

# ANGEL ESSENCES

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# A Range of Ten Extraordinarily Beautiful Angelic Essences

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*by*

***Hazel Raven***

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## Disclaimer

The information in this book is not intended to be a substitute for medical advice, diagnosis or treatment. If you have any concerns about your health consult a qualified medical practitioner. Neither the publisher nor the author accept any liability for readers who choose to self-prescribe.

Hazel Raven is one of the principals of the board of ACHO (Affiliation of Crystal Healing Organisations). She has been a committee member, treasurer and former Vice Chairman of ACHO and teaching the two year professional crystal courses since 1990. As a committee member of ACHO, Hazel was actively involved with setting the British agreed guidelines and training standards for crystal therapy. Hazel is an acclaimed international bestselling author, lecturer and therapist with over thirty years experience in metaphysical research and personal development. Hazel is a qualified educationalist and served on the Inner Council of the BCMA (British Complementary Medicine Association) for many years as its crystal therapy representative for education. Hazel was initiated into Reiki in 1991, became a Reiki Master in 1994, and was invited to serve on The Reiki Federation's Steering Committee by the BCMA - as representative for obtaining validation for courses. In May 1999, Hazel was asked to attend the FIM conference (Foundation for Integrated Medicine) at the Commonwealth Institute in London, which was also attended by HRH The Prince of Wales, the Foundation's patron. Hazel is a member of the BFVEA (British Flower and Vibrational Essence Association) and also a member of the BAFEP (British Association of Flower Essence Producers). Hazel has been clairvoyant since birth and is the author of several books on crystal therapy, angel and Archangel essence healing and has been recognised as a teacher of crystal and gem therapy for many lifetimes. Ordained Minister September 1998 of the ULC [Universal Life Church] a place of spiritual and equal acceptance of ALL spiritual and religious paths. Hazel is currently working on her new book 'Crystal Therapy'.

Hazel is author of:

Crystal Healing the Complete Practitioner's Guide

Crystal Healing a Vibrational Journey Through the Chakras

Heal Yourself with Crystals

Angel Therapy the Complete Practitioner's Guide

The Secrets of Angel Healing

The Angel Bible

The Angel Experience which includes an exclusive CD of angel meditations and music.

Angels, Archangels and Ascended Master

Also, contributor to the best selling 'Book of Stones'

Some of her books have been translated into fourteen different languages.

### **Media Appearances**

Hazel has had a series of articles published and has appeared on television and radio, in the press and national women's magazines, including the Christmas 1997 edition of Cosmopolitan magazine, which featured Hazel's angelic experiences. Hazel's angel work was the subject of a double page spread in the Daily Mail and the News of the World. Her TV work in the UK includes 'Heaven and Earth' and a show for BBC 2 which was shown on New Year's day 1999 called 'Pyramid People'. One of Hazel's many angel stories was also featured in 'An Angel At My Shoulder' by Glennyce S Eckersley, published 1st December 1996. Hazel is a regular contributor to the free on line 'Silent Voices Magazine'.

In July 1999, Hazel founded the Hazel Raven College of Bio-Dynamics to promote integrated therapy. In July 2000, Hazel launched commercially the Hazel Raven College of Bio-Dynamics' Archangel, Angel, Master, Chakra Harmony and Five Element-Children of the Angels essences ranges.

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# Introduction

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This book provides a practical and direct experience of the profound healing that can be yours when you use the angelic essences and deeply connect with your angels. This wonderful essence range was made just like our other angel ranges 'Archangel' and 'Children of the Angels' at the request of the angels. We take great care in making our extraordinary beautiful essences. They are natural and handmade with love and in a calm focused meditative state of mind. They are created in a clear quartz singing bowl which is harmonically tuned to the crown chakra note of B. The base of each angel essence is distilled, activated healing water. By attuning to the crystals and invoking the angels to imprint this water each angel essence captures, via the crystal kingdom, the positive spirit of the angelic devas. The information on each essence comes directly from a Soul-engaged perspective. Each of the angel essences is a magical catalyst for change and has a consciousness of its own which creates, when used, an auspicious field of emerging light. These are significant 'tools of light' which have been specifically designed for therapists, professional crystal therapists, kinesiologists, reflexologists, Reiki healers, dowers, and integrated medicine practitioners and those who wish to simply work more closely with the angelic realm.

