



Chapter Three

Angels And Ascended Masters

After hearing the call, my life seemed to evolve around angels for a few weeks. I'm sure people thought I was a bit wacko! I really did, *walk, talk and breathe angels* and I didn't shy away from this. I found that the more "experiences" I had, the more I would talk about them! It was so easy for me as I didn't care what people thought of me, I was just so grateful and felt so blessed that the angels had become my family and best friends. I told them that I would help people connect with them, and that's *why* I am writing this book.

I am doing my job as a "lightworker", but mostly I am showing gratitude for what they have done for *me*, so writing this chapter about the Angels, Archangels and Ascended Masters was personally something I couldn't wait to do! I am so excited to talk to you about the Archangels of the 7 Rays, and how their colours are important to your spiritual awakening and healing. Some of you reading this may already be able to see the beautiful rays. Do you see purple, blue, pink, yellow, green or gold flashes of light? If you do, then you are seeing the rays which are healing us and our planet Earth. As we ascend in to higher frequencies you will notice this a lot more.

I will help you to understand the difference between Archangels, Angels and Guardian Angels. I want to help you open up to the angels and show you the best ways in which you can connect with them, see them, feel them and maybe hear them. Many people have emailed me saying that they have been working with the angels for months, and yet they still do not see them or feel them. This makes them question *if* the angels are here or not? They may start to lose faith, or have doubts and feel let down.

It is important for you to know, that every single time you call upon the angels, they always answer, it is not possible for them to ignore you. However, you have to remember that they reside in the *Angelic Realm*, which is in the 6th Dimension, and we are in the 3rd. They have a much higher frequency than us, I believe it has a lot to do with vibrations. Many people are naturally ascending and will feel them with no effort, however, for many others I believe they are resisting their ascension, and this maybe why they find it hard to connect. I talk in more detail about this in the *Ascension Chapter*.

I also believe that it depends on where you *are* on your spiritual journey, how much work and time you put in, and how you think! If you constantly say to yourself “I cannot see them”, then you won’t. Fear also plays a big part. I asked one client: “What would you do if they showed up in your front room?” She replied “I would be a little shocked and scared, but I would love it!” The angels know *you*, and they would never appear in front of you if you were not truly ready. Maybe you think you *are* ready, but subconsciously for many reasons you are not, the angels will know this.

It is also important to make sure your diet is of a “high vibration”, lots of fruit and vegetables. When you eat dense processed food it will lower your vibration, making it harder to see/feel the angels. I have changed my whole diet, and one of the things I do not eat anymore is meat. This is because I like to be a pure channel for spirit, and I believe that if you consume meat from a suffering animal then you allow this pain into your soul. If you really do want to see/feel the angels, a good place to start is by making changes with your food, working naturally to higher your frequency.

It is also very important to speak with them daily, the more you bond with the angels the more experiences you will have, and remember that the angels are always with you, they are only a thought away.

Everybody is different when it comes to seeing angels, some see them in full manifestation, for others it maybe as coloured lights and sometimes white sparkles. Most people I talk to say that in the beginning they started to see white sparkles and then gradually it

became stronger. The angels also communicate through our heart chakra, maybe yours is blocked? Do you need to work on opening your heart? I also find that pure gratitude never fails when it comes to the angels.

I will write a list of all the things that I did at the beginning of my journey and ways to help you strengthen your angel connection. Throughout this book you will learn more about ascension and lifting your frequency into a higher dimension. I will show you how, but for now let us get to know the angels.

Your Guardian Angel

I have found that when I teach about our own personal angels, not many people actually understand what they are and what they can do for us. Every single one of us has at least one guardian angel, however, in my experience so far, I have found that everyone I have met has had two or more angels with them. It doesn't matter what religion you are, or what colour skin you have, nor does it matter if you have *no* faith or religion, or whether you are a sceptic or an atheist: you all have Guardian angels. These are created by God and they are celestial beings of pure love and light. They have no ego, and their only mission is to assist you on your journey in this life time and bring happiness. They want nothing but the best for you! When your soul incarnates here on earth, your angels are right by your side, even when you are that little seed inside your mothers belly, right until the day that you return home to the Creator.

Not many people know that you need to give your angel permission to step in and help you, this is because of the universal Law of Free Will, so unless we give them permission they will just stand by your side. They will give you little signs of guidance, but unless you know you have an angel with you then you would probably miss it. The only time they can interfere without your permission, is if you were about to have an accident that could take your life, and it was not your time to go. You may have heard many stories of people who say they were "saved by an angel" and that is because it was not their time to depart. Your angels love you unconditionally, you are the most important person to them.

I have two angels with me, one is called Celstus and the other one is called Yan. Celstus is a male presence and very strong, he nudges and encourages me to manifest my desires and gives me strength. Yan is a female presence who is very sweet and soft. If I cry, I can feel her wrap herself around me and comfort me, she nudges me to rest and look after myself. Although guardian angels are neither male nor female, they can manifest in these forms for us. I see my angels in their true form which is pure light. When they hold my hand I can see their light and feel their presence. I have never seen my angels with wings, only pure light, but I do know that they can manifest with wings, and I know many people who have seen this beautiful sight.

If you want help with anything, all you need to do is ask them for their assistance and they will be there for you, it really is that simple! Even as you read this chapter about angels, you are already being attuned to them, you have already “opened your door”.

Here are some affirmations to help you strengthen your bond with your angels. Remember your angels can protect you, guide you and strengthen your connection with God source. If you are *able* to speak these words out loud, I find it is more effective.

Take a deep breath and close your eyes, bring your attention to your heart chakra and just take a moment to feel gratitude for this experience. Once you are ready say the words below out loud, or in your mind:

“I now give full permission for my angels to help.”

“I am open to receive help from my angels.”

“I am protected and guided by my angels.”

“I trust that my angels will attract only miracles in my life.”

“I am open to healing from my angels.”

“I am grateful for the guidance from my angels.”

By saying these simple but very effective affirmations every day, they will help you to strengthen the bond between you and your angels.

In the beginning when I was trying to connect with my angels, I would light candles and play beautiful angelic music. I would then centre myself, bring myself into my heart space and then dedicate 30 minutes a day - just to my angels. I would talk with them and open my heart to them. I found that the more I did this, the more I would *see* or *feel* them. This helped me to tune into their love, and this is when my gratitude became even stronger as I could not *believe* what I was seeing or feeling! I just felt so blessed every day. I would lay in bed and talk with them, I would ask them to hold my hand and then tune into any sensations I was feeling, and even though I now physically see the angels, I still do this because I love my time with my angels. If you have a busy life, talk to your angels on the go. I used to talk in my mind (telepathically) while on the tube in London or on the bus, it doesn't really matter where you are, you will be heard.

Below is a little list of what I feel is important when trying to connect with your angels:

- Believe - open your heart and mind to them.
- Meditation - this is the best way for you to get messages from your angels..
- Diet - eating high vibrational foods will help you to connect
- Prayer - talking with your angels strengthens your connection
- Ego - be aware that your ego will try to tell you angels do not exist
- Patience - it takes time, everyone is different
- Expectations - let go of all expectations, just allow everything to come to you at the right divine time.
- Intuition - listen to your intuition as this is how your angels will communicate with you.
- Third Eye - open your third eye chakra, receive loving guidance from your angels through words and pictures being sent to you.
- Trust - trust that your angels are with you and helping you
- Open your heart chakra and release old emotions, the more your heart opens the more you will experience.

