

## **Vernal Equinox Meditation**

This meditation is a great way of developing your multi-dimensional awareness.

### **What You Need**

#### **Emerald or Peridot Crystal**

#### **Angel essence 'Archangel Raphael's Dream'**

We will be working with the 'Emerald Ray' of 'Thoth-the-Atlantean'. Thoth was an Atlantean Priest-King, who founded a colony in ancient Egypt after the sinking of Atlantis. To read the book '*The Emerald Tablets of Thoth the Atlantean*' for free on the internet, please go to [http://www.bibliotecapleyades.net/thot/esp\\_thot\\_1.htm](http://www.bibliotecapleyades.net/thot/esp_thot_1.htm)

### **Archangel Raphael's Emerald Sphere of Angelic Healing Energy**

#### **The Emerald Ray of Thoth the Atlantean**

#### **What to Do**

1. Decide to whom you are sending the healing (this could be everyone on the planet)
2. Wash your hands in cool water and dry them thoroughly.
3. Sit quietly in a comfortable chair, take several deep breaths and summon Archangel Raphael. If you have the angel essence 'Archangel Raphael's Dream' please gently mist above your crown chakra and onto the palms of both your hands. If you have an emerald or peridot crystals place it by your left side.
4. Invoke Thoth the Atlantean.
5. Begin to sensitize your hands by shaking them gently. Then rub your palms together rapidly in a circular motion several times to build up the surface *qi*.
6. Hold your hands with palms facing each other about 20 cm (8") apart. Feel the energy radiating and vibrating between your hands; play with this energy (it will feel like sticky toffee).
7. Begin to form this energy into a sphere and visualise it as emerald-green in colour.
8. Ask Archangel Raphael to bless and charge the emerald sphere with his powerful healing energy.
9. Ask Thoth the Atlantean to empower this energy, using the affirmation "*The Divine intelligence guides me in all aspects of my life*".
10. When it feels as if it is strongly pulsating with the most powerful healing energy you can imagine, send the sphere to the person (or persons). See them smiling, healthy and happy.

11. Spend some time focusing on the Emerald Ray and see if you get any insights, visions, thoughts or understanding of the way you could work directly with Thoth or Archangel Raphael.

*It is a good idea to get permission to do distant healing on someone. If this is impossible, direct the energy to be used for the highest good of all.*

**Angelic Crystal Card number 7: Emerald**

**Keyword:** Healing

**Initiation:** Forgiveness

**Magic:** Emerald allows spiritual blessings to flow into your life through your open, balanced, harmonious heart chakra. Emerald assuages deep hidden fears and anxieties, as it gently soothes grief and pain.

**Chakra:** Heart

**Affirmation:** "The Divine intelligence guides me in all aspects of my life".

Archangel Raphael: The physician of the angelic realm, the Divine healer for healing ourselves and helping find the inner guidance, love, compassion, beauty and inspiration to assist others heal. Raphael helps us walk the path of miracles.

***Invoke Archangel Raphael for assistance in healing your body, mind, and spirit.***

**Divinatory Meaning:** Drawing this card signifies you must surround yourself with angelic healing and know you are safe.