The Angel essences aid spiritual evolution and 'Light Body Activation' by releasing and transmuting with love, karmic, ancestral and emotional imbalances at a deep cellular level.

Focused intent is the most powerful way of familiarising yourself with each angel essence.

Affirmation on desired outcome of the angel essence is always beneficial. As is using the essence over a longer period of time whilst affirming the energy be with you all day.

To immerse yourself in the healing energy of the angels simply use the essence every day.

You can use two or three essences together but it is more powerful to use one at a time.

This book is a reference guide to the Hazel Raven angel essences, but it goes far beyond an ordinary reference guide as Hazel becomes your personal guide and tutor leading you through key concepts of each angelic energy.

Be inspired as you connect with the angelic essences.

Allow your confidence to blossom.

# How to use this book

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Each page covers an angel essence. It also contains a range of insights, meditations and useful affirmations.

## **Connecting with the Angel essence**

Make sure you will not be disturbed.

To this end, switch off the phone, dim the lights in the room and light a candle, these are simply to relax yourself and bring your focus to a meditative state.

Soothing music can be playing softly in the background.

Begin by seating yourself comfortably and securely.

Mist your aura with your chosen angel essence.

Try to relax and close your eyes, focus on your breathing until you feel at peace.

Invite the angels to come closer to you and allow thoughts to enter your mind as these may well be a telepathic guidance from your angels. Stay with this energy as long as you like.

To conclude the angel essence session, gently begin to drift back to normal everyday waking consciousness and acknowledge the room around you, feel the floor beneath your feet and have a small drink of water to ground yourself.

Remember to write your experiences down in your angelic journal.

# Grounding into the Earth

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This essence clears undesirable outside energies and influences and teaches us the importance of grounding our spirit into the rhythms of Mother Nature to harmonise, balance and energise our bio-field. Use when you feel disconnected from the earth.

**Uses:** This is for when you feel disconnected from the earth, or if you have been travelling over a long distance and need to rebalance the energy field and clear it of unwanted outside energies and influences. It is also for anyone who has survival or fear issues: it will help them to take positive action in their life. It gives protection from nightmares, by bringing inner stability to a troubled mind.

It will bring out the 'Spiritual warrior', increasing health and life force. The energy of strength, courage, endurance, perseverance, forbearance, vigour, fortitude, stamina and self-mastery - these are the signs of a balanced root chakra. It will keep you grounded, solidly anchored to the earth, bringing a feeling of vigorous good health and boundless vitality. It will help you to understand the energy of gravity, allowing you to connect to the vastness of the earth's energy grid. When you are fully 'earthed', nothing can shake you. Without a strong foundation you will be blown about like a leaf in the wind.

This angel essence helps release the symptoms of an unbalanced base chakra, which are: when it is too closed, deformed or blocked - emotionally needy, low self-esteem, self-destructive behaviour, fearful. The symptoms of an overactive base chakra are: bullying, over-materialistic, self-centred, engaging in physical foolhardiness.

In our present materialistic society we plunder the earth, giving no thought to our children and their future. This angel essence teaches you to care for the planet and accept your Divine birthright as a custodian of the earth. This angel essence also holds a magical key to the Spirit Kingdom of the animals. Meditating or focusing with the powerful earthy energies whilst using this angelic essence will activate your passage of power into the 'totem' animal energy or consciousness, where you will find your own animal 'Guardian Angel'; this will be an energy that is wholly trustworthy, completely sincere and reliable. It will work with you in all realms and dimensions as your teacher, mentor and

guide. It is also helpful for those who have insufficient red energy in their auric shell and as such suffer from fear and survival issues, as well as being good for rheumatism and arthritis. It releases feelings of guilt and shame. It stops you being manipulated by others, especially sexually. It is used for male impotence and prostate problems, as well as lower back pain. It also has the potential to connect your base chakra with your crown chakra, bringing a flow of positive life force to the whole chakra system.

### **Affirmation**

My body is my spirit's home. I now activate my 'Divine Essence' to guide me on every level.



# Creative Fire

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This angelic essence helps you to trust your own feelings which ignites your creativity, curiosity and originality. It lifts your spirits by banishing negativity and self-doubt. Eases past trauma by aiding your self-nurturing ability.

