



ShiningLite Newsletter

December 2005

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Hi Lightworkers!

Blessings to all of you!!

I wish you and yours a Happy Holiday season. May it be full of fun, joy, peace and miraculous blessings for each one of you.

Thank you so much for subscribing and for your emails. I really enjoy reading about your spiritual experiences, lightwork and awakenings. While I am not able to personally respond to all your emails due to the high volume I receive, your blessings and support are very much appreciated.

Have you noticed how charged up the psychic energy is right now? With the new higher frequencies coming through even those who claimed they were not intuitive, are getting strong psychic flashes. This can be hard for some of these people as it means that all that was once hidden is coming is now surfacing into the light for everyone to deal with.

All this psychic energy is manifesting big things for the world. It depends on all of us as to what we manifest. There are so many souls on this planet all here at this time to experience this world illumination so consider yourself one of the lucky ones.

The more sensitive may find themselves crying more than usual about the state of the world. Dear angelic souls, this is just for you to cleanse and release this pain you've been carrying because you are one of the honorable souls who are able to purify the ugliness of the world for the good of all. Release all pain and sorrow and then fill that space with light. The next stages may be difficult emotionally, but we will persevere nevertheless! The Divine would not have chosen us for this awesome task if we weren't able to handle it. It's not time to go Home yet! Us lightworkers still have a lot of work left to do.

Let the light of the Divine within you shine as you go about your lives. Try to always be conscious of your spiritual connection that joins us all together as one. You are a Divine incarnation—be proud of who you are! Let that light inside beam out to all with whom you come into contact 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!

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



Archangel Uriel

Associations:

- **Animals:** Lizards, chameleons, toads, dragonflies, unicorns
- **Plants:** Mango and banana trees. Hydrangea bush
- **Gems and stones:** Quartz crystal
- **Power Day:** Saturday
- **Colors:** Rainbow
- **Planet:** Uranus
- **Symbol:** Lightening flash
- **Astrologic association:** Aquarius

Uriel is a very powerful archangel. He will illuminate situations so humans can see the truth and is regarded as one of the wisest angels. As a guiding light, he will come through with practical solutions and creative insight. Uriel will come instantly when called on but you may not notice right away because he comes through claircognizantly (through your thoughts). You may get a sudden inspiration or thought when AA Uriel is helping you. His electrical energy is strong. When he's near, light bulbs may go out, fuses may blow, appliances may blow circuits, etc. His messages can come through especially strong during thunderstorms.

Uriel is known as the angel who helps us in times of natural disasters like floods, earthquakes, fire, hurricanes, tornados, all natural disasters and earth changes. Call on AA Uriel to avert such events and to heal and recover in their aftermath.

If your life is chaotic and full of drama, Uriel can help balance the energy so you can let go of unnecessary baggage in your life. He will help you with forgiveness and letting go of old pain. He can come through in the 11th hour with a miracle just when all hope seems gone or time is against you. He comes through suddenly and dramatically, with the power to work beyond natural laws that thwart our own efforts.

His power can be overwhelming and shouldn't be invoked casually. Make sure that you can't help the situation yourself first. Like his symbol, the lightening flash, his way of bringing results can bring upheavals so call on Uriel when only major intervention will make a difference. And, if it's advice you want, Uriel is the one to call on. Dr. Doreen Virtue calls him the psychology angel for a good reason. You can also ask for his help

in healing any illness of the nervous system.

He comes through as a huge angel surrounded by a rainbow aura of energy. He usually holds a flame of some sort. His wings are like electricity. His hair is white and he has a crystal halo and his eyes are steely blue, penetrating and full of wisdom.

To ask for Uriel's assistance, set aside enough quiet time to write out your intentions. At that time, light a white candle. Write out your intention on white paper in green or brown ink. Here's an example of a letter someone may write to Uriel:

Dear Archangel Uriel, Throne Angel of God and Magical Force,

I ask for your wisdom on [your issue]. I need as much information as possible so I can clearly see the truth in the situation. Please help me make an informed decision by giving me all perspectives. Please help me clearly understand the information and to be as open-minded as possible.

Please bring positive energy and blessings to me now. Please help me let go of the past so I can focus on a bright future.

