelines and training standards for crystal therapy.

Hazel is an acclaimed international bestselling author, lecturer and therapist with over thirty years experience in metaphysical research and personal development. Hazel is a qualified educationalist and served on the Inner Council of the BCMA (British Complementary Medicine Association) for many years as its crystal therapy representative for education.

Hazel was initiated into Reiki in 1991, became a Reiki Master in 1994, and was invited to serve on The Reiki Federation's Steering Committee by the BCMA - as representative for obtaining validation for courses.

In May 1999, Hazel was asked to attend the FIM conference (Foundation for Integrated Medicine) at the Commonwealth Institute in London, which was also attended by HRH The Prince of Wales, the Foundation's patron. Hazel is a member of the BFVEA (British Flower and Vibrational Essence Association) and also a member of the BAFEP (British Association of Flower Essence Producers).

Hazel has been clairvoyant since birth and is the author of several books on crystal therapy, angel and Archangel essence healing and has been recognised as a teacher of crystal and gem therapy for many lifetimes.

Hazel is author of:

Crystal Healing the Complete Practitioner's Guide
Crystal Healing a Vibrational Journey Through the Chakras
Heal Yourself with Crystals
Angel Therapy the Complete Practitioner's Guide

© Copyright Hazel Raven 2011

The Secrets of Angel Healing

The Angel Bible

The Angel Experience (publication date May 2010)

Also, contributor to the best selling 'Book of Stones'

Some of her books have been translated into fourteen different languages.

Media Appearances

Hazel has had a series of articles published and has appeared on television and radio, in the press and national women's magazines, including the Christmas 1997 edition of Cosmopolitan magazine, which featured Hazel's angelic experiences. Hazel's angel work was the subject of a double page spread in the Daily Mail and the News of the World. Her TV work in the UK includes 'Heaven and Earth' and a show for BBC 2 which was shown on New Year's day 1999 called 'Pyramid People'. One of Hazel's many angel stories was also featured in 'An Angel At My Shoulder' by Glennyce S Eckersley, published 1st December 1996.

In July 1999, Hazel founded the Hazel Raven College of Bio-Dynamics to promote integrated therapy. In July 2000, Hazel launched commercially the Hazel Raven College of Bio-Dynamics' Archangel, Angel, Master, Chakra Harmony and Five Element-Children of the Angels essences ranges. Hazel is currently working on her new book 'The Angel Experience' which includes an exclusive CD of angel meditations and music.

These unique Angel, Archangel and Ascended Master Essences are only available from:

Hazel Raven Limited

Mail order:
P.O. Box 88

© Copyright Hazel Raven 2011

Tyldesley
Manchester
M28 8YA
+44 (0)1942 873070

info@raven.org.uk

hazelraven.com

Contents	1
Introduction	2
Archangel Auriel	3
Archangel Azrael	4
Archangel Cassiel	5
Archangel Chamuel	6
Archangel Gabriel	7
Archangel Haniel	8
Archangel Jerimiel	9
Archangel Jophiel	10
Archangel Melchizedek	11
Archangel Metatron (Angel of Ascension)	12
Archangel Michael	13
Archangel Muriel	14
Archangel Raphael	15
Archangel Raziel	16
Archangel Sandalphon	17
Archangel Seraphiel (Angel of Light)	18
Archangel Shamael	19
Archangel Thuriel (Angel of the Animals)	20
Archangel Tzaphkiel	21
Archangel Uriel	22
Archangel Zadkiel	23
Guardian Angel	24
Aphrodite	25
Christ Consciousness	26
Green Tara	27
Kwan Yin	28
Mother Mary	29
Mary Magdalene	30
Pallas Athena	31
Serapis Bey	32
St Germaine	33
White Tara	34
Fairy	35
Mermaid	36
Salamander	37
Sylph	38
Deva	39

Introduction

This book provides a practical and direct experience of the profound healing that can be yours when you use the angelic essences and deeply connect with your angels and spirit guides. This book is a reference guide to the Hazel Raven angel essences, but it goes far beyond an ordinary reference guide as Hazel becomes your personal guide and tutor leading you through key concepts of each angel, archangel and ascended master. Be inspired as you connect with the angelic rituals and hands on exercises. Allow your confidence to blossom.

How to use this book

Each page covers an angel, archangel or ascended master essence. It also contains a range of practical exercises, insights, meditations, invocations, mantras and useful affirmations. Before beginning a ritual or invocation, relax your mind and let your thoughts come and go as they please. It is important to keep a distance from your thoughts; just observe them as you would the flow of a stream. Do not get engrossed or carried away by passing thoughts just observe them indifferently. They will slow down after a couple of minutes. Remember never be judgemental of yourself.

Begin by seating yourself comfortably and securely. Make sure you will not be disturbed. To this end, switch off the phone, dim the lights in the room, burn a little incense and light a candle, these are simply to relax yourself and bring your focus to a meditative state.

