

*Archangel Raphael surrounds you with golden healing energy...*

*When you or someone you know is in need of some healing; just ask Archangel Raphael to channel some to you or the other person.*

*You may like to sit and place your hands over your heart (Heart Chakra) and ask in your mind for Archangel Raphael to channel healing to this area. This is particularly helpful if you are suffering from feeling hurt, grief, anger or loss but can help with general well being and balance. Also visualise divine pure light (universal energy) coming in from above your head (Crown Chakra) and flowing down your arms and out of your hands into the heart area. Allow the light to grow in strength and really glow in this area; before noticing it flowing to wherever else it may be needed in your body and energy.*

*You can also ask before you go to sleep for Archangel Raphael and the other angels to give you healing while you sleep. You may like to ask for healing on a soul level if you feel it is needed. You can also ask to be taken to a healing place for your highest good as you rest or actually specify that you would like sanctuary in the Archangels' healing chamber (to recharge you and prepare you for your healing and spiritual work in this life). You will not be taking this healing away from someone else as the angels can help many people simultaneously (and it gives them great joy to do so).*

*Archangel Raphael often appears with the healing colour green. This is a good colour for healing the heart area in particular.*