Thank you for your assistance Uriel.

In Love and Light,

[your name]

You can burn this paper or put it in a space sacred to you.

Uriel's signs of consent are many. Some of her positive consent signals include, but aren't limited to the following. Remember, keep your awareness up and recognize when the spirit world is trying to get your attention! The list below is partially from the book, *Sacred Magic of the Angels*, and partially from my own experience. She can come through in a special way just for you.

- A light bulb going out with a pop.
- Blowing circuits or fuses. Sometimes the lights will dim and flicker when meditating with AA Uriel.
- Receiving a gift of a unicorn statue or other decorative item of a unicorn or a card with a unicorn.
- To see a pool of oil glistening (yes this is a sign!).
- For a rainbow to enter your house through a light refraction.
- Any gift ornamented with dragonflies, unicorns, lizards, chameleons, and rainbows.
- A gift of multi-colored flowers, mangos or bananas;
- To have be given a hydrangea flower or to have one in your garden change color;
- To notice a picture of a unicorn;
- To see a rainbow in the sky is a very strong sign.

Much of this information about Archangel Uriel 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.

[Click here to order "Sacred Magic of the Angels" from Amazon.](#)

Message from Archangel Michael - December 1, 2005

Dearest Lightworkers,

I greet you today with energies of harmony and well wishes for each and every one of you. There are so many more of you awakening to the higher frequencies of spirit and every day there are more and more beacons of light on earth. All this light is helping Gaia, Mother Earth, increase the frequencies of your realm. I'm sure you felt the recent shifts and the subsequent heightening of the atmosphere.

All your psychic energies are amplified now. It's time to get out there and do the work you've been preparing for. Don't worry as much about how you will do it—just do it! Spiritual healers are now more than ever, able to bring in healing energy that is finer and of higher frequencies—your healings are much more powerful now with these recent shifts.

Be there for those around you because these shifts have heightened the perception of all. Some are having premonitions and can be a little shaken when they come true. Dear Lightworkers, this is where you come in! Share your knowledge and be a guiding light on earth for them. For some, all the truths they've ever known may be shattered by unexpected enlightenments. Reassure them that it's ok, and everything is as it always was. This is all part of the energetic shifts happening and everyone reading this message will, in one way or another, find themselves helping others that are just awakening. This enlightenment is so beautiful and will help raise the frequencies of earth even higher.

These shifts will continue. Before the big ones happen, you may find it hard to sleep and concentrate as you adjust to the finer atmospheric frequencies. In my last message through this channel, I told you about staying centered when it seems like you are surrounded by resistance, imbalance and confusion. Know that sometimes just closing your eyes and taking a few slow deep breaths can really help.

Here is a meditation for you to do when you need to re-center yourself. You may choose to do it with



your eyes closed or open.

- *Ask the Holy Creator to surround you in restorative divine light now.*
- *In your mind's eye see yourself surrounded in white light with rainbow prisms playing through it.*
- *Imagine roots of light growing from the bottoms of your feet and rooting deep, deep down into the earth.*
- *Take in some slow, deep breaths as you breathe the earthy, refreshing energy up into your body.*
- *Using your imagination see me, Archangel Michael, directing a restorative rainbow prism beam into the top of your head.*
- *Watch as the rainbow light permeates every cell of your body as it expands and merges with the earthy energy.*
- *This holy light uses rainbow energy to restore whatever needs healing in your body.*
- *You may want to twist and turn parts of your body to let the rainbow light break through energy blocks. Just listen to your body.*
- *Ask all your guardian angels to be at your side now and feel their loving and supportive energy.*
- *Set the intention that this rainbow light continuously clear, heal and restore as long as you need it.*

And that's it. May this short meditation inspire you whenever it can be useful. I encourage you to do it regularly because you will notice a positive shift even when life seems chaotic around you. As the planet continues to move into these finer frequencies, there will be many changes in the world around you. Some things may not seem so great but know you are completely protected for you have an important mission to help others along the way. Have faith that you are guided, protected and very loved no matter how things seem.