Archangel Auriel



Angel of Destiny

Moon magic awakens the secrets to our future, releasing the past to become 'masters' of our destiny. This essence enhances our natural gifts of clairvoyance, clairsentience and dream recall. Archangel Auriel essence harmonises the feminine aspect of our true nature which releases deep subconscious fears.

Close your day by welcoming the angels of the evening. As the sunlight fades, ask the angels of the Moon to wrap their mantle of silvery protection around you, the Earth and all the children of the Earth.

Archangel Auriel and the angels of the Moon help us view the workings of the unconscious mind and deep memory, especially while we sleep. They teach us that by sealing ourselves in their light we gain command of the hidden depths of our psyche which, if not unified, causes fragmentation.

Summon *the angels of the evening to protect your sleep and inspire your dreams.*

Archangel Azrael



Name Means 'Whom God helps'

Archangel Azrael is the angel of death. He is a Grigori (watcher) and was one of the first Archangels ever created. As the angel of transition Azrael gently separates the soul from the body.

He is the only Archangel not to have an aura because he has inner translucent light which does not radiate outwards. His clothes are black and he carries a silver sickle in his right hand.

Archangel Azrael teaches the lessons of tranquillity and transcendence as he comforts the dying human and teaches humanity not to fear death. He opens the heart chakra by removing blockages and so allowing the grieving process to begin.

Azrael oversees the recording of our lives. His colours are black and silver. Allows us to shine our light more brightly. Call on this Archangel in times of grief or despair for love, comfort and strength.

Affirmation: *Archangel Azrael, please comfort and support me.*

Archangel Cassiel



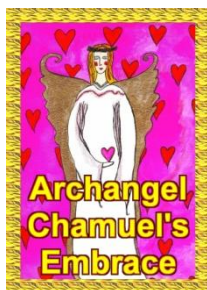
Angel of Temperance

Archangel Cassiel opens the cave of Brahma as part of your spiritual evolution. Angel of the Seventh Star. One of the rulers of the planet Saturn. My day of the week is Saturday. My gifts to you are tolerance, introspection, truth, and strengthening your inner convictions.

I am the bringer of karma which enables the spiritual seeker to move swiftly towards enlightenment. I will expose your authentic spiritual essence. To contact me fully you need to open your spiritual eye - the brow centre. Do this by closing your eyes and gently focus your attention on your brow centre - the place between and slightly above your eyebrows. Without opening your eyes, look up to this space and sense, feel or see an eye opening there. This is your spiritual eye, your mind's eye through which you develop your intuition. This eye will open onto a screen on which I will show you images.

Invoke *me for assistance to develop your intuition.*

Archangel Chamuel



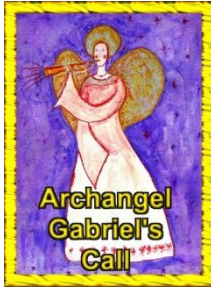
Name Means 'He who sees God'

This Divinely guided essence ignites and expands the flame of pure unconditional love within your heart. Its warmth melts and dissolves all resistance you may have to allow the full manifestation of unconditional beneficial love into the heart chakra system.

Archangel Chamuel has his ascension temple of light over St Louis, Missouri, USA. You can ask to visit it often during your dream state to have your heart chakra transformed by love. You will wake up feeling joyful and positive: perhaps you will even remember your dreams. This technique is especially potent if you have people or situations you need to forgive and release. Archangel Chamuel assists us in all our relationships, and especially through life-changing relationship situations such as conflict, divorce, bereavement or even job loss. Archangel Chamuel also helps us appreciate the existing loving relationships we already have in our lives. Use this essence for developing a radiant, joyful, healthy heart chakra.

Affirmation: *Archangel Chamuel, ignite and expand the flame of pure unconditional love within my heart.*

Archangel Gabriel



Name means 'God is my strength'

Angel of the West and the Element of Water

Of all the Archangels Gabriel is probably the most famous. Gabriel is the angel of annunciation, guidance, resurrection and redemption.

Archangel Gabriel awakens our 'inner angel' which aligns us with our higher-self. This simple ritual of awakening brings us the gifts of hope, happiness and guidance. This inspirational angelically guided essence creates a vortex of energy that will transform your life into a joyful angelic experience. Gabriel is also known as the angel of communication. Ask him to reveal the truth to you if you seek a new direction or you are ready for a new beginning .

Visualise Archangel Gabriel as a vortex of perfect white-gold light, which descends and fills you on all levels with creativity.

Angels communicate in many ways, and Archangel Gabriel will often communicate with you in your dreams.

Affirmation: *Archangel Gabriel, purify my body, mind and spirit.*

Archangel Haniel



Angelic Communication

Name means: The Glory of God

Haniel is the Archangel of Divine communication through clear perception. He is a warrior angel; his authority assists you to fulfil your Divine heroic mission, which is to praise, honour, love and reunite with God by using and trusting in your own great God-connectedness which will inspire others too. He provides the opportunity to find happiness within every moment, joy with every heart-beat and God-conscious bliss within every cell of your body and the universe. It is amazing how many life times this usually takes before someone 'gets' it!

