



## ShiningLite Newsletter

Reissue of May, 2003 Edition

August 2005

### ***In This Issue...***

- [Archangel Sachiel](#)
- [Message from Archangel Michael](#)
- [Lightwork Principles - Protection during Psychic Work](#)
- [Passage from the Angels](#)

### **Hi Lightworkers!**

Blessings to all of you!!

Thank you so much for subscribing and your emails. I really enjoy hearing about your spiritual experiences, lightwork and awakenings. Your blessings and support are very much appreciated.

This newsletter is a reissue of the very first edition dated May, 2003. I am still learning how to work with constant contact so I'm practicing by sending these out.

May Divine Showers of Peace, Healing, Joy and Light rain on you and your loved ones!

Let that pilot light of God within you shine as you go about your lives. Try to always be conscious of your connection realizing we are all joined together as one. You are a Divine incarnation-be proud of who you are! Let that light beam out to all you come into contact with and you'll be spreading the light to all. As you continue to be, have the intention to SPARKLE!

You are all wonderful inspirations. Thank you for spreading the Light!

Janice

**Associations:**

- **Symbol:** Blue flame of Serenity and Mercy.
- **Animals:** Swans, ducks, bees, elephants, cattle and horses. Water mammals porpoises, whales, orca and dolphins.
- **Plants:** Oak trees, grapes, lilacs, lavender, honesty and all purple flowering plants and shrubs.
- **Gems and stones:** Sapphire, amethyst, malachite and tourmaline.
- **Power Day:** Thursday
- **Colors:** Purple and violet with golden sparkles
- **Planet:** Jupiter
- **Astrological:** Pisces and Sagittarius
- **Female Deity:** Athena
- **Male Deity:** Ganesh
- **Angelic Order:** Host of the Chasmalim, an inner and mysterious division of the Cherubim order. Sachiel is also a member of the Hashmallim division of the Dominations order. The Hashmallim puts all wrongs in Divine Order according to The Creator's plan. Also an angel of manifestation and is one of the few Hashmallim angels that work directly with humans.

Archangel Sachiel's name means "covering of God" Sachiel's rulership includes all financial matters including:

- Increase of earnings
- Help recover debts owed
- Repay debts that are due
- Resolving all problems with banks and lending institutions
- Assistance in getting a raise or better paying job.
- Affluence
- Charity
- Legal Matters

This angel will help you earn money and clear the way for it to happen. Asking for money to come to you without effort won't be acknowledged. Or, even more undesirable outcome could occur because Sachiel is also a teaching angel, the request may be carried out but have all kinds of problems attached that will be used to teach a lesson.

This angel will help better jobs "fall" into your lap when asked. You'll be left to deal with the details. It will be up to you to follow through on the opportunity. Follow any inspirations that come through after asking his help for a new job.

He will bring luck to those that are kind to all God's creatures but especially those who are kind to his animals and plants.

Ask for his presence and assistance on job interviews, at business meetings and networking events as he can help your social position by getting the support of influential people.

He will also help in all legal matters from minor issues to court cases. As a member of the Hashmallims, his role is to deal with the integration of human justice with Divine justice. He rules attorneys and judges and can help secure the help of these powerful people. Of course, all involved parties will be treated fairly. Don't expect to be guilty of any allegations and have angels get involved on your behalf. They will help in assuring the trial is carried out in a fair manner for all and will also help hidden evidence come to light.

This angel appears as a Lord of Flame of purple and violet light with golden sparkles. His wings are a sapphire blue. From his forehead is the blue flame of Serenity and Mercy of the Chasmalim. His vibration is both majestic and serene.

To ask for Sachiel's assistance, set aside enough quiet time to write out your intentions. Thursday is Sachiel's power day. At that time, light a purple candle for Sachiel. Write out your intention on lavender paper with blue ink or purple ink on white paper. Below is a sample letter for getting a job. Before writing out any intention for consideration, you should really figure out what you want to do for work and why. The saying, "Be careful what you ask for—you just might get it," does apply here! All the money in the world isn't going to make you happy if you are miserable in your work.