Professional lightworkers may have noticed big shifts in their practices. Some may have trouble keeping up with all the requests for their services. Just take some deep breaths and know you are prepared and ready to serve! Don't hesitate to get out there and shine! Others may find they are not as busy but this temporary lull is to provide the time and space you experienced lightworkers need to expand into bigger projects. Too many of you have big things on the back burner and it's now time to put some more effort and focus on the projects that will help people in the future. Your practices will once again flourish—for now enjoy the space and rest up. As more of you continue to be enlightened, the amount of people needing all of you will expand a great deal.

As new truths surface, remain open to expanded points of view and deeper meanings to the mysteries. Know that in these times, as always, I am with each and every one of you who calls on me. As an archangel I am able to be with all of you at all times and my influence is not limited by linear time.

I bless you all with endless unconditional love and light. Please feel free to bless others with this also.

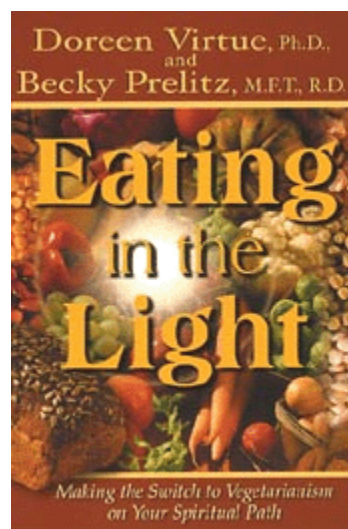
*In Light, in Love and in Spirit
Archangel Michael*

[More about Archangel Michael](#)

Lightwork Principles - Eating in the Light*

Many of you write to me and tell me you are suffering from nervousness, depression and/or panic and anxiety attacks. On the spiritual path it's important to pay attention to your diet. Eating foods with the highest life force you can attain is important. Foods with high life force are mainly plant foods, vegetables and fruits, especially in their raw form. Many of us enjoy the convenience of pre-packaged and processed foods or eat out often. When you eat foods that are highly processed or with chemical additions, the life force has been compromised and the vibration is very low. This is why so many people have allergies to food dyes, sulfates/sulfites and MSG. They feel headachy and nauseous because chemicals are neither food nor do they nourish the body. When you only eat food like this you will constantly feel the need to eat more food to get the high life force your body needs to feel good.

At one time I too suffered from panic attacks, they got more severe after I started the Atkins diet. I'm not putting the Atkins diet down because it works very well for many people and not everyone is sensitive to eating meat. Because I found the diet hard to make a way of life, I stopped following it and the panic attacks lessened but did not completely go away. At the time I did not correlate the two even being remotely connected.



During meditation I asked my guides why I suffered from panic attacks and they told me that I'd have to give up meat for them to go away. Many of you may already be vegetarians for many different reasons. My purpose here is to not to make a political or moral statement but to address the correlation between depression, anxiety and panic attacks. If you are very sensitive and emotional, you may even want to skip the next paragraph.

My angels told me that because of the way animals are slaughtered in the U.S., they know they're going to die. This causes fear, pain and anxiety for the animals as their instinct, like ours, is to survive. It's natural. All living creatures need this instinct to survive. They know before entering the slaughter area what is going to happen because they can smell death. The fear and anxiety they feel as they are put into containment as they watch the animals in line before them be butchered (and in the case of pigs, hear the screams of death), causes them to release adrenaline and other hormones and chemicals into their bodies. The same way people would if someone were killing them. It's the fight or flight mechanism. If we were to watch our family, neighbors or even strangers be marched to their death we would have the same physical reactions. The cattle and pigs watch animal after animal, some they know, some not, get killed before them. By the time they are slaughtered, they are so stressed that their bodies are coursing with these hormones. The adrenaline and the resulting chemical reactions are absorbed through their bloodstream into every cell of their body including the flesh. We are essentially eating these animals' fear when we consume meat. This is especially true I'm told in the United States where corporate ranching and butchering is a common practice.

Again, I'm not trying to make any kind of moral issue here, I'm just sharing what I discovered and what helped me. If you eat meat, like it and feel no sensitivity, then please follow your body's own needs and wants. A wonderful ancient custom you can follow is to thank the animal's spirit for the food you eat just as Native Americans did and the way some people gave their thanks when saying grace before each meal. This helps to raise the vibrations of the meat. You can also clear and bless it with Reiki or other energetic healing modality to balance the energies. Because Lightworkers are more sensitive, we tend to be more perceptive to this energy than the average person.