Regular Angels

So, now that you know a bit more about your Guardian Angels, I will tell you more about what we call “regular angels”, not guardian angels or archangels. These angels are everywhere and are looking for work! Many spiritual people call these the “unemployed angels” and there are thousands of them just waiting to be called upon. You can send these angels to anyone who needs help, you do not have to know the person. Remember the angels will do their best to help, but they cannot overstep the person’s *free will* choices, so it is always a good idea to call upon God and ask that the person you are sending angels to, to somehow notice these signs. As I said with your own angels, you do need to give them full permission to help in big ways because of our free will, but angels will try to help either way, usually showing signs and sending you repetitive thoughts, or music and numbers.

One of the ways I use regular angels is for the public. For example, this one particular day, I was on a coach going to London, it was a full coach and the energy was *very* negative! Two women were arguing and everyone seemed irritable, so I decided to call in these angels and ask that everyone on the coach had a healing of some degree. I also used the archangels to clear negative energy, what I saw was *truly* amazing! I witnessed the whole coach fill up with angelic light, which was white and mixed with the colours of the archangels, and 30 minutes later everyone was calm and the energy had completely changed. I could have got stressed and turned around and told the women to be quiet, which would have caused more trouble, but instead, I healed everyone. We have the power to do this, *you* have the power to do this. You have a choice to join in and create more negativity or become Love and Light. As a light worker on this planet it is your duty to bring more light, so the next time you find yourself in this kind of situation, try it, and see for yourself. It is good for them, and it is great for your soul. You can also send more than one angel to people, the planet has an abundance, so send several if needed.

Here are some ideas of to whom, where and when you can send unemployed angels to help:

- People who are depressed
- People who are trying to find work
- Public transport
- Third world countries
- Weather disasters
- Animals in need
- Accidents of any kind
- Situations where panic maybe present
- Anyone you love who you feel needs a bit of help
- You can call them in to surround your home or the homes of loved ones
- You can ask them to protect your vehicle

Do not be scared to call upon them, they are waiting.

Archangels of the 7 Rays

So now, I would like to introduce you to the Archangels of the Seven Rays. Amongst other Archangels I work with, I have had powerful experiences with all of these Archangels.

The Archangels have a more *powerful* essence than guardian angels and regular angels. They oversee and guide the other angels who are with us on earth. Opposed to our guardian angels, the Archangels can be in more than one place at a time. They are omnipresent, so do not feel guilty about calling upon them because you feel that others may need them more than you do. Most Archangels have specific jobs. Archangels are the highest-ranked angels in heaven. God gives them the most important responsibilities and they do their work both in the heavenly dimensions and on the earthly one. The word “Archangel” is from the Greek words “Arche” meaning “ruler” and “angelos” meaning “messenger” signifying the Archangels dual duties. Archangels rule over the universes daily operations on missions from God, whilst also delivering messages from God to human beings. Archangels are very big, and each one

has a colour associated with them.

My very first experience, as I mentioned in chapter one, was with Archangel Michael. I still work with him today and now channel him. Archangel Michael is very special to me and I know many of you reading this also share this feeling. So who is Archangel Michael?

Archangel Michael

Archangel Michael is the most powerful, celebrated and well known angel in history and art. Michael and his Divine complement and Twin Flame, Archeia Faith, stand for Protection, Courage and Deliverance. He works from the First Ray of Blue Light, the Blue Cosmic Christ Flame, which I now see with my physical eyes, it is wonderful to see! Michael is a warrior of great strength, he provides protection for mankind. He shows us how to increase our ability to deal with problems, and shows us the way into the Light. He cuts etheric cords from us (which I explain more about later in the book), removes negative entities that attach themselves to our energy field, and removes false illusions. He gives us confidence to walk our path. Sunday is represented by the blue ray, which possesses crystal clear radiation, this ray carries the light of knowledge, along with the energy of the divine qualities of faith, strength, power, protection and Gods will. I wasn't sure what all these rays meant in the beginning because I see the blue ray constantly, however, the angels guided me to understand that it's at it's *most* powerful on a Sunday, so invoking Archangel Michael on this day would be even more beneficial. I am not saying that Michael will not come on any other day though, remember he is only a thought away at any time and place.

Michael told me that his etheric retreat and that of his twin flame Archeia Faith, is the Temple of Faith & Protection located over Lake Louise in Banff National Park, Canada. You can visit this place in your dreams (astral travel), by asking Archangel Michael to take you there, or you can visit the national park and tune into the higher dimensions. I am sure it will be an amazing experience either way.

Invite Archangel Michael into your life now by saying these words:

“Great Archangel Michael who is like God, I call upon you now, please help me. I ask with my heart fully open and ready to receive. I ask that you remove all negativity in my surroundings and inside of me, and replace them with great positive energies. Take away my fears and worries and let me be strong no matter what the future may bring. I ask you to guide me from the dark into the Light, let love be the dominant emotion in me, and let it wipe out all the anger inside. I thank you Archangel Michael for your love and understanding and support.”

When called upon, Archangel Michael has such a powerful presence, he feels so strong, yet with a loving feeling. Michael is the angel to call upon for physical protection of yourself, your loved ones and your home and your pets. He can help you have more courage and strength if you are going through any sort of change. If you are depressed, and let's face it, so many people are, then Michael will clear your body of depression, as he did with me. I remember asking him to protect a friend's house, and when I went the following day, I actually saw the blue ray in the house, surrounding the doors and windows where I had asked him to protect it!

Michael will come, all you have to do is just open your heart to him, make a point of talking with him every day, the more you work with him the faster the results, bring him into your family and make him a friend for life.

If you like crystals, then I would like to share with you some crystals that work well with the blue ray. I am not a crystal expert and only know a few, however I do like all of these:

- Star Sapphire
- Lapis Lazuli
- Aquamarine
- Light Blue Topaz
- Light Blue Sapphire

Archangel Jophiel

The second Archangel of the Seven Rays I would like to introduce is Archangel Jophiel. This Archangel serves on the 2nd Ray, which is a Monday, and is the colour yellow. Jophiel means “beauty of God” and “angel of God’s Wisdom and Illumination”. Archangel Jophiel is known as the “angel of beauty” and helps people to change their negative thoughts into beautiful ones. People sometimes ask for Jophiel's help to discover more about the beauty of God's holiness, to see themselves as God does, and recognise how valuable they are. To seek creative inspiration, and overcome the ugliness of addictions and unhealthy thought patterns. Jophiel is amazing at taking away anxiety! I work with this archangel on a daily basis, I feel a real sense of peace in the presence of Jophiel, he helps us to see the beauty in all, and in a crazy world like today it is very much needed. Archangel Jophiel works with his twin flame, Archeia Christine.

To call upon this beautiful Archangel just say these words:

“Archangel Jophiel, I call for you to come to my side now and help me see the beauty in all things, my situation/life, please surround me in your beautiful presence and wipe away all unhealthy thought patterns from my mind, turn them into goodness and joy, please rid me of all my fears, depression and despair. Help me to feel the love that I truly deserve, thank you.”