*Dear Archangel Sachiel (and you can add other archangels or your guardian angels here),*

*I am having trouble finding a job since XYZ company laid me off [or whatever your particular situation may be]. With The Divine's [or substitute God, Goddess, All That Is, etc.] approval, I would like to obtain my dream job as an [put the type of work or position here: i.e. editor or personal trainer, etc.] at [describe type of business you desire to work for: i.e. successful, spiritual co-workers/boss, forward-thinking, honest management, etc.] that offers [add other details here including desired salary, perks, insurance necessities, etc.] that is [transportation desires: near my home, under 30 minute commute near train station, etc.]. Please help me find a job that is in my best interest as well as the best interest for the business.*

*Please only have opportunities to come my way that are for my highest good and are blessed by The Divine.*

*When I recognize these blessings, I pledge to gratefully receive the gifts and abundance that come into my life. I don't reject abundance and prosperity but open my arms wide to receive. I believe with all my heart that The Creator wants to help me find the work I desire and I trust that I will be helped. Please surround me and my loved ones with protection of The Creator's love and light. Please bless us with financial wealth and security. We are truly worthy of universal richness and bless others with our talents and love.*

*Thank you for your assistance Sachiel.*

*In Love and Light,*

*[your name]*

You can burn this paper or put it in a space sacred to you. You will receive an answer

right away if the situation can be helped by Sachiël.

Sachiël's signs usually come through abundance. Some of Sachiël's positive consent signals include, but aren't limited to (Remember, keep your awareness up and recognize when the spirit world is trying to get your attention!):

- Receiving a gift or sudden blooming of purple flowers.
- To be given a gift of grapes, includes receiving a bottle of wine.
- To find or be given acorns, oak apples or leaves.
- Receiving a gift of the sea or ornamented with fish, elephants, dolphins or whales.
- To have a lilac or other purple flowering bush to suddenly bloom.
- Dreams of ships, boats or any of Sachiël's animals or hearing a story about them,
- Noticing an Oak trees or lilac bushes (has to be unplanned) or hear a strange sound near these trees.
- To have a bee enter your home or buzz around you. To see a queen bee is the most positive sign you can receive.
- To see in person, a high-ranking government official (includes countries not your own) or member of any royal family.
- To go on an unplanned boat ride.
- To find a foreign coin in your change.
- To find money on the street.
- To hear unexpected news about someone who is a fisherman or sailor.
- 

Besides mentally thanking Sachiël, you can further show your appreciation being generous with your abundance because the more you give the more you will receive. Remember, lending a helping hand to others opens the way for us to be helped too. As we uplift others, so shall we be uplifted.

To thank Sachiël specifically, you could make a small donation to "Save the Whales" or a charity that supports his animals or plants. You could also plant an oak tree or purple flowering perennial or bush in your garden.

Much of this information about Sachiël is based on the writings of David Goddard from his book, *The Sacred Magic of the Angels (Weiser, 1996)*. Check out this book for further reading.



## **Message from Archangel Michael**

*This message was originally channeled on May 13, 2003.*

*Hello Dear Lightworkers,*

*Listen to your hearts now. What is your heart trying to tell you? Is it hurting from old sorrow and pain from long ago experiences? Is it heavy from your witnessing injustice and suffering of the weak? Broken from separation of death or distance? Blocked from disrespect, rejection and dishonor? Any of these or all of these? If so, you must heal your heart. Healing your heart will enable you to reopen this center and receive pure Divine Love.*

*Open your heart to love. So many of you are looking for God's perfect and unconditional love on earth. This brilliant love is available to you all the time from The Creator's unending source of Light and Love. In order for you to connect with your*



*innate spirituality, it is necessary to have an open and healthy heart center. You must have trust in The Creator's unconditional love for you. Sit still for a moment alone where you won't be disturbed. Consciously breathe into the heart center. Don't worry if you are doing it right or wrong, the intention will make it so and you will somehow sense this energy in your heart. What do you feel? What visions or memories come to mind? What thoughts and feelings? What emotions surface? Don't try to stop or control any of this. Just let it flow naturally through you. If you feel a strong emotion come to the surface, ask for immediate clarity and healing for the situation or relationship connected.*