He gives grace, strength and perseverance when you feel weak or disillusioned. Archangel Haniel is the protector of your soul. Not that your soul actually needs protecting, it is just sometimes we feel so dispirited and deceived by the materialistic illusory dramas of our own making, we forget why we have chosen to be here!

Affirmation: *Archangel Haniel, Dharmapala, protector me. Provide your spiritual armour!*

Archangel Jeremiel



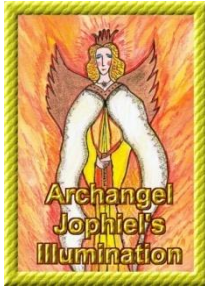
Name means: 'Mercy of God'

Also known as Remiel or Ramiel. One of the seven archangels in the earliest or original listings. He is known as 'Lord of Souls awaiting resurrection'. He works to bring you to a higher consciousness.

He is responsible for the gift of true divine visions and he guides the souls of the faithful into heaven. Supports graceful, smooth life changes by delivering mercy to all involved. Aura colour is deepest purple and like Archangel Uriel he is 'lord of thunder'. This essence opens the crown chakra, raises lower energies in the etheric realms. Harmonises the physical, emotional and intellectual bodies to give a perfect head-heart balance. Protects from psychic attack and unwanted outside influence of hostility or envy. Increases the predisposition to make good decisions based on Divine guidance.

Affirmation: *Archangel Jeremiel, guide me to a higher consciousness.*

Archangel Jophiel



Name Means: 'Beauty of God'

Archangel Jophiel is the angel of wisdom: he works with the Angels from the Hall of Wisdom. His yellow-gold solar ray is often called the sunshine ray, bringing illumination, expansion and energy mostly through the honesty of self-reflection. He helps you to develop a fresh approach and eternal child-like delight, bringing back enchantment and pleasure to your everyday life.

Archangel Jophiel builds bridges, these connections align you to your higher-self through the multitude of dimensions; he can be thought of as a cosmic ladder or bridge. He can instantly help you recover 'soul' fragments and 'soul loss' which may have been caused by shock, fright, severe illness or any other time you lost your personal 'power' or joy in life. Jophiel's gifts for you include the wisdom flame, inspiration, intuition, perception, joy, bliss and soul illumination. His wisdom flame can be invoked to assist you with any situation that needs clear mental perception.

Affirmation: *Archangel Jophiel, charge my being with spiritual light.*

Archangel Melchizedek



Anchors the Christ Consciousness.

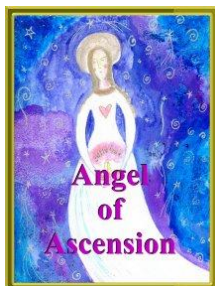
Archangel Melchizedek is of the angelic order of Virtues. He was the fabled priest-king of Salem, ancient name for Jerusalem.

Archangel Melchizedek helps you develop your 'Light Body' or 'Merkavah Boy of Light' as part of seeking enlightenment. These are the fabled 'Keys to the Kingdom'. People on Earth who seek to raise their vibration through spiritual practices are said to be embarking on the 'Ascension Process'. This is the secrets of the 'Holy of Holies'.

Those among us who view themselves as having a higher spiritual purpose are 'lightworkers' who seek only to heal themselves, others and the environment using subtle healing energy. Lightworkers are aware of the interconnectedness of all life. Archangel Melchizedek anchors the transmuting rays of the fourth dimension, this causes a shift in awareness and a thinning of the veil between dimensions.

Affirmation: *I open myself to my higher consciousness.*

Archangel Metatron



Angel of Ascension

Archangel Metatron is perhaps the greatest of all heavenly hierarchs. 'Cosmic Consciousness' and Light body activation. Metatron is keeper of the Akashic records and he holds the keys to understanding sacred geometry.

Meditation

Make yourself comfortable in a chair. Spray the 'Angel of Ascension' essence above high above your head. Close your eyes.

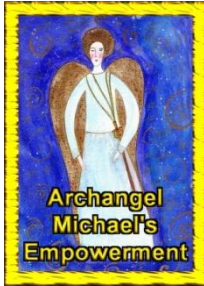
Invoke Archangel Metatron to oversee the process.

Visualise, see or feel the vortex of white diamond light above your head, right about where you are sitting.

As the light descends, focus on breathing in the white light.

You will swiftly feel this ascension ray cleansing, harmonising, integrating and aligning all your subtle energy channels. Feel yourself totally surrounded by a host of angels as information is fully integrated into your chakra centres.

Archangel Michael



'Who can stand against God'

The mighty Archangel Michael is the protector of humanity. Call on him for protection, strength, cutting and binding cords .