The crystals that work well with the 2nd Ray are:

- Citrine
- Rock Crystal
- Amethyst
- Phenakite

Archangel Chamuel

The Archangel of the Third Ray, is Archangel Chamuel, this Archangel serves on the Pink Ray of Divine Love. Archangel Chamuel means “he who seeks God”. Chamuel works with his twin flame Archeia Charity, and is known as the “angel of love” or “the finding angel”. Chamuel’s most dominant day, is Tuesday. I work very closely with Chamuel and have also become a channel for him to speak. When he enters your room you will know he is there, as the whole room can turn pink! If you are seeking peace, love and purpose in life or career, then this amazing Archangel will help you. If your heart is heavy and you are finding difficulty with forgiveness of others or even yourself, rest assured that Chamuel will open your heart and bring love and light into your life so that you can work towards developing these attributes. Chamuel can transform your life, heal your heart, help you to find what you are seeking, and find your soul mate. Chamuel is also amazing for finding lost objects!

Invoke this angel by saying these words:

“Archangel Chamuel, I call upon you now to assist me in opening and activating my heart chakra, so that I maybe filled with your Divine pure love and radiant light. Please assist me in seeking that in which I am looking for. Help me to find my soul mate and guide me to a job that is perfect for me. I ask that you surround me in your pink loving light and open my heart chakra so that I can communicate with the angelic realm more easily, thank you.”

The Crystals associated with the 3rd Ray are:

- Rose Quartz
- Amber
- Jade
- Fluorite

A MESSAGE FROM ARCHANGEL CHAMUEL TO YOU

"I am Archangel Chamuel and I bring you greetings today dear child. It is now time for you to awaken and open your heart to who you truly are. Humanity is awakening, the earth is awakening, & you have an awareness of what is happening within your soul. It is time to listen to your inner voice, to your Higher Self, and your angels and guides, this guidance constantly surrounds you.

To be able to shift into the higher frequencies that you desire, you now need to work on healing your heart chakra, because this chakra holds many years and lifetimes of pain, and this is where your healing begins. It is time to go deep into your heart and surface these emotions, and yes child, this is a painful process! It is not easy but the angels will assist you in letting go, you need to stand in your power and be the master of these emotions. You need to release them out into the universe to be transmuted into positive energy, only this way can you truly ascend into the light-beings that you are meant to be. It is time to let go, let go of the past and all things that no longer serve you. So many of you are now ready, and we see this! You want to go forward into the Light, and for many of you this is the last stage of your healing, you are already experiencing ascension symptoms, some of you will be experiencing recurring traumatic dreams. Old memories will be resurfacing, past relationships that you had long forgotten are now re-entering your life, this is all part of your healing, so look deeper into what you are seeing and experiencing and be ready to let go or forgive, only then will you truly step forward...

I am Archangel Chamuel and will gladly assist you if you call upon me."

Channelled by Charleen Anna Louise

Archangel Gabriel

The Archangel of the Fourth Ray, is Archangel Gabriel, this Archangel serves on the White Ray - the Ray of God's Purity, Gabriel means "messenger of God". Archeia Hope is Gabriel's twin flame, and they work together in strength to bring good news and the power of hope. Gabriel's most powerful day is Wednesday. It was this Archangel that was said to have appeared to Mary to give her the news of the impending birth of Christ. Gabriel also guides hopeful parents towards child conception and adoption, gives strength and courage to parents, and can help mums to feel relaxed and centred. If you are a teacher, writer, musician or work in the Arts, then call upon this angel to assist you.

Call upon Gabriel by saying these words:

“Archangel Gabriel, I call upon you to come to my side, I ask that you bring purification to my soul and help dissolve old discordant memories. Please dissolve old negative habits and thought patterns that lower my vibration. I ask you bring discipline to my life so that everything can go smoothly. I ask that you motivate me into my life’s purpose and show me the way, thank you.”

Crystals associated with the 4th Ray are:

- Red Zircon
- Garnet
- Jasper
- Dragon’s eye
- Ruby
- Tourmaline

Archangel Raphael

The Archangel of the Fifth Ray is Archangel Raphael, this Archangel serves on the Green Ray of Healing and Abundance, Raphael is the “angel of healing”. He works with his twin flame Archeia Mary (Mother Mary). Raphael is known as the angel of healing, he is full of compassion for people who are struggling physically, mentally, emotionally, and spiritually. Raphael works to bring people closer to God so that they can experience the peace God wants to give them; he also likes to heal animals and Mother Earth. This powerful loving Archangel can heal people instantly from pain, and is amazing for helping us overcome addictions to foods/alcohol and drugs. The strongest day to call upon him is a Thursday. Raphael changed my life by helping me to change my diet, he motivated me to exercise and become the person I am today, which is a pure channel. I have seen Raphael with my physical eyes and it is truly a beautiful sight, call upon Raphael if you need help with your motivation to keep fit and keep your diet on track, ask him to guide you towards healthier foods.

To call upon Raphael just say these words:

“Beloved Archangel Raphael, I call upon your presence now to come to my side, I ask for you to send your emerald green healing light into my whole body and free me from any pain or disease. Please restore me to full perfect health. I ask for you to guide me to the correct foods for my body, and to motivate me so I can be more active. I also ask that you help me arrange time in my schedule so that I can implement these changes, thank you.”

The crystals associated with the 5th Ray are:

- Blue sapphire
- Indigolite
- Sugilite
- Sodalite

Archangel Uriel

The Archangel who works on the Sixth Ray is Archangel Uriel, this Archangel serves on the Purple and Gold Ray of Service. His name means “Light of God”. Uriel works with his twin flame Archeia Aurora. His ruling day is Friday. Uriel is the angel who brings humankind knowledge and understanding of the Divine. It was Uriel whom God sent to Noah to warn him of the flood. Uriel helps us to interpret our inner voice and dreams; he guides us towards understanding our essential nature, and towards taking more responsibility for our lives. With his guidance we have the possibility of fulfilling our potential as creative spirits; he helps us to find our inner light, and to become radiant.

To call upon him just say these words:

“Archangel Uriel, I call upon you now to come to my side, please shine your light of Gods wisdom into my life whenever I am facing an important decision. Help me decide in the light of what is best for me. Give me the inspiration I need to come up with fresh and creative ideas. Help me learn new information and guide me towards solutions to the problems I face. Empower me to resolve conflict with others, and let emotions such as anxiety, anger, and hatred that maybe preventing me from discerning Divine wisdom, dissolve and disappear. Thank you.”

Crystals associated with the 6th Ray are:

- Amethyst
- Citrine

Archangel Zadkiel

The Archangel who serves on the Seventh Ray is Archangel Zadkiel, whose name means “righteousness of God”. Working on

the Violet Ray with his twin flame, the Archeia Holy Amethyst, his most powerful day is Saturday. Zadkiel is known as the “angel of mercy”, he helps people approach God for mercy when they have done something wrong, and encourages them that God cares. He helps us to forgive others and helps deliver Divine power for people to tap into. Zadkiel helps to heal emotional wounds by comforting people and healing their painful memories, he helps repair broken relationships by motivating people to show mercy to each other.

To call upon Zadkiel just say these words:

“Archangel Zadkiel, I call upon you now to come into my life. Please help me to secure my own individual freedom so that I may then help others to become free. Help me to master the 7th ray qualities of freedom, forgiveness, alchemy, justice, transmutation and liberation of the Soul. Teach me to be tolerant of others, and to be diplomatic. Show me the importance of the giving and receiving of forgiveness, and to help me implement it into in my daily life. Thank you.”