**Uses:** This angel essence is aimed primarily at the sacral chakra. When the sacral chakra is out of balance, the next chakra above - the solar plexus - and the root chakra below will have a greatly impaired functioning too. A balanced sacral chakra is shown when you trust your own feelings, you are creative and feel good about expressing your creativity. If your sacral chakra is too open you will feel emotionally unbalanced and find yourself living in a fantasy world. The other signs of being too open in the sacral chakra are aggression, sexual manipulation of others or a sex addict. If you are too closed you will be over-sensitive to others' energy, feel guilty for no reason or be frigid or impotent physically and spiritually.

The angel essence of **Creative Fire** has been used to aid fertility. Physically, it can help with problems of the lower back, lower intestines, the abdomen, the kidneys, all fluid functions of the body, ovaries, testes, womb and impotency. The sacral chakra is also associated with vitality, attraction, desire, emotion, creativity, sexuality and water, fear, shock and guilt. There is a great cleansing potential released when this angel essence is used for healing personality disorders related to the emotions.

**Creative Fire** can help to ground and focus thoughts and emotions. It has been utilised to protect the user from hatred, envy and rage. It also lifts the spirits, banishing negativity. For those who suffer from existential fears, past physical abuse, vitality-sapping illness or any long-standing mental anguish, it is a good on-going supplement to their life force and should be used on a regular basis. This angel essence can also help with the life lessons of uncovering the motivations influencing your choices, which are based on past conditioning. It really helps you fully understand what motivates you; in other words, who or what in your past is pulling your strings now? **Creative Fire** gently removes these emotional snares and transmutes them into positive loving energy. It really makes

you look what sacrifice you make to suit others? Dysfunctional relationships are toxic to both people involved. Try saying 'no' next time - you don't even have to explain.

It also makes you aware of how much you nurture yourself; it asks about taking responsibility for your own health and body, taking regular gentle exercise like walking or Yoga. It also asks 'is your life sweet?' - or has all the sweetness gone out of your life? If it has, **Creative Fire** can initiate positive change so you regain your sweetness. If you are not happy in what you do, how can you advance spiritually?

**Creative Fire** is also a forceful essence for clearing and activating the heart and lower three chakras, bringing in the ability to create your own reality; this is a powerful manifestation of the divine will in action. This will work in assisting you in clearly implanting your envisioned dream into the etheric pattern. The combined signature is strong, stimulating and creative.

### **Affirmation**

I trust my own feelings, I am creative and I feel good about expressing my creativity.

# Lustrous Gem

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This angel essence harmonises the solar plexus chakra with a fusion of many different energies. This brings personal power, spontaneity, positive mental attitudes, joy, hope and freedom from emotional hang-ups and inhibitions. Instill enthusiasm, expansion and self-confidence.

**Uses:** The angel essence - **Lustrous Gem** holds the key to a balanced solar plexus chakra. A balanced solar plexus is shown by the following characteristics: personal power; spontaneity; positive mental attitudes; joy, hope and freedom from emotional hang-ups and inhibitions; a keen thirst for knowledge, wisdom and spiritual understanding. So, if you choose to use the angel essence - **Lustrous Gem**, get ready for a life filled with wonder, delight, enthusiasm, expansion, originality, honesty, justice and self-confidence. It quickly banishes negativity and deep gloom. Yes, this angel essence certainly holds the answer to depression; it has a general 'feel good' factor. It will also help you think through your difficulties and encourages you to explore all avenues, leaving no stone unturned until you find the best solution. It stimulates mental wisdom and is very penetrating; it will aid your concentration. It teaches you to explore new ideas and look at the world with fresh 'eyes'. It also stops hesitation, procrastination, ignorance and impatience. This angel essence aids communication. On a higher level, it will aid intuition and telepathy, bringing spiritual wisdom. If your solar plexus chakra is blocked, underactive or distorted, you will be overly concerned with what others think, be fearful of being alone, insecure and need constant reassurance. If your solar plexus chakra is too open or spinning too fast, you will be angry, controlling, workaholic, judgemental and superior. This angel essence is helpful for M.E. and relieving energy drain. It brings abundance on all levels, easing the personal burdens associated with too little money. It works first of all on the pancreas, then all the other organs associated with the solar plexus chakra: liver, gall-bladder, spleen and middle stomach. We store anger in the liver and the solar plexus is where our emotional upsets will register first. It will remove stored pain; it also knows how to rid the body of toxins and cellulite. It is the great eliminator. It relieves constipation. Constipation is holding on to the past. This angel essence tones and cleanses the system, the mind and the emotions.