*Tears and expression of grief may follow for especially painful issues but this is necessary for the pain to be released. Passionately express your intent to end all suffering and to open your heart to The Holy Spirit. Sense the presence of God along with your guides and your guardian angels, all who are actively healing your heart. Let all painful issues and emotions come to the surface. Many people block these issues and emotions. Do not block them for you must face them to permanently release the pain associated with them. Let go of all anger, fear and resentment. Only the lessons remain. Go deep and find the core of any issue or relationship that plagues you. Try to do this without judgment or blame. Forgive everyone in your life who has caused you pain whether they did this purposely or out of ignorance.*

*Chant mentally or outloud, 'I release all pain and suffering now. I refuse to be a victim of gloom. I open my heart to Love and Light. My heart is infused in Love and Light. I radiate Love and Light to the World. All situations are resolved in Divine Justice now.'*

*You may feel the energy. Don't be afraid! Know this is good! Keep your thoughts on The Creator and plead that Divine Spirit be revealed to you. Feel your heart get lighter and lighter as the pain and sorrow is replaced by Divine Love. Love is real. Negativity is an illusion.*

*Draw in new positive energy. Lightworkers must regularly receive Divine Love through their hearts because there is much negativity and heavy energy surrounding earth now. Watching too much news or being exposed to violence in any way, will unconsciously darken the heart center so try to limit the time you spend in negative environments or watching television.*

*Consciously receive this Love and Light and if you feel any resistance, ask for angelic assistance to activate and clear all darkness around the heart. Replenish this center often to feel joy and increase your tolerance for all. This energy will increase your self-love. Find the miracle of joyful living within yourself. Do not always rely on others to give you the love you desire. Learn how to draw on the Universal Love that surrounds us all. You will then radiate love to all and will attract more love into your life.*

*After you have released all the pain and sorrow, breathe in the sweetness of love. Count your blessings one by one and let the sweetness in. Let go of bitterness and rigidity. Those emotions can cause physical damage and harm your health. Concentrate, if only just for now, on bringing more love towards you so it can flow into your life. Put as much effort as you can into what you want in life.*

*I send you endless Love & Light,  
Archangel Michael*

Developing your intuition can bring you into harmony with life. By trusting more than what we just see or hear we become empowered by knowing about others and ourselves. Opening up to the Divine energy that surrounds everyone is like using a new tool to create the life you've always dreamed about. You will get rid of fears and lead you in the right direction. Any individual can work with their Divine intuition. It's a normal and natural ability. We all have it, even if it's completely dormant.

However, there is responsibility attached to opening these psychic channels. Each individual's must first work to keep their aura strong and have distinct boundaries and Divine protection in place when opening dormant channels to receive energy. When you become aware, you are then open to both positive and negative energies that comprise our environment. Earth is a realm of opposites, of light and dark, hot and cold, etc.

Having the correct intent and asking for the protection of God/dess will assure you're only connecting to the highest sources of Light such as high level guides and angels. It will also protect you from picking up on the energy and/or drama of your environment as your own.

As you become more aware psychically you will become much more sensitive to everything around you, especially with the people you interact with. Without protection you will be a "psychic sponge" and take on others' emotions and negativity. For someone who practices psychic protection deepening your relationship with The Creator can be an enlightening experience but for those that don't, the extra perception can be draining and sometimes startling. You don't want to be a beacon for earthbound and other lost souls stuck in the limbo realms. Without protection you could attract these low-level entities and mistake them for angels or high level guides.

Another thing, please don't attempt to meditate or do psychic work when you are tired, frustrated or at the end of your rope. Angels and other high-level spirits will never work with you psychically when you are uncentered and out of balance. At that time, just ask for The Holy Spirit to surround you in Divine Love and Light and have faith it is so. Ask your guardian angels to infuse you with healing and loving energy. Ask for Divine center and balance.

#### Initial Three Steps for Developing Intuition

Before following any exercises to strengthen your abilities or performing readings you should always start with the following three steps.