Crystals associated with the 7th Ray are:

- Amethyst
- Blue lace agate
- Blue chalcedony
- Lapis lazuli

Other Archangels

The archangels you have just read about, are the archangels of the Seven Rays whom I work closely with, however, I also work with a few other archangels and I would love to introduce them to you. There are still many archangels I have yet to meet, so I will only write about the ones I have personally had experiences with.

Archangel Raziel

Archangel Raziel came to me in the very beginning and helped me with my psychic gifts. His name means “secret of God”, because he works so closely with the Creator. He knows all the Divine secrets of the Universe, and is the keeper of supreme knowledge of the soul. Raziel can open you up to higher levels of psychic abilities enabling you to see, hear, know and feel Divine guidance. Raziel can also assist you with manifestations. He is very kind, loving and intelligent. His presence is subtle, yet you will be aware of his influences in your spiritual journey. Drawing Raziel into your daily life will help lift any illusions and guide you towards magic. I called upon Raziel right at the beginning of my spiritual journey, before I worked as a medium or clairvoyant. I asked him to help me see and hear Spirit and see images, and then I just left it. It was about two weeks later when I started seeing images and feel spirit, so I recommend this archangel if you are on your spiritual journey and need a bit of help with your gifts. Maybe you are already a clairvoyant and/or a medium and would like help to go to a higher level, if so, then Archangel Raziel is the one for you.

To invoke Raziel:

“Dear Archangel Raziel, please open my mind to the Divine secrets of the Universe. Help me to release my fears so that I may have spiritual understanding at the deepest level. I would like you to help me with my (fill in your own words). Thank you.”

You can also use this affirmation:

“I am open to believe in the magic and mysteries of Creation.”

Archangel Metatron

Archangel Metatron is known as the “Angel of Life”. He guards the Tree of Life and writes down the good deeds people do on Earth as well as what happens in Heaven into The Book of Life (which is also known as the Akashic records). Metatron is traditionally considered to be the spiritual brother of Archangel Sandalphon, and both were humans on Earth before ascending to become angels (Metatron is said to have lived as the prophet Enoch, and Sandalphon as the prophet Elijah). People sometimes ask for Metatron's help to discover their personal spiritual power and learn how to use it to bring glory to God and make the world a better place. Metatron also oversees the New Children: Indigo, Crystal, Rainbow and Diamond, and helps them with their sensitivity, so if you have a sensitive child then call upon Metatron for help. He also works with sacred geometric shapes, you might know this as “Metatron’s Cube” or “Merkaba” or “Star of David”, otherwise known as the “ascension vehicle”. His healing is sent in the form of the vibration of these sacred geometric shapes entering your system at your crown chakra and flowing through all your chakras. Remember to ask him to heal all chakras and not just the seven basic ones, crown, third eye, throat, heart, solar plexus, sacral chakra and root. Having all chakras healed and activated will really give you much more of a spiritual experience.

It is also best to try and visualise these shapes whilst having your healing. Sacred geometric shapes include platonic solids or building blocks of life - the cube, tetrahedron, octahedron, icosahedron and dodecahedron and others. Also included are - the sphere, pyramid, 3D heart and cross forms.

I am obsessed with these shapes and I am still learning more and more about them and their significance. My experience with Metatron has been very powerful, in fact he channels me with messages, which I will share with you. His energy is much stronger than the other angels, and he most definitely does not hold back when bringing about awareness of other life in the Universe, and

news about our government!

To invoke Metatron:

“Dear Archangel Metatron, I call upon you now to come to me. I am open and happy to receive this healing from you. I ask that you use your geometric shapes and balance, cleanse and synchronise all my chakras. I ask that you bring forth all the information that I need to know to be able to do Gods work here on Earth. Thank you.”

You can also use this affirmation:

“Archangel Metatron I ask you to help me absorb all the information you bring to me, easily.”

A MESSAGE FROM ARCHANGEL METATRON

“Be strong Dear ones, do not let the pain and darkness of this world drag you down. All Light workers that come to this planet to assist in earth’s ascension, come with the abilities, the tools, and the preparation from many lifetimes. You come to assist at this time, because you are ready... You are prepared dear ones, we know it is hard, we see it is hard, with so much pain and evil upon your planet...

Nonetheless, there are equal amounts of Light, and this is what you need to be focusing and concentrating on. If you focus on the dark, the evil and the pain on your planet, then this will become your reality, you will attract more of this, you will see more of this. So I come to you to advise you, to turn off your televisions, stop buying newspapers, stop searching the internet for negative situations, remove all of this and put your energy into surrounding yourself with people of the Light. The angels are here to assist you, shielding and clearing your energy

field, remember to laugh in the face of darkness, because the Light is about to win the war! It may seem dears ones, that you are living in darkness, because most things are highlighted more through your media.

There is an awakening happening on your planet. This has been planned for many eons, and now is the time for your earth to ascend into the higher frequencies, the fifth dimension, which means all light workers and many other humans will be ascending and transmuting lower energies and ascending along with earth. When we ascend, it does not happen in a day, it happens over time, and is a beautiful experience. We are leaving the old 3rd dimensional world of fear, pain, and worry, and ascending spiritually into a place of happiness and bliss.

Many people are ascending... millions of people are ascending, remember, each person that ascends anchors more light, and this planet will Be Light, and drown out all darkness. Nothing will stop this; your governments will not stop this, they are afraid... they know... They will try to stop you ascending by using the media and papers through fear, but you have a choice to turn away from that and focus on what brings you happiness. It will feel some days that things are getting worse and you will not be able to cope with the situations that you are faced with, and things will probably get worse for a while as Mother Earth ascends into the Higher Dimension. Lots of old lower negative vibrations will be released to make way for the new energy. The new vibration, which is Love and Peace...

However, for these lower energies to be released, they have to surface first. An example is: ... if you want to let go of an emotion in your physical and emotional body, this emotion would have to come to your mind, from the subconscious or the conscious, and you would have to surface this emotion, acknowledge this emotion to then be able to let it go, and

release ... this is the same for Mother Earth. The pain, the horror, the misery, the darkness all needs to surface for earth to let go of it. It will seem as though you are living in what you call 'hell on earth' but we can assure you, that this will all lead you into a beautiful planet. Lightworkers are here working hard, and this message is for light workers who feel as though they are struggling right now and do not want to be here on this planet because it is too painful . We ask you to be strong, have courage, because humanity needs you. The earth needs you, you are helping prepare for the future. What you do now is helping the present, but also by implementing these changes now, you will help prevent further painful acts in the future, along with the survival of the animals and all of Humanity. Remember this: the angels, the archangels, your guides, the Masters and God are all here to assist you through these times, just call upon us to give you the tools and the strength and to shield you.”

Channelled by Charleen Anna Louise

Archangel Ariel

Archangel Ariel has a feminine angelic presence, with a pale pink energy, her name means “lioness of God”. Ariel is known to work with the wild animals, but also our domestic ones. She is aligned with the nature spirits (fairies). Ariel is a guardian and healer of animals and is very much involved in protecting environmental issues. She will work alongside Archangel Raphael in healing all animals, and she invites us to call upon her for angelic assistance regarding any issues relating to animals or with conservation. She can also help with financial abundance! I have had many experiences with this!

