



## July Specials—Angel Messages and Gifts

## Manage Cycles with Archangel Haniel

If your sensitivities feel overwhelming right now, you are not alone. Transitional energy surrounds the earth and can be felt strongly by those who are attuned to energy. It is a time for Divine grace and clarity. Archangel Haniel is a gentle but powerful helper. She has a female energy, and her name means "glory of God" or "grace of God." She is the angel of grace, as well as clairvoyance and psychic abilities.

Archangel Haniel's color is bluish white, and her crystal is moonstone.

Call upon Haniel when you need harmony, beauty and the joy and companionship of friends. She can help manage sensitivities for greater clarity, friendships and self care.

The planet Venus and the moon are both associated with Haniel. She helps all of us with cycles and particularly women as they move through their physical body's cycles. Among her specialties are natural healing abilities and remedies, including the power of the moon which she says is a powerful tool we can all use in manifesting.

Haniel asks you to focus your awareness on your own cycles and work with them, rather than against. When you are working against the flow, you emit an energy of conflict that attracts more conflict. If the situation is not what you want, how can you adapt to experience greater peace and happiness? This energy shift immediately opens you to aligning yourself with what you want.

Connect with Archangel Haniel outside on a night where you can clearly see the moon and speak to her from your heart about your challenge and how you want her assistance. Ask her to increase your clairvoyance so you can recognize help and guidance in whatever forms they appear.

Close your physical eyes and focus on your third eye—your eye of clairvoyance located between your eyes. See moon light flooding your third eye and completely cleansing it. Sit in this light and state of openness. Pay attention to ideas, feelings, messages and other signs. Next, take the action steps to follow your Divine guidance.

## Angel Wisdom to Let Go of Negativity

One of your biggest challenges on earth is to navigate negativity. To say you are immune is to deny the reality of your journey in an earth body. Just as the ocean always has waves and the air wind, your journey in Earth School will involve negativity. We have many ways to help you with this lesson.

Your experience of the negative will be determined by how much and how often you feed that energy. For whatever you put your focus on grows. This is a universal law. There is no exception—what you feed grows.

We ask you to mindfully monitor the exertion of your own energy towards negativity. Here are some things to think about as you endeavor to limit harsh and fearful experiences.

- How much time do you spend talking, observing and engaging in things that do not feel pleasurable to you? Ask your guardian angels to help you become aware of when you are engaging and participating in negative activities. The first step of changing any behavior is to become aware.
- Step away from conflicts, battles and drama that serve no empowering purpose. Choose peace and well-being as often as you can.
- Stop all complaining. Whether your complaints are spoken, written, or just thoughts in your mind, this is a simple way to stop negativity in its tracks. Rather than complain, voice what you would like in its place. An example is instead of complaining about a rainy day, give thanks for rain and variety in your weather. Affirm: I choose my state of mind. If there is no loving purpose in your words, do not give them voice.

Negativity is very much like a wildfire. Are you pouring gasoline on the fire or water? You choose.

## Reading Specials

- 15 minutes for \$25
- 45 minutes for \$79

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