**Affirmation:** I am cleansed of all negative thought patterns; I now allow myself to learn through joy, happiness and success.

# Tranquil Heart

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This feminine angel essence relates to love, empathy, harmony, compassion and joy in all our relationships. Emotional blocks that have prevented us from relating to others are dissolved. Balance and release from old emotional patterns.

**Uses:** This angel essence **Tranquil Heart**, works on all parts of the body, mind and spirit. It is used for the newborn to help them integrate their energies into the earth vibration, for birth and re-birth, for new beginnings and for mid-life crisis as a heart opener. It is also used as a heart consciousness waker. It comforts and heals the heart and old "heartache". Very often, when we do not deal with bereavement, loss, rejection, hurt or pain that deeply affects our heart chakra, we close it down and store these negative experiences within our physical body. Unless we eventually choose to release them to the golden rose-pink light of love, they will cause our spiritual demise.

This angel essence **Tranquil Heart**, has a great balance of compassion, peace and freedom. It is good for the immune system and can clear anaesthetics from the system. It is also good for convalescence and aids recovery from long-standing immune system disorders. Because the angel essence contains the crystal hiddenite, which is often used at the heart chakra, it brings in the green ray of tender, gentle heart healing. It is not the powerful emerald green ray, rather the fragile new beginning, a bud just starting to open. It is soft and gentle, like a whisper that holds the promise that all will be well. It will gently dispel negative emotions, thoughts and feelings. It also releases feelings of failure and it is good for those who put on a brave face when their heart is full of pain; it helps you to honour these feelings and gently release them. **Tranquil Heart**, works physically on the thymus, heart, shoulders, chest and lungs. It completely stabilizes the emotional body, giving much needed comfort and support. When used in healing, this angel essence *is* very potent. It teaches forgiveness and can help you to fulfil your true emotional potential. It will help you develop mature emotional strength and universal love and forgiveness, allowing your heart to become a nurturing place for your soul. This is the life lesson of the heart chakra, forgiveness and compassion for yourself and others. The emotional dysfunctions of the heart chakra are co-dependency, melancholia, fears concerning loneliness, commitment or betrayal. All dis-ease starts with a lack of love.

**Affirmation:** Universal Love, healing and compassion are made manifest in every cell and fibre of my being.

# Healing Calm

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This angelic essence takes us on an inner journey of recovery and integration as we access the Divine feminine within. It soothes the emotional body, releases undesirable attachments and relieving stress. It assists you in manifesting your heart's desire.

**Uses:** The angel essence **Healing Calm**, will bring the energy of acceptance and wisdom beyond the energy of duality. It has an inner strength and hidden power. The moonstone within this angel essence **Healing Calm**, gives personal resilience and calms the mind. It is nurturing to the soul and heals the subtle energy system by comforting and aiding serene contemplation. **Healing Calm** will lull, soothe, console, comfort, bring personal peace, tranquillity and deep soul connection.

Within this angel essence is larimar, this beautiful heavenly blue stone, gently transmits pure spiritual substance into the higher chakras above the head. Larimar contains 'Grandmother Earth' energies and will assist you in finding your true path in life. It will also assist you in removing the blocks you have placed on your path to personal power and radiant good health. For women it will activate your own Goddess energies, bringing understanding of the Divine maiden, mother and crone. It is useful for connecting those who feel disorientated and out of step with the earth. It has been called the Dolphin stone, due to its watery energy, though this is another aspect of 'mystery' about this stone, as its birth is definitely fire in nature.

The lepidolite within **Healing Calm** angel essence can desensitise the nervous system very effectively, thereby numbing pain. It contains an extremely high vibration and works on the brain's pain centres, which helps with addiction. It also gives you your own space back, so you can heal, so it is good for convalescence. Lepidolite also clears anaesthetics from the system. It facilitates the energy of no mind, thus relieving stress. It is also used for balancing both sides of the brain. In meditation it feels like a gentle wave of energy flowing through the mind. Lepidolite is especially good for insomnia. The 'Spirit' keeper or Angel of lepidolite facilitates its use as a 'dreamtime' crystal, an astral guide. It changes our way of consciously viewing the world, by accessing other dimensions and realities. It can be used to clear the mind of unwanted debris before meditation, so it aids deep meditation practice. It stops the head ruling the heart, by bringing about a balanced

polarity. It teaches us to use an integrated approach. It stops depression, obsessional thinking and confusion. It alleviates symptoms of sensitivity to pollutants and chronic exhaustion. Lepidolite also strengthens the immune system and has great healing powers.