I once called upon Archangel Ariel and asked her to help me with some money that I needed so I could print my angel flyers, and one week later I had a cheque through the post for the right amount of

money that I had asked for! The cheque was a tax return from 2 years previous, this happened to me many times after asking Ariel for help, which I was very grateful for. She invites us to go outside and encourages us to spend time in nature, she reminds us that there is magic in the nature around us and how it can help us in mind, body and spirit.

To invoke Archangel Ariel:

“Dear Ariel, please help me to do my part and to help take good care of the natural world that God has created. Guide me to treat all animals well. Motivate me to conserve the Earth's natural resources, such as energy and water by using them carefully. To recycle the products I use to prevent the unnecessary use of additional resources. Remind me to avoid polluting this beautiful environment that God has made. Empower me to be a healing force on the Earth, rather than a destructive one during my lifetime. Thank you.”

You can also use this affirmation:

“I am now open to receive the help from Archangel Ariel and to change all that needs to be changed.”

Archangel Azrael

Archangel Azrael is known to many as the “angel of death,” but in a very positive way. His primary angelic responsibility is to assist those who are making the transition from physical life, to spirit life. Azrael will ensure that the transition process is painless and with ease as he guides them across into the spirit world. He also offers assistance and comfort to new arrivals and helps them to adjust to their new spirit life. He offers love and comfort to those who are grieving the loss of a loved one. He has an understanding that grief is natural and also a very personal process. Archangel Azrael comes with great compassion and wisdom. I also find that Azrael will help

with any form of loss, it doesn't always have to be death, so if you lose your job or your home or if major events happen in your life, or maybe you need help to release any pain of unforgiveness, guilt, anger and regret, then call upon Azrael to come and comfort you and help heal you.

If you work in mediumship, then calling in Archangel Azrael to work with you is also a good idea, I use him and Archangel Michael when crossing over souls, or generally just working with spirit.

To invoke Azrael:

“Archangel Azrael, please comfort me now, please lift my tears and help me to heal from this pain. I ask that you help me to see clearly at this upsetting time, and remove any lower energies that prevent me from connecting with my loved ones in Spirit. I know you are with us all, and are taking care of us. Thank you.”

You can also use this affirmation:

“I allow myself to fully heal with the help of Archangel Azrael.”

Archangel Haniel

Archangel Haniel is a feminine angelic presence, and when I see her she is a beautiful pale blue colour. Her name means “grace of God”, she helps us to return to our *true self*. She is aligned with the moon and the stars. Haniel is attuned to utilizing natural healing remedies, including the use of flower essences, herbs and crystals, as well as channelling lunar, solar and earth energies for healing, clearing and raising our vibrations. She helps us to remember that healing ourselves can be made simple and shows us that taking a moon bath or moon bathing, watching a sunrise or sunset or working with flowers can heal us. Haniel helps us to return to our true natural state of grace, she will assist us in living our lives and

help us to do it gracefully. Whenever you feel you need more grace, whether it's going for a job interview, presentations, meetings or giving a speech, Haniel will help you to speak eloquently and in alignment with your true higher self.

She is also associated with the moon cycles, and I always invoke her on a new moon for manifesting, and a full moon for releasing. Haniel will help you to honour your own natural cycles, moods and rhythms; she supports us and gives us strength. Call upon her when you are feeling unsure or down, she will help you to appreciate yourself and see the beauty and cosmic love that is inside of you. She asks that during a new moon you spend time in meditation with candles and soft music. I like to use white sage, write a list of things that you would like in your life, and dream big! Think *new moon - new beginnings!* Haniel will help you to manifest all the wonderful things that you would like. She also asks that on a full moon you allow yourself to release the old! So once again, light candles and play soft music and write down all the things that no longer serve you, it is time to let go...

I would recommend you join a circle; I like to bring people together in a circle so we can collectively support one another when releasing. It is powerful, all you need to do is have the intention to change and Haniel will take it from there.

On a full moon you can recharge your crystals by leaving them under the moon light. I absolutely *love* the moon, and I believe it affects many people. I am no astrologer, however, in the future it is something I will study, because I know how important it is to our energy. Have you noticed how you feel around the new moon and full moon? Make a note of how you feel. For myself on a new moon I feel a little flat and emotional, and on a full moon I am on a high! I always organise my workshops or start up new projects upon the full moon as I know it will be successful, but never on a new moon!

To invoke Haniel:

“Dear Archangel Haniel, I call upon you now to help me return to my true Grace, I ask that you assist me in my life and

help me to find natural simple ways in which I can heal myself spiritually. I ask that you help me to align myself with my natural cycles and rhythms, and help me to release all unwanted energy so I can make way for the new. Thank you.”

You can also use this affirmation:

“I am now open to be fully healed and return to my true Grace.”

I really hope that you will invite these beautiful angelic beings into your life. All of these angels have helped me in many ways, and although I know many more angels, I decided to only write about the ones that I personally have had experiences with. A lot of people ask me how to call upon the angels, and my answer to this is very simple - they are only a thought away, however, I realise that many people like invocations and affirmations, so I decided to write them in this book to help you invoke the angels.

Everybody is different when it comes to calling upon them, even I like to change it around sometimes! I may talk to them in just thoughts or I may add a little ritual; I like to run a bath adding sea salt, add fresh flowers and surround my bath with crystals and candles and play angelic music. I will then call upon the angels and talk to them, or sometimes I like to make a little altar with flowers and candles, and then say a prayer. It really doesn't matter how you call them, when you call them or where you call them, angels will answer no matter what. I just like to feel special in my surroundings. One of the messages I did get from my angels was that we are not to worship them, we are to respect them of course, and hold gratitude and love for them, but if there is anyone we should worship, then it should be our Creator (God source). I would like to also add that angels do not judge. Many of you think you are not worthy of such an experience; angels only see your heart. They will come to you no matter what. If you feel that you need forgiveness because of doing wrong deeds, then ask the angels to help you forgive yourself and ask them to guide you to God source. Your pure heart and honest

heart will lead you to love.

I feel truly blessed to be able to bring the angels into your life and I could not imagine my life without them. I work with them daily. If you really find yourself struggling to hear your angels, then I recommend that you get some angel cards. The angels will speak to you through them. I also recommend that you create a peaceful world for yourself, quieten your mind, release stress and worry, and work on bringing yourself into your heart centre. When your mind is busy and your life is busy, then it is pretty much impossible for you to hear or feel them. There are many ways in which the angels will send signs to you, it is your job to look out for these.

Many of you are already seeing signs. Below are the top 10 signs that angels will use to get your attention:

1. **Feathers** - these are one of the most common signs because humans relate feathers with angels, and this is why the angels use them. Your angels will leave you feathers if you ask, usually in random places as a sign of comfort; your angels are letting you know that they are with you.
2. **Numbers** - again a very common way for the angels to get your attention. Angel numbers are amazing! So if you see repeating numbers on receipts, licence plates, signs, anything for that matter, then just google the meaning of that angel number and your message will be waiting, alternatively you could buy Doreen Virtues book 'Angel Numbers 101'.
3. **Butterflies** - your angels can send butterflies.
4. **Coins** - look out for coins that just show up.
5. **Angel sparkles** - the angels will manifest slightly, so you are able to see their energy, they are like twinkly lights, you cannot mistake this when you see them.
6. **The word "angel"** - your eyes will be directed to the word angel, everywhere you look you will see the word "angel".
7. **Music** - angels will speak to you through music, listen to the words, if you go all tingly at a certain point, then that is your message.

