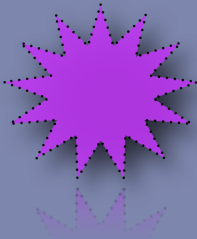


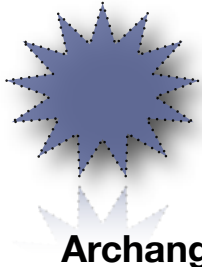
THE
ADVENTURES OF...



ARCHANGEL MICHAEL



Christel Hughes, C.Ht.



THE ANGEL OF ANGELS ARCHANGEL MICHAEL

Archangel Michael's name means:

“He who is Like God”

Archangel Michael's primary purpose is:

Protection from Fear

Call on Archangel Michael when you need courage or strength.

Michael will protect you and transform your fearful mind into one filled with Peace.

Let Michael be your bodyguard today.

If you've had any sort of stressful or negative experience and it's causing you pain, either physical, psychic or emotional pain, call on the Archangel Michael...

Who is the supreme helper in any experience that brings up fear.

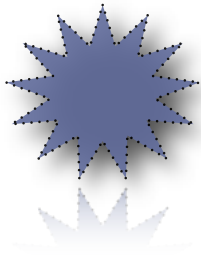
Say: Archangel Michael, I call upon you now. Please come to me...

Help me release any negative energy that I may have absorbed and release any attachments to fear from this situation or any situation that it reminds me of.

Michael, please clear me of any sort of bitterness, unforgiveness, anger or anything that I may be harboring, such as resentment or fear.

Exercise:

Breathe in: Archangel Michael's comforting and soothing energy.



THE ANGEL OF ANGELS ARCHANGEL MICHAEL

Archangel Michael, I ask that you release me from anything that could be draining my energy or vitality.

I ask that all mistakes in this situation be undone now in all directions of time for everyone involved and all affects lifted, in all directions of time.

I ask that those involved are willing to forgive and to bring Peace in exchange for all pain.

Start by taking in a deep breath of this healing energy...

Exhale: I let go of the feelings that were painful.

And Breathe in: I welcome peace, light, and tranquility, to the best of my ability.

Then exhale: I let go of judgments.

Breathing in: I receive the knowledge that I am truly one with everyone and that everyone's doing the best that they can, even though we all make mistakes.

On the exhale: Releasing those feelings that just don't feel good to harbor.

And Breathing in: I have the willingness to be at Peace, now.

I ask you and your healing band of Angels to bring about a miraculous healing in this situation...

And to help everyone involved to be Happy, Healthy and at Peace.

*Exercise adapted from Doreen Virtue's meditation