You can visualise Archangel Michael's Sword of Protection and Truth as either gold metal or a living sapphire-blue flame.

Seat yourself comfortably where you will not be disturbed.

Visualise roots growing out of the souls of your feet.

Spray the Archangel Michael essence above your head and ask for his assistance. Breath easily and naturally.

Archangel Michael, ask that all binding ties and cords be cut away and all energy implants or spirit attachments be removed and released. Feel, or sense Archangel Michael clearing all your chakra centres and aura.

To close the healing session, ask Archangel Michael to wrap you in his blue cloak, which will give protection.

Archangel Muriel



Archangel Muriel is a Domination. The name comes from the Greek word *myrrh*. Angel of the month of June and the astrological sign of Cancer. Muriel is invoked from the South.

Angel of emotions and loving relationships. Assists emotional awareness through deep self reflection.

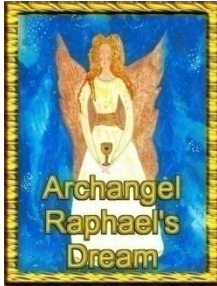
Also assists humanity to prosper, flourish and grow strong through difficult times. “By learning to trust the wisdom of your own heart you can sustain enthusiasm for new projects and new directions”.

Guides us to find our true path or calling in life by awakening us as part of humanity to our true destiny as humans.

Muriel can assist us when we are choosing a new path through life. There are times when we find we are at a crossroads in our professional or personal life. Perhaps you are bored with things the way they are. Archangel Muriel is invaluable in helping us think clearly at that crossroad.

Affirmation: *I am on a journey to wisdom.*

Archangel Raphael



Name means 'God has healed'

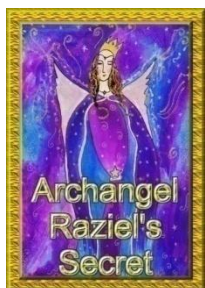
Raphael is the physician of the angelic realm, the Divine healer for healing ourselves and helping find the inner guidance, love, compassion, beauty and inspiration to help others heal. His beautiful 'Temple of Light' (ashram) is over Fatima in Portugal.

Archangel Raphael and his legions of healing angels bring healing into wholeness for body, mind and spirit.

Raphael helps us walk the path of miracles, as he gently guides us to harmony. The healing of our soul includes all our relationships, past, present and future, for it comes only when the full realisations 'dawns' on us that as we treat others so do we treat ourselves. An aversion to Archangel Raphael's green ray always indicates that we do not feel at ease with our emotions and we will have a distorted emotional body. Raphael's energy is very peaceful and healing but he has the power to cast out demons!

Affirmation: *Archangel Raphael, assist my body, mind and spirit to become whole.*

Archangel Raziel



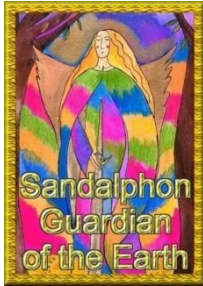
Secret Mysteries

Archangel Raziel (Ratziel) gives us Divine information by allowing us to glimpse the enigma that is God. This knowledge and it is total, absolute, unequivocal and perfect. When we receive these amazing soul illuminating 'insights' we need no confirmation of our 'understanding' from others. Our crown chakra is opened, the flames of enlightenment descend, we transcend normal reality, we just are. In this moment we experience our own immortality and Divinity, we literally gaze on the 'countenance of God'.

The Indigo ray Archangel Raziel works with brings spiritual knowledge. Raziel can assist you with your understanding of sacred geometry and quantum physics. He wrote down the secret symbols of divine magic in the book of Raziel, which was given to Adam and Eve.

Affirmation: *Archangel Raziel, open my mind to the Divine secrets of the Universe.*

Archangel Sandalphon



Guardian of Planet Earth

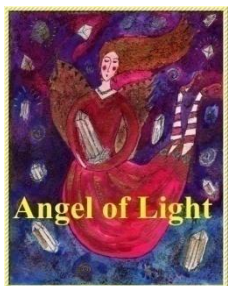
Archangel Sandalphon awakens you from the trance state you may have been living in. Most people have a reality coloured by illusion, memory, conditioning, experience and the conscious-mind.

To fully connect with Archangel Sandalphon, keeper of the Divine presence on Earth, you need to activate your Earth Star Chakra. This energy is located about a hands length beneath and between your feet.

To connect via Archangel Sandalphon to the Earth, this cleanses your connection to the Earth and renews your physical body by increasing pranic energy.

Invoke Archangel Sandalphon to bless, protect and oversee this process. Visualise or feel roots growing out of the soles of both of your feet. Allow your roots to connect you to your Earth star chakra. See it begin to glow and pulse with life-force.