8. **Books** - your angels will guide you to books.
9. **People** - your angels will bring messages and signs through actual people.
10. **Goose bumps** - ever wondered why you get those goose bumps on a hot day when you are talking about angels? What you are feeling is the angels presence.

These are just 10 of the top signs that angels use, but I'm sure there are many more, and you may know of some already, your angels are constantly trying to show you signs. Just open your eyes and heart and you will see.

I am sending you many blessings and asking all the angels to be with you right now.

If you are interested in finding out more about what the numbers mean, I highly recommend searching for "Joanne Sacred Scribes" on the internet.

Ascended Masters

Saint Germain and the Violet Flame

After a few months of working with the angels, I then started to have my experiences with the Ascended Masters, which was just wonderful! The first Ascended Master to come to me was Saint Germain, this happened while I was sitting in a coffee shop in London, on my own just relaxing, and suddenly without warning this "being" came to me. It was quite an awkward situation for me to be having this beautiful heart opening experience, and at the same time trying to drink my coffee and look normal, they do pick their moments! I could not wait to get home that night from work so I could research this Master and learn more. One of the things I noticed about myself as I started awakening, was that I had become slightly "geeky" when it came to research, I just couldn't learn enough! I felt as though I wanted to learn lifetimes of history and mysteries in one week! I was reading like a professional. It was important for me to learn as much about this Master as possible,

since I had signed up to work with him here on earth.

Saint Germain is somebody I work with closely today, and always will. So who is this Ascended Master? Saint or St. Germain is the Chohan of the Seventh Ray (Chohan is another meaning for Master or Lord). He is the Lord of the Sacred Flame or fire (also known as the Violet Flame of Transmutation). He comes bearing the gift of the violet flame of healing and freedom, and for the planets transmutation of negative energy into positive energy. Many of you have probably heard of the violet flame or the violet fire, maybe you have often wondered what this is and what it could be used for. I will explain more about this later on, but let's get to know Saint Germain, who has had many previous lifetimes.

To my knowledge, he was a high priest of the Violet Flame Temple on the mainland of Atlantis about 13,000 years ago. They say that he came back as Merlin and he assisted king Arthur at Camelot and inspired the establishment of the Order of the Knights of the Round Table. They say he also had a lifetime as Christopher Columbus and the prophet Samuel, it has also been mentioned that he was Saint Joseph (father to Jesus), he was a powerful healer. They say that back in the time when he was high priest of Atlantis, he introduced the Sacred Violet Flame of Transmutation as a gift to humanity, in all of his past lives Saint Germain was instrumental in bringing forth expansion and higher evolution of humanity. He plays a big part in our history and an even bigger part now in our earth's ascension. He currently lives in both the higher realms as the Lord of the Seventh Ray, the violet ray of freedom, alchemy, justice, mercy and transmutation, and he resides in the earthly dimensions too by physically appearing from time to time. Many of you have already seen his violet light, if you have not seen this then look out for this. It is quite clear and visible to the naked eye these days. His etheric retreat is in Transylvania, Romania and Table Mountain, Wyoming.

St. Germain has selected many people on earth right now as his assistants to help bring others into the 5th dimension. St. Germain will reign as the leader of the Golden Age of Aquarius when our

planet ascends into the 5th dimension. He will be involved with helping humanity ascend by bringing in this powerful flame to lift the dense negative energy upon our earth. It is, to my knowledge, that there will be a deconstruction/reconstruction period of approximately 25 years before the Golden Age is fully activated, but many humans will be living in this 5th dimensional frequency much sooner! I am already living in this high frequency and I am one of St. Germain's assistants, just like many other humans around the planet. Maybe you too are here to help alongside this Ascended Master? St. Germain is the Lord of this Violet Flame, but we have permission to also work with it if we ask.

Some of us already carry this violet ray within our field, most Starseeds and Indigos come with this energy built in, so how do we work with St. Germain? How do we work with this violet flame and heal the world? Heal humanity? It's quite simple, you do not even have to be evolved! You do not need to attend a special school or become certified, this flame will help you to evolve, it is a gift for everyone. It is very real, and all you need to do is have an open heart and a desire to heal. You may use this flame in perfect harmony with any belief system, religion or practice, it is a neutral tool with no conditions attached to it. Many people feel as though they have to do a ritual prayer, say affirmations and memorise these words, and if they get it wrong then it will not work, but this is not the case. Too many people spend too much time worrying about learning words, whether they have got the words right or wrong, by doing this you really miss the important part of using the violet flame, you see it is all about your *heart*. You can say all the right words, but if your heart is closed or troubled, or if you do not have faith in what you are doing, or if your desire and intention is not right then it will feel wrong, it will not work the way you want it to.

When I started working with Saint Germain, I didn't use any mantras, affirmations, prayers, or invocations – nothing, I just *thought* the words that I wanted to say, for instance - “I now call upon Saint Germain and I open my heart and accept your guidance” - it was all about my heart; I *opened* my heart to him, this was all I did, and now he is around me constantly. I understand that many people like to

read invocations, and there are many ways in which you can use this flame, I will let you know more powerful ways in which to use this tool for yourself and others.

Using this flame for you

A SPECIAL GIFT FROM A SPECIAL LADY

Here is an invocation from a very special lady who goes by the name Tina Marie. Tina brings to you right now a beautiful channelled invocation to help you connect with Ascended Master Saint Germain and the Violet Flame.

Violet Flame meditation and invocation - by Tina Marie

Close your eyes, centre yourself by connecting with your breath, and bring your awareness to your heart chakra. Visualise breathing in violet light. As you breathe this light in, see the violet flame, feel it, or even imagine that this violet flame is vibrating at the Heart centre and the High Heart (in between the throat and heart), with every slow and new breath, feel this healing flame raising your vibration, becoming brighter and brighter, and burning around you as well as within you. Then, multiply this violet flame and expand it out as it travels and moves into every other chakra so there is a big Violet Flame around your Aura, and several smaller violet flames in the centre of each chakra.

Sit and feel the Violet Flame vibrating in every energy centre, with St. Germain facilitating the entire journey and experience, and say mentally or out loud:

“How grateful I am to rest in the Divine. I open up to more of God as me, love as me, wholeness as me. I let go of all that doesn't serve my highest good and invoke the powerful presence of St. Germain to guide, surround, cleanse and protect me.

Thank you St. Germain for surrounding me in this violet flame of transmutation. Thank you for flowing this powerful healing energy through every cell of my being, and every layer of my energy field. I know that your illuminating flame is raising my vibration. Burning off all karma, in all direction's of time and space, and helping me to remember my *true* and *only* identity. I know that I am an embodiment of the Creator itself, and all that isn't of the highest vibration of the Christ consciousness, dissolves now. I know that I am a unique expression of unconditional love itself, and so all energy that doesn't match that love and beauty is released now. I know that I am the vibration of infinite peace and joy, and so all that doesn't serve this high state, is returned to the nothing-ness from whence it came. Thank you for reminding me that I am a child of God, made out of the image and likeness of God, therefore all of God's unlimited qualities are right where I am, now and always. Thank you for showing me that I am eternal peace and love incarnate, and that I am beautiful and powerful beyond all measure.../AM that /AM. Thank you my Beloved. And so it is Amen. Namaste, and Sat Nam."