**Healing Calm** angel essence gives a rest for the troubled heart and brings inner peace and emotional healing.

**Affirmation**

I recognise the need for silence, relaxation and stillness in my life.

# Sacred Sounds

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This angelic essence contains intense etheric vibrations designed to bring courage and release fear. It aids dissemination of wisdom; it is very penetrating and encourages you to reach for the stars.

**Uses:** The angel essence - **Sacred Sounds** includes lapis, which is a high intensity etheric blue stone. It contains the energies of royalty, wisdom, patience, truth, mental attainment, good communication, contentment, artistic inspiration, deep meditation, spiritual and philosophical contemplation, personal integrity and loyalty. It is the 'Spirit of Truth'. So this angel essence will balance the throat chakra. How you tell if the throat chakra is unbalanced by being too open or spinning too fast is that the person is over-talkative, dogmatic, self-righteous or arrogant. If the throat chakra is too closed, or spinning sluggishly, the person is unreliable, holds inconsistent views and holds back from self-expression.

**Sacred Sounds** angel essence works on the thyroid, parathyroid's, the throat, upper lungs and arms, the base of the skull and body weight. It teaches you the power of the spoken word. Because the blue ray governs the throat, infections in this area are psychologically related to 'talking inwards', not speaking out. Psychologically speaking, coughing is because a person has swallowed their thoughts and cannot bring themselves to speak out.

**Sacred Sounds** teaches you to 'give voice to your truth'. It counteracts harshness. If somebody is acting insensitively in a situation, **Sacred Sounds** will help them become more compassionate. The cool blue ray gives relief from pain, both physical and psychological, and combats cruelty and brutality.

This angel essence is good to meditate in, as its high intensity etheric nature means you can really bring your energy into line with its refined vibration. It contains a higher order of intelligence and wisdom, 'intellectual integrity'. It aids discrimination of wisdom; it is very penetrating. It teaches you to reach for the stars.

The yellow apatite within **Sacred Sounds** angel essence brings in the energies of the solar plexus chakra, to activate, energize, align and integrate the throat chakra.

The blue apatite within **Sacred Sounds** angel essence facilitates true heartfelt communication when used and has instigated new levels of love, compassion and wisdom. Blue apatite is the healer of emotions of the heart; it teaches you to 'talk from the heart' and say what you feel, instead of what is appropriate. It calms the nerves.

The aquamarine in this angel essence gives freedom from the impressions and influences of others. Calming, soothing to the emotions, cooling and an excellent meditation stone, it helps you go with your own 'flow', finding your perfect karmic path with courage, fortitude and, most of all, compassion for yourself. It will shield the aura from anger, hatred, envy and hostility. It opens the gateways to understanding the archetypal realms, gives mental and emotional stability, promotes greater understanding of the dramas we may be caught up in and facilitates being able to step out of the drama to see the underlying emotion.

### **Affirmation**

I allow the spirit of truth to set me free.



# Inner Vision

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This mystical high vibrational angelic essence is used for spiritual protection and purification. It aids clairvoyance by activating the third eye chakra which deepens meditation practice bringing illumination and integration of the higher functions of human consciousness.

**Uses:** **Inner Vision** angel essence has a very high vibrational rate. It is ideal for those who regularly meditate or wish to make daily meditation practice part of their life. This essence, gives full psychic activation and integration when used consciously. Often we choose to be blind to the potential illuminated by our third eye. In its connection with the higher functions of consciousness, the third eye is a psychic tool reminding us that everything we see, hear, smell, touch or taste started as an inner vision or in-sight.

**Inner Vision** will 'heal' an unbalanced, blocked, distorted or closed third eye, which is shown by the person being undisciplined, distrustful; they may fear success and may have a tendency towards schizophrenia or set their sights too low. An unbalanced third eye that is too open or spins too fast is observable by the person being highly logical, dogmatic, authoritarian or having reforming fervour; the religious fanatic or fundamentalist. A balanced third eye chakra means the person is charismatic, highly intuitive, not attached to material possessions and will experience unusual or mystical phenomena in meditation. All confusion arises from the inability to claim one's own 'intuitive power' and act according to the needs of the individual.

