

Angel Attunement 2012 by Hazel Raven

"There are many paths to enlightenment. Be sure to take one with heart". Lao Tzu

The Angels Symbol is the Winged Heart

Before you begin:

Create your sacred space before you go into the meditation.

It may be helpful to read through the full meditation before you begin and draw the '**Angel Symbol**' of a '**Winged Heart**' on a piece of paper to place in front of you.

You can make the **Heart** the traditional colour of **Red** and the **Wings** of **White**, this represents the union of **Spirit** (white) with the **Earth** (red) which when combine produce the **Pink Ray of Universal, Unconditional Love**.

If you want your '**Heart**' to be another colour, such as pink or purple, that is ok, just remember the energy dynamics of the colour you have chosen.

Although I see the Angels when I make my journeys and in meditation, I am not going to describe the way I see them to you, because you may see them in a different way. All I will say is that they are likely to appear as shining beings of light, radiating love, light and compassion.

Always allow yourself a few moments to relax and let go of daily tensions by breathing deeply and slowly, before meditation.

If you have my Angel essence '**Angel of Light**' Archangel Seraphiel, please mist your aura and sacred space with it and any crystals you feel guided to use. I suggest using **Rose Quartz** (any format, tumbled, natural, heart-shaped or a pendant). Don't worry if you have no crystals or angel essence, you will be calling 'Angelic-Light' to yourself and this will purify and uplift the energies of your sacred space.

Using the angelic '**Winged Heart**' is easy, just remember it will raise the vibration of anything it comes into contact with. So you can use it in all situations, for healing, protection, to raise your intuition, spiritual guidance, enhancing food, water, crystals, etc. There are no rules, the **Angel Symbol** can be used with any therapy.

Please visualise or draw the '**Winged Heart**' whenever or wherever you feel it is most appropriate.

After the angel '**Winged Heart**' attunement feel free to attune others for free using the 'Angel' symbol that I was freely given as a child by the angels.

Meditation

Make yourself comfortable in a chair, or sit cross-legged, or in the half lotus or full lotus posture: these classic forms make a triangular path for the energy field and stop it dissipating in all directions. For long meditations choose to sit in a comfortable steady posture with the spine and neck held erect but not tense. The psychic current must be able to flow unimpeded from the base of the spine to the top of the head. When sitting, face north or east to take advantage of favourable magnetic vibrations. If sitting in a chair, choose a straight backed chair to give support and stop your diaphragm cramping. Your feet should be flat on the floor, your hands resting palms up on your knees or place your hands on your thighs, palms upward, and join your thumbs to your index fingers. Do not let your head loll forward as this will restrict your breathing. Now pull the shoulders back ever so slightly and lift the chin a little, so there is a small pull on the back of the neck; this will ease the blood flow to the brain.

Or you can lie down to receive the **Angel Attunement**.

1. Allow your eyes to close.
2. Begin to focus on your breathing take a deep, cleansing breath in through your nose, hold the breath for a second and then blow it out through your mouth, each time you exhale drop your awareness down into your heart centre. Again, breath in and hold and breath out again. And again.....continue to breath like this, nice and slowly, in and out.
3. When you feel ready, ask your **Guardian Angel** to oversee the **Angel Attunement** process.
4. Once you feel a good connection to your Guardian Angel, raise both your arms above your head and say out loud "**I call 'Angelic Light' to myself**"
5. As you bring your arms downwards, visualise, see or feel a vortex of white **Angelic Light** above your head, right about where you are sitting.
6. As the light descends, focus on breathing in the **Angelic Light**.
7. You will swiftly feel this **Angelic Light** relaxing you by cleansing, harmonising, integrating and aligning all your subtle energy channels and activating all your chakra centres, including the transcendental chakras above your head.
8. Now, gently turn your attention to the **Earth Star** chakra beneath your feet and anchor yourself to the crystal at the centre of our beautiful mother earth (the Earth Star chakra is about 12" or 30 cm beneath your feet. This important centre earths and assimilates the energy changes that take place on the 'higher planes', grounding them into conscious awareness).

9. When you feel a strong connection to the earth, **gently touch your heart centre** before bringing your awareness to your **crown chakra** and ask the angels to attune you to the **Angel Symbol** of the **Winged Heart**.

10. See or feel the **Winged Heart** symbol slowly descending through the transcendental chakras above your head and then settling in your **crown chakra**....before it moves very gently into your **heart chakra**.

11. You can stay relaxing in this beautiful energy for as long as you wish.

12. When you feel the attunement process is complete, mentally ask for the attunement to be "**closed, sealed and protected with Divine love and wisdom**" and give thanks to the angels.

13. Before opening your eyes, take several deep breaths, stretch your body gently like a cat, move your hands and feet, wiggle your toes and fingers, shrug your shoulders.

You may need to take some time before you open your eyes. As you open them remember to look downwards at first.

Allow yourself time to come back to everyday waking reality, have a sip of water or eat something sweet to ground yourself.

Keep a written record of your experience for future reference.