

HEALING, MAGIC AND MANIFESTATION WITH ARCHANGEL MICHAEL

Begin by placing your right hand on your heart and thinking about what you feel gratitude, happiness or love for in your life. Then say aloud:

Archangel Michael, you bring the strength, will and protection of sacred fire to me now for the greatest good of all. Sacred fire brings the healing gifts of cleansing, freedom from the past and renewal so I may experience a new chapter in my life. Please hold and protect the sacred space for healing to happen according to divine grace. I open my heart to you, my dear angelic friend. Please empower and bless this sacred work. So be it.

As you hold your hand over your heart, you can visualise, imagine, intend or pretend that a deep-indigo-blue light forms a sacred circle around you. This circle can be as small or as large as feels right for you. Let it sit around hip level as the light of that circle shines in all directions. It feels good to be in that circle. It feels powerful and positive. You can support this process with your words, saying:

A sacred circle of divine protection now forms around me in divine indigo light.

Take a moment to repeat, “Archangel Michael,” at least several times, for as long as feels good for you. You can sing, chant, whisper or speak boldly and loudly. Whatever suits your heart in that moment is best. As you repeat the angelic name, you



1. BREAK THROUGH INTO LIGHT

The need to break through negative energy, habits or thoughts arises whenever our inner self is ready to outgrow what has been. This is an exciting and positive development. It might feel confronting to recognise our negativity — it can even be difficult to let go of its familiarity. We can learn to rely on negative thinking as a safety or self-protection mechanism or even as a way of fitting in with the crowd. This card brings the message that a loving refreshment of your thoughts and energies is due and will support you in moving forward on your life path.

can imagine, intend or feel that you are increasing the presence of Archangel Michael within your heart and your sacred space.

Set your intention now by expressing the reason you are doing this healing. You can speak to Archangel Michael like you are speaking to a trustworthy friend. If you aren't sure why you are doing the healing, but you know you need some help, then express that. Please note, if you are doing this healing on behalf of another, ask for their permission first. If that is not practical, then say:

I would like to offer this healing to <say name>, or to wherever it can do the most good.

Read the guidance below to complete the process. Add in your own prayers, words or gestures as feels right for you. This is your practice and your relationship with Archangel Michael. Let it feel authentic, and trust that no matter what, you are divinely loved.

THE PRAYER

Beloved Archangel Michael, I step into your cleansing spiritual fire where I am purified from past negativities and attachments to pain or confusion. In the light and warmth of your loving fire, the seeds of grace, positive energy, love and healing are stimulated within my heart, and now become powerful sources of healing energy. Your fire in my heart burns through habits and old ways, showing me the light of a new and more loving way. So be it.

If you wish, you can visualise a sacred fire burning through negative energies, darkness or thick, stuck feelings. That fire feels warm and healing and dissolves anything that is no longer needed. You can emerge from that sacred cleansing fire feeling renewed, healed, fresh and freed. You can allow that sacred fire to continue to burn around you so that any unhelpful energies are captured and consumed in the flames, allowing you the space you need to shift into more positive states of being.

When you are ready, it is time to ground yourself. Become aware of your feet connecting to the earth. Imagine the energy around your head beginning to settle toward your heart, your belly, your legs and then your feet. Don't just imagine this, feel it happening. Imagine that your connection between your feet and the earth is so strong that if someone tried to push you over, you wouldn't fall. You are strongly rooted to the earth. Then say:

From my grateful heart, I thank you, Archangel Michael. This sacred work is now complete. May the energies generated here today bring spiritual benefit to all beings. May any excess energy be sent to where it can do the most good. So be it.

Finally, visualise, imagine or pretend that the sacred circle of light you created dissolving into the earth. It takes all the delicious, divine energies and grounds them according to your intention and higher divine wisdom.



2. RISING INNER STRENGTH

In our world, humans can become confused about what it means to be powerful. Some wounded individuals may believe that bullying or gossiping is a way to alleviate their inner pain.

If you ever feel that you are the target of such negativity, the powerful Archangel Michael is here to let you know that you never need to worry about such things. Instead, return your focus to your inner light and allow your strength to rise from within. Focussing on the light, the truth and the positive keeps you strong. Know that you can step away from disrespectful conversations as needed. You always have the inner power to assert a loving truth. You can choose to dwell in the light.

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THE PRAYER

Beloved Archangel Michael, your shield protects me from the negative projections and aggressive actions of wounded hearts that do not know any better. Your sword removes psychic cords of attachment and connections that may have allowed another to influence me negatively. Your loving presence reminds me of my strength to stand in my truth, to be and surround myself with the light, and to know that I am worthy. I respect myself and honour the value of my being. Be with me now and always, with your sword and shield held in protection over my soul. My inner truth is more potent than any outer lie. With you, I remember to rely upon my inner light and know it will prevail. So be it.

Imagine, intend or visualise a huge archangel standing behind you, with his wings extended, a shield held before you, and a sword held above your head. Nothing can defeat such a magnificent divine being. Sense your belief in the power of negative energies becoming less and less as you recognise the power of the light this archangel holds and shares with you now. You are lit up from the inside. The light flows from within and shines so that you are like a radiant spiritual sun. You belong to yourself and Archangel Michael. Your light is your own. It cannot be taken from you. You will always be who you are — a beautiful light, shining, recognised by the angels and always loved and respected.

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