**Inner Vision** angel essence teaches us not to get too attached to ritual, but to look for our own path via a balanced third eye chakra; it takes you into the realms of personal inner knowing.

This angel essence assists in lessening fatty deposits on the body - the fatty deposits are 'stored negative emotions' - and rids the body of toxins - 'old belief systems'. It alleviates all addiction by virtue of allowing us to understand what an addiction is and why we 'need' this person, food or substance etc. in the first place. It brings the passionate expression of your true potential, rather than society's expectations and stereotypes.

**Inner Vision** angel essence holds the key to the indigo ray of devotion, which is a mixture of dark blue and dark violet. It is good for spiritual teachers and writers with its great inspirational guidance.

**Inner Vision** essence contains the domain of mystery and psychic understanding. It aids comprehension and enhances the faculty of judgement by stimulating the spiritual body, which ultimately brings detachment from worldly concerns. It helps you to retain a good temper, avoid errors and achieve self-discipline and high standards in life. Metaphysically, the tanzanite within this angel essence can cause radical shifts in consciousness, by raising the vibratory signature of the user; this expands their personal mandala or 'original blueprint', allowing for 'downloads' of information which is activated from the Akashic records.

#### **Affirmation**

I am open to enlightened altered states of reality; I now choose to transform my life and become free.

# Pleiadean Star

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This angelic essence awakens your connection to the Pleiadean stars system. These seven mystical stars have been revered throughout antiquity as the dwelling place of the Divine, the centre of the universe the seat of immortality.

**Uses: Pleiadean Star** angel essence activates and balances the crown chakra, through an integration and a synergetic entrainment of resonance, whereby all the master chakras, plus the hands and feet chakras, are brought into the symphony of the self. Old belief patterns and blocked or stagnant energy is released, distorted chakras will come into perfect alignment. The chakra system as a whole is realigned and a massive vibrational shift in consciousness causes an expansion and vibratory raising on all levels and in all dimensions. **Pleiadean Star** angel essence has been used by hundreds of people in Europe; it has formed part of the crystal webs of light which can be experienced on the second year of the crystal courses I have personally taught for the last 21 years and the courses the qualified crystal tutors I have trained have taught. It is not compulsory on the course, only available if the students wish to experience it. In fact all the angel essences within this book have been used by hundreds, if not thousands, of people, both as an experience in personal development, then later by the students and qualified crystal therapists in their clinical practices.

You can tell when someone has a balanced crown chakra: they have a magnetic personality, they achieve 'miracles' in life, they are at peace within themselves, they transcend the day-to-day worries of ordinary folk, they are not attached to possessions. This angel essence heals a blocked crown chakra. You can tell when someone's crown chakra is blocked or distorted: they seem to be constantly exhausted, they cannot make decisions and have no sense of belonging anywhere; they can even be paranoid. This angel essence will also rebalance a crown chakra that is too open or one that spins too fast. You can tell if someone's crown is too open: they are psychotic or delusional, they may have a confused sexual expression, or be frustrated and feel a sense of unrealized power. **Pleiadean Star** angel essence has also been used to fully activate and integrate the heart, third eye and throat chakras into the higher realms of cosmic consciousness.

**Affirmation:** I release all limiting thought patterns: I am transformed.

# Earth Star Connection

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This angel essence is useful for those of us who are sensitive! With frequent use it constructs a powerful force-field of protection by merging with your 'Earth Star' and 'Earth Gateway' chakras. This activates your inner light clearing disharmonious energies. This angel essence assists you in reclaiming your sacred space.

**Uses:** This angel essence contains powerful earth-healing energy. It is totally stable and safe. It makes you think very deeply, which teaches you to think before acting. The aragonite within this angel essence is used for general strengthening, grounding, stabilizing and centering of physical energies. It connects you to the Goddess. It can be used to stabilize the base and sacral chakras, attuning you to the positive force of gravity, allowing for your interconnectedness to the earth, your past and childhood. This angel essence brings immediate warmth to the body when it is chilled from colds or flu, allowing for the full power and passion of the base chakra to be fully activated. It gives a cloak of security and earthly support during times of stress. It is soothing; it allows us to snuggle up to the bosom of Mother Nature.

