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# The Intuitive Connection

## Angels

Whether you believe it or not, you are surrounded by angels. What exactly are angels? There is a lot of conflicting information that exists, but I'm going to focus on some of the things most religions agree on.

Angels were created by God to serve as messengers, warriors, and servants. They are spiritual beings made of energy, and although they have no form as we know it, they have been known to take on human forms. With a few exceptions, angels did not start life as a human, they are their own beings. There are nine different classes of angels, in three major groups (or choirs).

The first choir, which is the group closest to God, are known as seraphim, cherubim and throne. The second choir, which reside between God and the Earth, are called dominions, virtues, and powers. The final choir resides closest to Earth and has the most similarities to humans. These include principalities, archangels, and angels, which also includes guardian angels.

Let's focus on the angels that are closest to us, and assist us here on Earth. Guardian angels are assigned to everyone at birth. They remain with you throughout your entire life, and are there to transition you back to heaven when your life is over. Like their name implies, guardian angels are always there to help guide you and make sure that you are safe. They may give you an inspiring thought, provide super-human strength in the face of a crisis, or intervene when you are in danger. Guardian angels are often confused with spirit guides. There is a distinct difference. Guardian angels have never been human, and have a higher vibrational frequency than a spirit guide (see the next article on spirit guides for more information).

Angels, like guardian angels, are also available to assist, guide, protect, and comfort us. They are not with you from birth, but they are there for you, you only need to call on them. There is no limit to the number of angels you can call on to be with you, especially when your intent is for a higher purpose such as healing the world or bringing joy to others. Surround your home, family, friends, business, or anything important to you with angels.

Archangels oversee both angels and guardian angels. Like angels, you can call on them for help, especially when immediate or powerful assistance is needed. Archangels can be in many places at once as they don't have the same restrictions as us. Most of us know archangels Michael, Gabriel, Raphael and Uriel, but did you know that there are

actually fifteen archangels? Let's look at all fifteen in alphabetical order:

- Ariel—"Lion or lioness of God," and as the name suggests, Ariel is associated with lions and animals. Ariel's role is to heal and protect nature which includes animals, fish, and birds, especially wild ones.
- Azrael—"Whom God helps." Azrael comforts people who are close to death, and keeps them from suffering. Azrael helps to cross people over into heaven, and then assimilate them once on the other side. Azrael also helps support those who are suffering from grief and need comfort.
- Chamuel—"He who sees God" or "He who seeks God." Chamuel is the healer/leader in the angel type Powers, who are responsible for protecting the world from fearful and lower energies. When you need protection, intervention in world events, love, tolerance, gratitude, or finding items (including a soulmate), call on him for assistance.
- Gabriel—"God is my strength." Gabriel is the messenger angel and can help you find your true path in life, directing you towards that next step. Gabriel is also the angel of conception, and assists those with a life purpose of art and communication. Gabriel is one of the archangels that commonly depicted as a female in art.
- Jeremiel—"Mercy of God." Jeremiel helps newly crossed souls to review their lives, in addition to being the archangel of prophetic visions. Jeremiel can help you to review your life and make changes for the positive.
- Jophiel—"Beauty of God," and Jophiel's role is to help us think beautiful thoughts, create, and manifest our desires. Jophiel instills the quality of wisdom, and is the archangel of teachers, students, educations and the learning process.
- Metatron—"One who occupies the throne next to the throne of the Divine." Metatron is described as the supreme angel. The twin brother of Sandalphon, Metatron holds the cube of all creation, and oversees the Akashic and Karmic records. He is only one of two archangels (Sandalphon is the other) that began life as a human, and was transformed by God into an archangel for his deeds. He is also the patron angel of small children.
- Michael—"He who is like God." Michael provides protection, courage, justice, power, and strength, as he bears a fiery sword of truth and shield of protection. Michael encourages you to make life changes needed for your spiritual growth, and to help you find your life's purpose. He can assist you by helping you cut unwanted ties and cord that no longer serve you.
- Raguel—"Friend of God." Raguel can help create harmony and resolve conflict. Raguel's chief role is to oversee the other archangels and angels to ensure that they're working together according to Divine order.
- Raphael—"God has healed." Raphael is a powerful healer of the physical body for both people and animals. Raphael also is the angel of harmony and abundance, as well as the custodian of the Tree of Life and healing powers. He oversees travelers and can be called upon when embarking on a journey.
- Raziel—"Secret of God." Raziel knows the secrets of the universe because he is said to work so closely with God. Raziel can help to increase your ability to hear, see, feel, and know the Divine guidance.
- Sandalphon—"Brother" or "co-brother," the twin brother of Metatron, also ascended from human form. Sandalphon's role is to carry prayers to God so they may be answered. He is the guardian angel over Earth, and responsible for bringing humanity's blueprint and all beings into the physical world. He also decides the gender of embryos.
- Uriel—"God is light" or "Fire of God," because he illuminates situations and provides prophetic warnings and information. Uriel is the archangel of wisdom and peace, flooding areas in disharmony with angels of peace. He also the archangel of natural disasters, and helps them to heal and recover afterwards.
- Zadkiel—"Righteousness of God." Zadkiel helps you have mercy and compassion towards yourself and others, letting go of judgment. If you need help with forgiveness, call on Zadkiel.