How amazing was that! You can repeat this as many times as you want, the more you work with this gift, the more you will see changes in yourself. This is one way to use the violet flame for you, but we can also use it for others just doing the exact same, asking permission of the person you want to heal or getting permission from the higher self and visualise the flame in and around that person. Feel free to contact Tina if you feel guided:

Tina Marie ALSP

Angel Therapy Practitioner ® & *Medium Integrated Energy Therapy* ®
Instructor International Teacher/Speaker
Kundalini Yoga Instructor
www.tinamarie444.com

Ascended Master Serapis Bey

I am so excited to introduce to you this amazing Ascended Master, who is also one of my guides. So, who is Serapis Bey? Serapis Bey is the Chohan/Lord of the Fourth Ray, hierarch of the Ascension Temple at Luxor. There are 7 Lords of the 7 rays, but I will only be talking about the ones I personally work with. You can however, if you feel guided go and research all the other Ascended Masters. A book that will help you with this is, *Lord of the Seven Rays* - By Elizabeth Prophet and Mark L Prophet.

Serapis is a great disciplinarian!! And don't I know it! He is the one who guided me with my diet to become pure so I could channel more light. He is the one who gives me spiritual tests and helps me to pass them. I have learnt with this Master, that ascension needs to be earned! It is not given on a plate, and we have a lot of transcending and letting go of 3D indulgences to happen if we are to be taken seriously.

It is said that Serapis Bey was embodied on Atlantis as high priest in the Ascension Temple, prior to the sinking of Atlantis. He was then directed to take the Ascension Flame to Luxor in Egypt, where he resides today in the etheric plane. We are welcome to visit in "astral mode".

Serapis Bey teaches us practical initiations on the path of purity, so that we can understand how we may earn our ascension in this life. He teaches us that a simple declaration of faith, or a confession to Jesus is not enough for the ascension plan of God. He says that this is why reincarnation was created, so our souls could embody again and again and again, so the soul can learn and *become* love, so they can truly reunite with God. Love is the only real answer. Love is the key to all that is - and until we learn this and feel this in the *deepest* places of our soul, we cannot reunite with the glory that we crave.

It is said that Serapis Bey also had a lifetime as the Egyptian pharaoh Amenhotep III, and was involved in constructing the physical temple at Luxor. Among many other lifetimes, these are the ones that stand out for me, and I had full confirmation from the

Master himself that these are facts.

It is said that the most familiar incarnation was as Leonidas, the great warrior who led the Spartans in the famous battle at Thermopylae, Greece. So he has led quite a life, and I am sure he has succeeded in learning his lessons, and is worthy of his title of Ascended Master.

I feel a very strong connection to Serapis Bey and he has acted as a main guide regarding my ascension. It is said that Serapis Bey ascended around 400 BC and resides over Luxor Egypt, I have travelled there. A book that I highly recommend for you is "Dossier on the Ascension" Serapis Bey channelled through messenger - Mark L Prophet. This book is about the soul's acceleration into a higher consciousness on the path of initiation. Ascension is all about going *through* your initiations. Remember when you are calling upon this Master, he is the Lord of the forth ray of purity and you will be guided to purify your mind, body and spirit to the deepest levels, so if ascension is your main mission in this life time then this Ascended Master is a must.

MESSAGE FROM SERAPIS BEY

"The initiations of the ascension into a higher consciousness can be born only by love, the key is to not become caught up in human fears and doubts, the key is to not be drawn in by curiosity or having a fascination with horror and being controlled by the lower senses. The key is to not be caught up in your pettiness, and all your human nonsense. I am saying it is time to transcend this, let go and let God be the light that guides you into pure love, and allow your own Divine light to shine through.

You are being asked to love your Creator enough so that you do not need to satisfy your human ego desires! You are being asked to come away from engaging with your thoughts of imperfections, and understand that you are truly perfect. You

are being asked to sit and meditate with the ascension flame of purity and keep a steady flow of energy coming to you, which will support you. You are being asked to truly let go and allow your child-like innocence to hide no longer.

To become ascended into a higher consciousness, you must first surrender all the human barriers, it is like becoming a child once again, starting from the beginning and removing all human thought contamination that has ever placed you into the field of doubt. Only when you are stripped bare of all human barrier thoughts, barrier emotions, ego thoughts, ego emotions and any other kind of imprint that has left you asking question after question, only then, will you truly be able to move forward - this is delaying your awakening!

Only when you are stripped right back to the beginning, is when you will truly understand the meaning of purity, innocence, Love and Light, and only when you are stripped bare of all that no longer serves you, will you then start to expand and grow into the light-being you are.

I, Serapis Bey look forward to meeting you and I welcome you to my retreat. I am waiting to guide you on your path of ascension, allow me to be the bridge to your spiritual freedom... Now is the time you must turn your key in the door of cosmic opportunity..."

Channelled by Charleen Anna Louise

INVOCATION FOR ASCENDED MASTER SERAPIS BEY

Before you start this invocation, make sure you are relaxed and have sacred time. Light a white candle to represent the ascension flame of purity and take several deep breaths, bring yourself into a meditative state and then say these words:

“Beloved Presence of God I AM, I speak to you with my heart this day, and give gratitude and humility for your power which sustains me, your love that gives me reason to wake each day, and your wisdom that motivates me and guides me forward. Surrounded by your light, I now invite and invoke the presence of Ascended Master Serapis Bey and the Ascension Flame.

Beloved Serapis Bey, in respect and appreciation for your service to humanity, I open my heart to you right now, in this present moment, with full gratitude. I am asking that you surround me and fill my whole being with the crystalline light of the Ascension Flame. Surround me fully, blazing the mighty Ascension Flame in, through and around my four lower spiritual bodies, expand this flame outwards and help me to raise my energy into a higher frequency.

Ascended Master Serapis Bey, guide me to my spiritual freedom and help me to purify my mind, body and spirit fully. Guide me to see my God qualities, and to strip back all human temptations that are influenced by my ego.

Beloved Serapis Bey, enlighten me with your purity of consciousness, so I can balance the Ascension Flame in my heart, and walk this earth as an example and help raise the energy of everyone and everything I come into contact with.

In full gratitude for your assistance right now, and your assistance always, I say - thank you.

So be it, Beloved I AM.”

Ascended Master Hilarion

Hilarion is the Lord or Chohan of the Fifth Ray of healing and truth. He is the hierarch of the Temple of Truth on the etheric plane near Crete, Greece. It is said that Hilarion was a high priest of the Temple of Truth on Atlantis, and before the sinking, he transported the flame of Truth, together with the artifacts from the Temple, to Greece.

Hilarion sponsors and helps teachers of Truth, servants of God,

leaders and missionaries, as well as those practicing the healing arts, scientists and engineers in all fields, mathematicians, musicians, those specialising in computer and space technology and those who work with all forms of media and communications. He is also a very powerful healer! Hilarion helps us to gain a deeper understanding of the Truth and appreciate what we learn. He helps us to take our partial knowledge of truth to a more divine wholeness of Truth - this is his goal. He also helps people who have been brought up in strict religious backgrounds, and helps them to understand the truth of who they really are, if this is what the individual is wanting of course.