1. Create a Sacred Space
2. Invoke Protection
3. Heighten your Psychic Reception

#### **Create a Sacred Space**

Angels and other high-level spirits are attracted to orderly, quiet and uncluttered spaces. Find a comfortable, quiet place. Light some incense, play some new age or calm music. The cleaner and less cluttered the better. Gather items that are important to you: seashells, angel figurines, statuary, stones, crystals, photographs. These items will be strong energy reminders and you may want to keep them in a special box or

basket to be set up for every psychic session.

### **Invocation of Protection.**

Light a candle and Now recite something like:

Dear Holy Spirit (or God, Goddess, Spirit, All That Is, *Father Holy Son, Blessed Mother, Jehovah, etc.*)

*As I light this candle, bless this sacred place. I ask that any negative energies now be released from this space. Please turn it into a sanctuary and let it be a foundation for your teachings and highest insights.*

*I open my heart and surround myself with the love and light of your protection. I now release any negativity so that I speak to the universe with purity and truth. I ask that all energy, healing and information be given for my highest good. Please dismiss all energies that are not of the highest and greatest source now.*

*Thank you.*

*As I Will, So It Is*

I like to add, "Thank you for all the goodness, health and abundance in my life and in the lives of my loved ones." You can also add thanks for specific friends, family, career, anything you are thankful for or areas that need improvement.

If you have trouble trusting Divine guidance you receive, ask your ego to stand aside and be silent.

### **Heighten your psychic reception:**

- Close your eyes
- Quiet your mind by focusing on your breathing
- Ask that your ego move aside and be silent.
- Ask Holy Spirit to surround you with protective White Light. Sense this Light immediately surrounding you. Feel that you are in a protective bubble of Light.
- Breathe deeply. Take slow, deep full breaths of this White Light in all the way to your belly. And let each breath out very slowly. Repeat 3x before going to next step.
- Ground: Visualize roots growing from your feet into the ground below you. Feel them anchoring you to Mother Earth.
- Visually create a ball or star of golden or white liquid light 4-5 feet above your body.
- Visualize a cord from the light to one of the following areas: the top of your head, the space between your eyebrows (your "third eye") or your solar plexus. Breathe in through your heart for healing energy. Fill your entire body with this energy.
- Meditate in peace. Ask for your guardian angels and highest level guides to come to you now. Ask for healing energy, visions, words of wisdom, answers to questions, etc. Trust what comes to you. Save judgments for mental focus. During meditation, focus only on spirituality.



## Passage from the Angels

### Message from the Angels

*"Living without judgment can be beneficial to the soul. Tolerance of others' beliefs, even if you do not agree, is essential to Peace on Earth and for each of you to attain pure enlightenment. Send good thoughts to those in need and ask for the illumination of all."*

#### Inspiration

The Light is wonderful  
You're wonderful too!  
Because you have the wit  
To look at an area and say,  
"This causes me trouble."

It takes courage to walk away  
From the familiar thing  
That is not working for you,  
Into the unfamiliar thing.

Wherein  
You may find  
Your eternal happiness!

- John Roger

### Quick Links...

- [Inspirations and Prayers](#)
- [More About ShiningLite](#)
- [Angel Mist](#)
- [My Services](#)
- [Past Life Regression](#)
- [Angelic Healing Crystals](#)

email: [angeliclightworker@msn.com](mailto:angeliclightworker@msn.com)

phone: 847-309-0376

web: <http://www.shininglite.com>

## Copyright Notice and Disclaimer

#### Copyright Notice:

Please include the following notice if you decide to use this or any material from my website:

**Copyright 2001-2005 Janice Olson -- All Rights Reserved.**

This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. If the material is shortened in length, please clearly state that this is an edited version and refer the reader to the full original version at <http://www.shininglite.com/newsletters/>

**Disclaimer:**

The information in this newsletter is for educational information only. No parts of this document are to be taken as diagnosis or prescription for any illness. See your healthcare practitioner for any personal health concerns.

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to angeliclightworker@msn.com by [angeliclightworker@msn.com](mailto:angeliclightworker@msn.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



ShiningLite | Janice Olson | Mundelein | IL | 60060