### How can you contact your guardian angel (or any angel)?

Angels are more than willing to assist us and communicate with us, we just have to be willing to listen. By remaining open, and being attentive, we can receive messages that can help us with our daily lives. Don't expect the messages to be loud, or tell you what to do. The one thing angels cannot do is give us any direction that will take away our free will. According to Doreen Virtue, in her article "Calling All Angels," "to ask for angelic assistance, you needn't conduct a formal invocation ceremony." The methods she suggests are:

- Writing a letter to the angels, spelling out your problem or need.
- Visualizing, seeing the angels in your mind's eye.
- Calling them mentally, thinking about your plea to the angels.
- Speaking out loud, verbally stating your plea to the angels.

### How can you tell if the angels are around you?

Some people report hearing angelic sounds, while others get a sudden feeling or warmth or comfort. Yet others report a gentle touch, or feathered wings wrapping around them during times of grief or sorrow. If you are sensitive to feeling energy, you may feel the waves of energy that emanate from them, while others just have a knowing or sense that there is another presence near them. They may also visit you in dreams. I personally hear, sense, and feel them in many ways. I experience ringing in only one ear, yet I don't have the condition that causes the ringing. The ringing also switches sides, and if I listen closely, I'm able to pick out a few words or sentences. I also physically feel them around me, as they lightly stroke my face and forehead, in a tingling, gentle way. I've also just known that there is an angel around me, and depending on the intensity of the energy, I get a knowing of which angel is present, especially the arch-angels. It definitely helps me to quiet my mind.

There are several guided meditations on YouTube that can help you connect, meet, and communicate with angels. Make sure to find a quiet place, where you are comfortable, and free of distractions. Take a few minutes to quiet your mind from mental distractions as well. Although angels can appear at any time, it's always best if you initiate the contact and ask for their assistance. Angels are willing to help us, all we need to do is be open enough to accept their support. All they ask for in return is a simple "thank you."



## Spirit Guides

Spirit guides are similar to guardian angels, in that they are loving beings that are here to help guide, comfort, protect, and give us advice. However, unlike angels, spirit guides were once human and lived human lives in the past. They have undergone training, and have agreed to become a guide for you in this life, prior to your birth. They may even be a deceased relative, loved one, or friend from a former life.

Spirit guides are responsible for helping us fulfill our spiritual contract that we agreed to before we entered this life. You can have multiple guides in one lifetime, some staying with you for a short period, while others remain for your entire life. As you achieve specific goals or milestones, a particular guide's purpose may have been fulfilled, therefore their assistance may no longer be needed. Like angels, they are made up of energy, and when they appear to you, they can take on the form of male or female. Animals can also act as spirit guides, but that's another article for another newsletter.

Another difference between spirit guides and angels is spirit guides don't need to be asked for their assistance as this was something that was already agreed upon before you were born. They can help guide us by:

- Sending signs—arranging for synchronicities to appear as a message (for example, seeing three praying mantis throughout the day, in different locations, some where you wouldn't normally see them).
- Gut feelings—they can help you to feel a sensation or make the sensation stronger when it is something that you really need to pay attention to.
- Intuitive sight—sending you flashes of information, pictures, or words, thoughts that may seem to appear out of nowhere.
- Sending people into your life—nudging you in the direction of people that can help you along your path.
- Guiding, arranging or nudging—subtle clues placed in front of us, or hiding our keys so that we leave a few minutes later, ultimately avoiding a car accident.

### How can you meet/contact your spirit guide?

You can use the same methods described for contacting angels to contact your spirit guides. There are also many guided meditations on YouTube if you have trouble meditating on your own.

As with angels, pay attention to the now and what is going on around you. Look for the signs. Did you suddenly get a message that resonates with you, yet you're not sure where it came from? Equally important, don't forget to thank your guides as well. For more information, check out "Spirit Guides & Angel Guardians: Contact Your Invisible Helpers" by Richard Webster or go to <http://shop.anneangelheart.com/> and pick up Anne Angelheart's e-book "Connecting with your Angels and Guides."



## Shelter Stars

Being able to communicate with animals has been a blessing in my life. Animals have given me so much comfort and joy, that I felt compelled to somehow pay it forward. So in December 2010 I started volunteering at the Solano County Animal Shelter. Every Sunday, I select 2-3 dogs or cats to work with. I send them healing energy and help them work out issues such as fear, trust, abandonment, sadness, etc. Some just need to be touched and loved. Others need to understand why they are there. Whatever the need, I do what I can to help them.

I wish I could adopt them all, but my home (not to mention my budget) is not large enough for them all. So in addition to working with the animals, I decided to start a Facebook campaign. I take their pictures and I write a bio story on

their personality, and likes and dislikes that they communicate. Here are a couple of the adorable animals that are still available for adoption at the Solano County Animal Shelter in Fairfield, CA. Each animal is assigned a special ID number that starts with A.

If you are interested in adopting one of them, contact the shelter at 707-784-1356 or visit them Tuesday-Friday 10:00-6:00 or Saturday 10:00-5:00. Don't forget to mention their ID



**#A179843 (Tamborsito)**

Meet Tamborsito, a male shorthair bunny. His age is 5 months old. Tamborsito is really sweet. He was raised in a home with a child, but is in need of a new home. It is unknown if he gets along with other bunnies.

**#A180491**

This cutie is a 2 years old chihuahua. He is super sweet, very calm and knows how to sit on command. He likes to be held and loves attention. He also needs a name.



**#A178357 (Pumpkin)**

Meet Pumpkin, a female orange tabby domestic shorthair. She is 4 years old. Pumpkin is playful and very active with lots of love to give. She would do best in a home with children over 10 years old.

If you can't adopt, consider volunteering. Contact your local animal shelter for more information.



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