Archangel Seraphiel



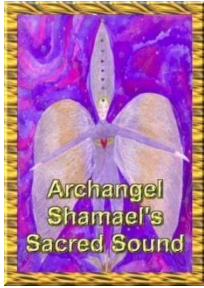
Angel of Light

Archangel Seraphiel and the 'Angels of Light' essence creates a safe, harmonious, sacred, healing environment. This essence is designed to swiftly clear and release spaces with built-up negative, emotional, psychic and mental energies. It is used for healing, angelic attunement and before meditation practice. As we increase our physic sensitivity , we become increasingly aware of debilitating psychic interference and geopathic stress. This angelic essence was originally created in 1990 for the Angel seminars and courses, run by Hazel Raven.

This 'Angel of Light' essence has also been successfully used for clearing crystals of stagnant energy and clearing homes of geopathic stress. The essence not only cleanses crystals but energies them with the angelic vibration. Also clears ancient negative ties or energy hooks from past experiences.

Invocation: *I now invoke the mighty 'Angels of Light' to assist me in releasing all negative karma as I now allow angelic healing to manifest into my life.*

Archangel Shamael



Archangel Shamael

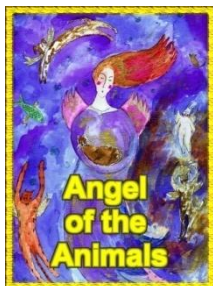
is an aspect of Archangel Metatron and is known as the 'Angel of Sacred Sound'. Before beginning a meditation, relax your mind and let your thoughts come and go as they please. It is important to keep a distance from your thoughts; just observe them as you would the flow of a stream.

Meditation: Invoke Archangel Shamael and spray your aura with the essence.

Begin by seating yourself comfortably. Make sure you will not be disturbed. Close your eyes. Breathe slowly and gently and relax. Bring your focused attention to your aura. See yourself being surrounded with protective spheres of brilliant coloured lights. Each sphere is a different colour, blue, yellow, green, orange, violet, red, pink, silver and gold.

Through the spheres an angelic shape begins to form. This is Archangel Shamael. He extends his hand towards you and as you take his hand you allow him to take you on a transformational journey.

Archangel Thuriel



Angel of the Animals

This angelically-inspired essence provides a supportive and nurturing space for those working tirelessly to heal the Animal Kingdom. Animals, just like humans, can suffer a wide range of age-related problems and dis-ease. They, too, are subject to environmental toxins and pollutants, as well as bad diets and the stress of city living. Many animals are also deeply aware of their owner's stress levels and because they are so empathic they can absorb their owner's problems and stresses of modern living. Animals usually respond very quickly to the angelic energies.

As the essence is designed to support you in your animal healing sessions, please do not spray them directly onto your pet. The essence is designed to be applied to your hands and aura before commencing a treatment. I must also add that you must seek veterinary care for your pets for serious health or aggression problems. You can safely treat all animals with our angelic essences.

Affirmation: *Archangel Thuriel, support me in my endeavour to heal all sentient life forms.*

Archangel Tzaphkiel



Cosmic Contemplation

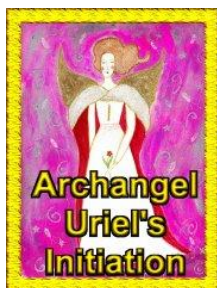
Archangel Tzaphkiel (Zaphkiel) is the angel of deep contemplation of God, representing the Divine feminine watery aspect of creation, the Shakti of Shiva.

As the Cosmic Mother Tzaphkiel, has the power to nurture all things and gives us glimpses of other worlds and realities to which, through our own ignorance or arrogance, we have become blind.

Tzaphkiel will catch us if we fall or falter – for the feminine aspect of God's infinite love is unconditional and non-judgemental. Allow Archangel Tzaphkiel to carry you when you feel weak, for her infinite compassion is the sea of your liberation.

Invocation: *Archangel Tzaphkiel, nurture me, be my salvation. Redeem me, shower me with your blessings as you teach me to love myself and others unconditionally. Let my words be full of wisdom, humility and devotion as you increase my spiritual understanding.*

Archangel Uriel



'Fire of God' or 'Light of God'

Archangel Uriel essence brings emotional harmony and mental clarity. This essence is vital for those who feel lost, abandoned, rejected or alone. Uriel saves us from confusion and bestows inner peace, helping us interpret prophecies, visions and our own prophetic dreams.

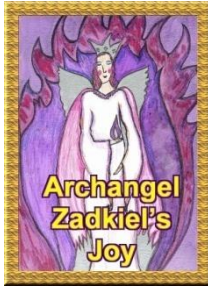
His 'Temple of Light' (ashram) is over the Tatra mountains of Poland. Deep red of fine rubies is his colour.

Archangel Uriel brings wisdom to our 'Earth Walk' and illuminates our 'path through life'.

Archangel Uriel is the 'light of God' that never fails. Use this essence to find your true path through life.

