

THE
ADVENTURES OF...



ARCHANGEL RAPHAEL



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THE ANGEL OF HEALING ARCHANGEL RAPHAEL

Archangel Raphael's name means:

“He who Heals”

Archangel Raphael's primary purpose is:

Healing Emotionally, Mentally and Physically

Call on Archangel Raphael when you feel in need of a booster shot of energy and vitality, an instant healing, or assistance with a chronic illness. It's never too big or too small of a job!

Archangel Raphael can heal people and animals.

He can be especially helpful for assisting those in the Healing Arts. And he is the angel in charge of Travel, so call on him when you set out on a journey.

Exercise:

Call on the Archangel Raphael who is the supreme agent of healing in the angelic realm.

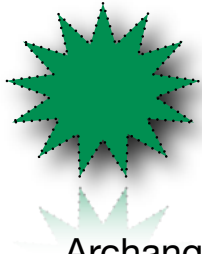
Archangel Raphael come to my side...

Heal and balance anything in my body that is in need of loving care and nurturing.

Breathe: Be open and receptive to receiving this Angel's help.

Imagine: Archangel Raphael is with you now along with his other angels, whom we call the Healing Angels.

These Angels help you and surround you with his beautiful emerald green healing light.



THE ANGEL OF HEALING

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Archangel Raphael asks you to do your best to relax your body... Letting your muscles loosen up just a bit, letting your jaw muscles loosen, your stomach, shoulders, neck, and back.

And, the more that you relax, take it easy and breathe, the more you become open to receiving the Healing Angel's help.

Breathe in the healing energy that Archangel Raphael brings to you and direct the healing energy to any part of our body that is in need of restoration and rejuvenation.

Be willing to receive Archangel Raphael's gift of Health, Vitality, and Wellness...

And on the exhale: Release any old toxins, lower energies, any old cravings for harmful substances or behaviors and anything else that is not supporting your health.

Let it go now!

Next Inhale: Breathe in deeply the great Love, the Reverence, and the Honor that Archangel Raphael holds for you.

You are loved completely by this angel who looks past the surface... looks past any seeming mistakes that you think you have made or not made and sees who you really are...

A Divine and Holy Being, who is a perfect reflection of this Light and Love that can never be extinguished or soiled in any way.

Sit quietly with the Healing Angels for the next few minutes...

Listen to their guidance and follow it as it comes to you through your thoughts, feelings, visions, or words and know that you are safe.

*Exercise adapted from Doreen Virtue's meditation

<http://www.ChristelHughes.com>