It is very good for spinal problems and will find the root of the problem by gently rooting you back into the earth, where you will feel supported. The hematite within this angel essence is good for calming the nerves and soothing the emotions. It has a strong grounding quality. The spiritual tranquillity associated with hematite brings about a fluid state of consciousness. It will restore equilibrium and stability, so it is good for headaches, dizziness and the feelings of being spaced out. This angel essence is also a powerful ally or shield against the negativity of others. When consciously directed it will instantly stop outside intrusive unwanted negative energies affecting your energy field. It is good for stopping nightmares.

The labradorite within this angel essence is truly an enchanting, fascinatingly beautiful mineral; it is metaphysically known as the 'bringer of light', the illumination on the path. It works by dispelling darkness. Enchanting labradorite is connected to mystery: it points to magic and esoteric knowledge via its labradorescence or luminescence. It contains the mesmerizing dark moon energies of dreaming, of altered states of reality. It facilitates initiation into deep hidden sacred knowledge and

past life encounters. It is a gateway to other worlds and dimensions. Labradorite skilfully removes the 'hooks and ensnarements' of other people's mental projections, allowing one to completely clean the auric shell of other people's emotional debris. It removes negativity and depression that have been caused by disappointments in life. It teaches you to look beyond the visible world, to use your sixth sense.

The obsidian within this angel essence has no restrictions or limitations. This is due entirely to its amorphous structure; it teaches us to let go of our limitations and self-imposed fear restrictions. It teaches us to flow and expand. It has a soul mirror quality that is all its own. Obsidian will also shield us from all unkind energies which seek to use our energy and manipulate our energy field for their own benefit.

The smoky quartz within this angel essence teaches you the right use of power and keeps you 'grounded' in fearful situations. It stops destructive power that is used out of selfishness, greed, manipulation, evil or weakness.

### **Affirmation**

I now free myself from the daily battle to survive; I trust in the Universe to support me in all I do.

# Ascension into Cosmic Consciousness

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This angel essence supports enhanced states of cosmic awareness, Soul Star activation and integration of the twelve chakras. The ten 'etheric' strands of DNA are activated to regain the full twelve strands of DNA. It also brings the reconnecting of genetic codes.

**Uses:** This angel essence will clear the etheric body and can be used to activate the higher centres above the head. It brings the consciousness of the Higher Self into the spiritual body and sends your intent out into the universal streams of energy. It will also balance your emotional body. Its message is 'follow your heart, for that is where true joy lies'.

The brilliance of danburite contained within this angel essence carries a very high vibration of the supreme ray; it works to stimulate the third, fourth, fifth eye and crown chakras, plus the 8th to 14th chakras in the etheric body. Danburite can also activate the 'heart' chakra and integrate it with these higher energies. Danburite can help one to connect to the communication currents of the Angelic Domain. It will also promote lucid dreaming. The brilliance that danburite carries is not a colour, it is the original light; not an earthly vibration, but cosmic light representing the Universal Intelligence. It has the purity of the trinity - love, power and wisdom. This angelic essence clears away any cloudiness in a person's aura to add lustre and beauty.

The moldavite within this angel essence contains the essence of *shunyata*, the vast emptiness (which contains all potentiality), stretching in all directions, absolutely clear, pristine and radiant. By this clear sky stretching into infinity we can gain an understanding, a feeling for the expansiveness and freedom which could be ours if we did not allow our horizons to become narrow, clouded and limited, if we did not permit our minds to become fixated and hypnotized by cravings and worries centred on what really are empty passing phenomena.

The petalite within this angel essence will activate higher states of cosmic consciousness.

The phenacite within this angel essence will activate the light body to consciously experience one's existence in higher dimensions. Phenacite is a multi-dimensional energy device: it can teach you astral travel. It knows the gateways to other realms and worlds of infinite bliss. Initiation into the

ancient mysteries are stored within its vibrational structure. Phenacite gives the full activation and initiation of the ascension process by downloading the information stored within your Divine blueprint on the Akashic records into your energy body. When used to clear the chakra system it is a healer of the soul, heralding the soul force into the vibration of ascension. Phenacite, most of all, is the Guardian of the gateway guardians. It has frequently initiated contact with Ascended Masters and Angelic guides for those who choose to work in this way.

Cosmic Consciousness is an inherent natural faculty of all women and men; this angel essence will fully activate the ascension process.

**Affirmation**

I now activate higher states of Cosmic Consciousness to manifest in my life.