Invocation: *Archangel Uriel, bring peace to my troubled spirit. Revel to me that which is true. Dissolve obstacles on my spiritual path. Resolve my hidden issues. Cleanse my body and mind to allow the power of peace to flow through me. Make me a pure channel for God's infinite peace. Show me my true path in life.*

Archangel Zadkiel



'Righteousness of God'

Angelic Violet Flame of Freedom

This high frequency spiritual energy known as the 'violet flame' instantly transforms lower energies into positive life-affirming energy. This flame transmutes, transforms and brings joy.

Using the Zadkiel essence before meditation practice instantly purifies your body and aura, which will enhance your meditation experience, helping calm the mind and bring the necessary stillness which is most desirable for enhanced spiritual growth. This essence can also be used for clearing planetary miasms and planetary or group karma. Use it often to release harsh self-judgement and assist you in seeing your own angelic qualities.

Invocation: *Archangel Zadkiel and the angels of joy, direct the energy of the violet flame of freedom into all areas of my body, chakras and aura until I am purified of all negativity and I stand in my mighty I AM presence, shining like a precious jewel in the crown of the Creator.*

Guardian Angel



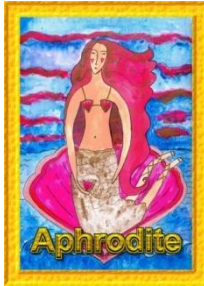
Your Holy Guardian Angel

Is your personal helper who has sustained your soul through all your incarnations and faithfully records your actions. They journey with us through all our incarnations, evolving as we evolve through a shared destiny. Your celestial guardian loves you unconditionally and wishes to constantly assist you in raising your vibration to full enlightenment. Our guardian angel's task is to protect, guide and strengthen us against the forces of evil. Although these angels are the lowliest of the heavenly powers they are still linked to the immense 'planetary' angels. Our guardian angel is therefore our first route to God. Most people do not realise they have an angelic chakra! This chakra is located just above the brow chakra at the top of the forehead.

Angel Guardian

Angel of God, my guardian dear, to whom God's love, commits me here. Ever this day/night be at my side, to light and guard, to rule and guide. Amen

Aphrodite



Aphrodite is the goddess of love and beauty, associated with the planet Venus. Her Greek name means 'born of the sea form'. Aphrodite has numerous equivalents: Inanna (Sumerian counterpart), Astarte (Phoenician), Venus (Roman),. She has parallels with Indo-European goddesses such as Ushas and Aurora. Aphrodite has a strong affinity with the sea, dolphins, doves, swans, apples, pomegranates, myrtle, rose, scallop shells and pearls. This essence is used for developing a joyful, radiant heart chakra.

To use the following invocation you need to ground and centre yourself. Then place your full focus on your heart chakra.

Invocation: *Aphrodite, I am open to attracting a soul-mate. A deeply loving relationship. Please remove any blocks that have delayed me manifesting my dream. Help me radiate my inner light and attract this love I know i am worthy of.*

Christ Consciousness



The Christ Consciousness essence is used to connect yourself more consciously with the power of the Divine father, the 'Creative Cosmic Dreamer'. This limitless source of 'Divine' light will fully activate the 'Christ Consciousness' flame within your own heart.

This activation allows you to stand in your own truth and work with the energy of unconditional love, the love of your fellow beings. This essence is helpful for those who are therapists, energy workers or people who work with the sick or dying. The Christ Consciousness brings feelings of deep love, connectedness and comfort, when we allow this energy to flow into our heart centre.

This essence aids clear communication with the Divine father as you feel guided and find true direction in your life. Use this essence to manifest miracles in your life as you walk the 'path of the angels'.

Affirmation: *I am God's perfection manifest in body, mind and soul.*

Green Tara



Saviouress

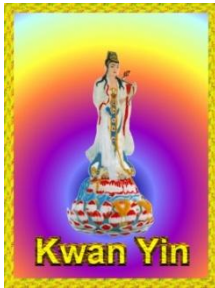
Tara whose name means ‘star’ or ‘she who ferries across’ is a Bodhisattva of compassion who manifests in the female form. In Tibetan she is known as “She who saves”. In particular she represents compassion in action, since she is in the process of stepping down from her lotus throne in order to help sentient beings.

This essence represents the energy and authority of Green Tara, she is a saviouress as she provides the quick path to wisdom and immediate protection from fear and all unfortunate circumstances one can encounter on the spiritual path to liberation, including our self-consuming self-doubts. Her mantra is only a ‘play’ on her name, but, it can be rendered as Om! hail to Tara (in her three roles as saviouress).

Invocation: Sit comfortably and securely. Begin quietly chanting the green Tara mantra.

Mantra: *Om Tare Tuttare Ture Svaha*

Kwan Yin



Kwan Yin is known as the goddess of mercy.

She brings the gift of compassion in action or Karuna. This allows the Bodhichitta energy to freely flow, transforming the mind and ultimately bringing enlightenment.