It is said that Hilarion's most famous lifetime was as Saul of Tarsus, who became the apostle Paul after his encounter with Jesus on the road to Damascus. After his lifetime as Paul, he incarnated again, and was such a powerful healer, he spent 20 years of his life as a hermit in the desert. Hundreds of people would come to him to be healed, and yet he only desired to be a humble servant of God. He now resides at his etheric retreat over Greece and serves there with the Ascended Lady Master Pallas Athena, and together they both anchor the Flame of Truth in the hearts of humanity.

He teaches us how to use this Flame of Living Truth to master ourselves and our daily life routines, by applying the laws that Christ taught us. You can physically visit Hilarion's Castle in Greece.

A book I recommend for you if you wish to go deeper with this Ascended Master is titled: "HILARION THE HEALER (The Apostle Paul Reborn)".

Ascended Master Hilarion also works alongside Archangel Raphael, and they both carry the qualities of the green healing ray, both serving on the 5th Ray. He teaches us to use our mental powers, and drops seeds of thoughts of the new technologies that are coming through into this New Age. Hilarion also likes helping atheists, agnostics and sceptics, so if you find difficulties in believing, but you really do want to understand the truth, then this Master is for you!

He fully understands that many people right now are awakening and are confused because of their upbringing. Hilarion says it is no fault of their own as to why they have become disillusioned with life

and religion, and have very little knowledge about ascension and the Christ light. Hilarion kindly and respectfully offers his helping hand to guide you to what your soul is searching for. Hilarion helps souls to prepare for God's gift of healing. If you are a healer or just answering your calling, then working with this master is important for your journey. Hilarion is a gifted healer of the mind, body and spirit, and he is here to assist all who call upon him, and all of you that choose to utilise your own divine healing powers. Once called upon, Hilarion will speak to the healer within you, and also guide you to better health and vitality.

INVOCATION FOR ASCENDED MASTER HILARION

Before you start this invocation, make sure you are relaxed and have sacred time, light a candle, preferably green to represent the healing flame of healing and Truth, and take several deep breaths, bring yourself into a meditative state and then say these words:

“Beloved Presence of God I AM, I speak to you with my heart this day, and give gratitude and humility for your power which sustains me, your love that gives me reason to wake each day, and your wisdom that motivates me and guides me forward. Surrounded by your light, I now invite and invoke the presence of Ascended Master Hilarion - Beloved Hilarion, I am asking this day, this very moment that you guide me to the Truth of who I really am. I am asking that you help me to see through the illusion of what is masking my pure thoughts.

I am asking that you bring the flame in through and around my being, pushing out and burning away all that is not serving me. Beloved Hilarion, please help me to understand what is wrong and what is right in everything I do, help to purify my mind, body and spirit, so I too can be a divine channel of Gods healing, and so forthwith can expand this healing light outwards into humanity. In full gratitude for your assistance right now, and your assistance always, I say - thank you. So be it, Beloved I AM.”

I really hope you have enjoyed getting to know the three Ascended Masters I have introduced to you. You may already know of them or even work with them. If you do then you will understand the Divine presence of which they bring to us. Ascended Master St.Germain, Serapis Bey and Hilarion are all a big part of my life, and I am eternally grateful to all of them.

Since writing this book I have become familiar with several other Ascended Masters who are also guiding me, Ascended Masters Kuthumi, Djwhal Khul, Lady Nada, Paul the Venetian, Sai Baba, Lord Maitreya, as well as Jesus Christ and Melchizedeck. I highly recommend that you get to know each and every one of these amazing Masters.

In the back of this book in *My Recommended Healers and Teachers*, you will find several books that will open the doors for you to meet these great beings. I would need to write a *whole* book just on “The Masters” if I really wanted to showcase just how amazing they are!

Travel to the Etheric Retreats at night

Gautama Buddha announced through Elizabeth Clare Prophet (author of the Lords of the Seven Rays), that the “Universities of the Spirit” would be held in the *etheric retreats* of each of the Lords of the Rays. They welcome tens of thousands of students who diligently pursue the path of self-mastery. They all reside in their *etheric retreats* in different locations and *we*, the ‘*students of ascension and enlightenment*’, have been invited to visit through “astral travel”, which you can do whilst you are sleeping, or of course if you are a keen astral traveller, whenever you feel like it. I write more on astral travel further in the book .

Prepare for travel

It is important to prepare yourself for astral travel at night. Make sure that a few hours before you sleep you do not watch any violence on tv or anything that brings you into a “low vibration”. In-order for your soul to travel, you have to raise your frequency. To make it as easy as possible, try to avoid heavy foods that may disturb

your sleep. I would advise you that on the day that you know you want to travel, to actually do lots of spiritual activities, keep your vibration high, cleanse and spend time with your angels and guides, even talk to them a few days before so you are preparing them also!

Prayer to visit the Retreat

I would recommend always working with Archangel Michael when travelling, there's so much clutter in the astral world, protection and shielding is always a good thing. I would also recommend a fantastic attunement by one of my favourite healers Mariah Windsong, the author of "ATTUNE TO DIVINITY". This attunement is called "ASTRAL BODY RADIANCE". I am also a master healer/teacher of this attunement, so please follow your guidance, either myself or Mariah can offer this attunement for you. Details of where to purchase this will be added in the *Spiritual Tool's* chapter. This attunement is for cleansing the astral body after traveling and also gives you a "cloak of protection" whilst you are travelling, check it out. I do not leave my body without these activations!

Once you feel ready to go to sleep it is important to say a prayer:

"Mighty I AM Presence. I call to Archangel Michael and his legions of helping angels, and I ask you to protect and help transport my soul to the retreat of the Ascended Master

(Ascended Master of your choice) at (the name of retreat) tonight, please escort me and guide me safely as I work on my spiritual freedom and spiritual ascension.

I ask that this be done in respect for my highest good, and the highest good of humanity.

In full gratitude for your assistance right now, and your assistance always, I say - thank you."

Keep a note pad by your bed so upon awakening you can write down anything that you remember from that evenings astral travel.

Repeat this prayer every night, or if you feel guided, look for other prayers that work for you, just enjoy the experience.

If you feel guided to learn more about these etheric retreats then visit “ethericretreats.com”. I love this website which gives you the invocations for each Master. Another website I love to visit is “summitlighthouse.org”. I know there you will also find the information you are looking for to help you, but in the meantime, I hope that I have opened your eyes to something new and exciting. It’s always good to know that you can work on your soul even whilst you are sleeping.

List of the Ascended Masters and their Retreat’s

1. Ray one - El Morya - RETREAT – Darjeeling, India
2. Ray two - Lord Lanto – RETREAT – Grand Teton, Wyoming
3. Ray three - Paul the Venetian - RETREAT - Southern France / Temple of the Sun, New York
4. Ray four - Serapis Bey - RETREAT - Luxor, Egypt
5. Ray five - Hilarion - RETREAT - Crete, Greece
6. Ray six - Lady Master Nada - RETREAT- Saudi Arabia
7. Ray seven - St.Germain - RETREAT - Transylvania, Romania, Table Mountain ,Wyoming