Kwan Yin is also known as *Guan Yin* the bodhisattva (enlightened being) associated with compassion. Her name means 'Observing the Sounds (or cries) of the world'

Guan Yin is the Chinese name for Avalokiteshvara. One Buddhist legend present Kwan Yin as vowing never to rest until she has freed all sentient being from samsara, reincarnation. The translation of the mantra of Kwan Yin is "Hail to the jewel in the lotus flower'.

Invocation: Sit comfortably and securely. Breath slowly and deeply, allow your mind to become still. Begin quietly chanting the Kwan Yin mantra.

Mantra: *Om Mani Padme Hum.*

Mother Mary



Mary, queen of the angels, the beloved mother, goddess and saint.

Queen of Heaven, is the title given to the Blessed Virgin Mary by Christians. Mary is celebrated around the world as the Divine Feminine by millions of people many of them are Christians.

Visions of her have appeared around the world. Her shrines are at Lourdes in France and Guadalupe in Mexico as well as many other places globally. Mary often appears to children or those who petition her intercession in times of need.

This essence has been divinely inspired to connect with the 'Divine' mother for healing, soothing, comforting, nurturing and protection.

Invocation: *Divine Mother Goddess, who is present in all things and transcends all time and religions. I wish to be reconnected with you on the deepest level of my being. I see you as my cosmic mother clothed in light. Sooth and comfort me in the hour of my greatest need.*

Mary Magdalene

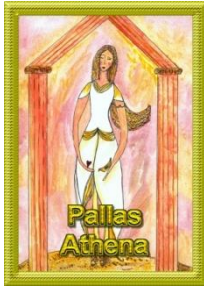


Guardian of the Divine Feminine blue ascension ray, which is the balance polarity of the Christ Consciousness. The Gospel of John indicates Mary was the first person to see Jesus after his resurrection. In consequence she is extolled as a saint, especially in France where in medieval legends she is supposed to have brought the 'Holy Grail'.

The Gnostic '*Gospel of Mary*' depicts Mary Magdalene (she was never recognised as an apostle by the orthodox) as the one favoured by deep insights and amazing visions., which far surpass the other apostles. As the Lady Master Nada I am Chohan of the sixth ray, the purple and gold of peace, service and brotherhood. I tutor the souls to receive the Holy Spirit's gifts of speaking in tongues. My primary etheric retreat (ashram) is over the Arabian Peninsula, northeast of the Red Sea.

Invocation: *"Lady Nada, Mary Magdalene, Lady of Shambhala open my heart and activate the Magdalene flame and anchor it in my heart".*

Pallas Athena



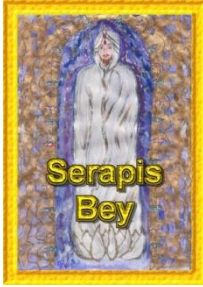
Goddess of wisdom, truth, peace, warfare, strategy and reason. She was the shrewd companion of heroes and goddess of heroic endeavour. Athena possessed great intelligence, insight and sound judgement.

Athena was the daughter of Zeus, and the temple built to her honour was the Parthenon in Athens. Classically she appears wearing full armor, a breastplate, helmet and shield, a serpent is usually coiled around the base of her spear staff and she is usually attended by an owl. Pallas Athena is a great help to those who follow the shamanic traditions.

Use this essence for dream work to enhance your understanding and the meanings of the symbols within the dream. This essence is especially useful for the mystical awakening and full integration of the higher heart chakra. This activates the mental clarity of divine wisdom and truth, with the wisdom of an enlightened heart.

Affirmation: *Divine love enters this world through the gateway of my enlightened heart.*

Serapis Bey



Ascension Flame

The white Alpha - Omega flame of purity for spiritual evolution and light body activation.

Serapis Bey , Chohan of the Fourth Ray, was a high priest in the ascension temple (ashram) on Atlantis. Before the cataclysm came he moved taking the ascension flame to the temple in Luxor in Egypt. Serapis was in charge of the ascension process in Luxor.

Meditation:

Sit comfortably and securely. Allow yourself to relax by taking several deep breaths to centre yourself.

Invoke, Serapis Bey and spray your aura with the essence.

Hold the mental image of connecting with him and have clear intent on what you require.

See or feel yourself surrounded by the brilliant white purity flame.

Focus on your breathing. Breath in the cleansing purity flame and breath out any negative energy.

Saint Germain



Violet Flame

Miracle flame of spiritual transformation, alchemical soul rescue and emotional freedom. The Count of Saint Germain (1710 – 1784) has been described as many things, courtier, inventor, alchemist, adventurer, occultist, composer, violinist and ‘The wonderman of Europe’. There are many myths and legends about St. Germain, relating to magic and supernatural phenomena.

Meditation:

Sit comfortably and securely.

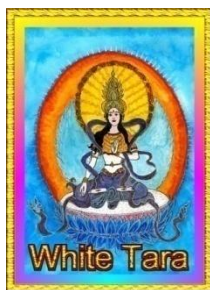
Invoke Saint Germain and spray the essence into your aura.

Focus on your breathing and deeply relax.

See, feel or be aware of the violet flame (violet light) entering your body through the top of your head (crown chakra).

Allow the violet flame to enfold your entire physical body and aura. Stay in this energy as long as you feel the need of this transformative force.

White Tara



White Tara

Helps increase life expectancy, bringing longevity.

Her main task is to guide us towards enlightenment. White Tara helps us to channel our lower survival energies towards the quest for our soul's enlightenment. This essence deepens meditation practice and aids spiritual development. White Tara is a female Bodhisattva. She is known as 'the mother of liberation'. She can be approached for healing and protection. White Tara is beautiful, peaceful, gentle, serene, patient and nurturing. She is the essence of purity. White Tara serves as a bridge to carry us to liberation.

Mantra:

Use the White Tara essence in your aura. Then, sit quietly and breathe deeply, visualise White Tara, use the following mantra.

"Om tare tuttare ture mama ayuh punya jnana pustim kuru svaha"

Basically this mantras is a request to increase our longevity, merit and wisdom.

Fairy Element of Earth



This essence is one of the 'Children of the Angels Range'

Fairies, elves, gnomes and goblins are earth spirits and rule over the flowers, plants, trees, soil, sand and crystals. Earth is the least dynamic and most static of the four basic elements. Earth spirits teach us how to nourish ourselves and live in abundance as co-creators in balance and harmony. This means living responsibly with regard to all life on the planet. By focusing on the powerful energy that flows all around us, we bring stability and abundance to every area of our lives. Tree, plant and crystal spirits, as our ancestors knew, have the power to heal all our ills if we choose to work with them. Simply find a tree or crystal that feels harmonious and welcoming and ask to work with its spirit essence.

Use: *Fairy essence releases fears, brings harmony, stability, self-confidence, inner strength, spontaneity and support.*

Mermaid Element of Water



Mermaid

Undines and mermaids are water spirits who rule over the water and tend to the creatures that dwell within this realm. Water spirits teach us to cleanse and balance our emotions. They teach us to go with the flow by following the path of least resistance. Water can take on any shape, it is often difficult to contain and is sometimes enormously powerful. The water spirits have a great deal to teach us about adapting to different situations without losing our basic receptivity. The medium of water is receptive and carries the message of the areas it has passed through. Water has many hidden messages and will become increasingly crucial to humanity in the years to come.

Use: *Mermaid essence enhances communication with your deep subconscious, easing irrational fears and past trauma. This allows feelings of joy, laughter and delight to flow into your life. Enhances dream recall, psychic development and telepathic communication.*

Salamander Element of Fire



Salamanders

Are fire spirits who guard the secrets of transformational fire energy. They are found in large numbers around volcanoes. Fire spirits teach us about the dynamic energy of our life-force, the spark of divine fire that resides in every one of us. This force calls us daily towards the light and awakens us from our slumber.

Fire purifies, burns and destroys the old so that new may emerge. Creative fire teaches us spiritual fortitude. The lightning flash, the ultimate fire, brings unprecedented spiritual growth and soul illumination.

Use: *Salamander essence is dynamic, bringing purification, renewal, renewing passion for life. Tonifying, strengthening, warming. Helps you build safe, effective, energetic boundaries. Salamander energy also helps you develop your ego in a positive way to balance your personality.*

Sylphs Element of Air



Spirits of the Air

Sylphs carry our prayers to the angels. Air is light, flexible and free. It is also invisible and cannot be seen except by the effects it creates. Most life forms need air to live.

Working with the sylph essence increases our mental prowess, intuition, communication, creative imagination and the sudden flash of inspiration. Birds, which are the creatures of the air, gladden our hearts with their songs; they sing to us of the hidden beauties of creation.

Use: *The Sylph essence focuses on lightness, airiness and freedom of movement. Before we can be as 'light as air' we need to free up our energy. There is no greater way of freeing energy than by practicing forgiveness and unconditional love for others and ourselves. Internal conflict between desires and responsibilities causes a lack of energy. If you have been under stress, sylph brings immediate balance and serenity.*

Deva Element of Ether



Deva

(Sanskrit for 'radiant being') hold the energy of the ethers. Devas are more evolved than the elementals and they often work with humans, especially as guardians of sacred sites and ancient groves. They can also be found dwelling in beautiful clear quartz crystals. If you are fortunate enough to find a 'devic temple crystal' it will become a great mentor and source of information. These crystals have a vibratory signature that allows access to information for bringing Heaven and Earth together. They teach us to raise not only our own frequency but that of others and of the Earth. The devas that dwell in clear quartz crystals can teach you about healing, both personal and planetary.

Uses: *This essence focuses on integrating the energies of the higher self. This is accomplished through spiritual transformation and divine inspiration. Balance, equilibrium and deep healing are initiated as feelings of inner emptiness are released.*