I rarely have panic attacks and no longer require medication to suppress them. Because I am now on a very strict eating plan, I occasionally eat chicken. I'm more sensitive now and can tell when I've eaten too much by monitoring my emotional state.

I never was able to eat shellfish due to an allergy and am glad now because found out that shellfish is the lowest form of food next to carnivores. Animals that eat animals or their waste are not good food sources. Science calls this the cycle of life. The farther we get from the sun's energy that is abundant in plant food, the lower the vital life force energy of the food. When you eat animal flesh you are getting life force energy second hand through the energy stored by the grazing animal. As you probably noticed, humans naturally prefer eating grazing animals over carnivores. Some people eat pork which is from an omnivore but only when there is no choice, do people eat carnivores because the life force energy gained from eating a carnivore would be very low.

I've been passing this on to people who have written me about their depression and panic attacks but wanted to include this article from one of my past newsletters (October 2003) as this really helped me. If you're suffering from anxiety and depression you may try eliminating meat if you're not already a vegetarian to see if it at least helps. Anyone who is intuitive may be very sensitive to these chemicals and hormones too. If you don't eat meat and still feel this way, check your labels. If you're eating a lot of pre-packaged food or eating out often, you're probably ingesting a lot of MSG, sugar and other chemicals. There are many websites on the internet that can give you more information. MSG is known by many different names and so many people are sensitive to sulfates and sulfites. Again, I don't want to offend anyone, I'm just passing on my own experience and way of overcoming anxiety and depression.

Follow up:

As I have been working in these higher frequencies over these past years, I have become even more sensitive to the foods I'm ingesting. While I did give up meat in 2001, I did not pay attention to the rest of my diet! I became a sugar addict and this caused a lot of physical problems I was attributing to aging. Last summer the angels sent a wonderful woman to me for a reading. As I was telling this woman that her life purpose is to help people lead a more healthful lifestyle, she laughed because she was a nutritionist who owned a health food store. I joked that maybe she could help me because I had been quickly and steadily gaining weight over the past few years and was having a horrible time staying on any kind of low calorie diet. Even when I did, that scale did not budge! I actually gained weight when I got pneumonia last winter even though I was only eating broth and crackers for two weeks. She said she knew she needed to help me and we made arrangements to meet. During our appointment she quickly discovered that my thyroid and adrenals were practically shut down along with intestinal yeast problems from all the antibiotics I had taken (at least once a year) that were causing massive sugar cravings. She put me on a very strict eating program

that eliminated all forms of yeast, sugar, vinegar, dairy, and any food considered to be a mold- producer (and there's more than you think!). No chemicals, no diet coke, no preservatives, the list goes on and on of what I couldn't eat. It's easier to say I can eat nuts, beans, non-starchy veggies, berries (only after 2 weeks), meat protein and small amounts of rice. (Now I can eat most fruits.)

Hah! I thought I had been eating pretty good but a trip through Whole Foods showed me that this eating plan wasn't going to be easy. There were very few items I could have. There was only one salad dressing that was vinegar free. Everything on the diet tasted bitter or sour to me in the beginning. Every label I looked at had sugar in some form—even products that claimed to be sugar free! They sneak it in through other names.

It took a month before the scale even budged and even then the results were disappointing. It was about 8 weeks before significant weight started coming off. I'm so glad I did this because nearly 4 months later I feel so much better! All the stiffness and inflammation is gone! I feel great when I wake up and much more energized. I no longer constantly crave food.

This experience made me realize how poor the American diet really is. Almost everything we eat has sugar in it. All chain restaurants use MSG in their food, although they sometimes call it texturized vegetable protein. MSG is put in the food to make us even hungrier and crave more bad foods. The barbeque potato chips I used to buy for my son had a list of at least 15 chemicals, including MSG. I was horrified and thought it's probably been a while since barbeque potato chips just had plain old paprika powder sprinkled on them, I just hadn't noticed when this changed. So if you're feeling 'icky,' read your labels!

**This article was originally published in my October 2003 issue.*

[Read on about Lightwork...](#)

Passage from the Angels



Message from the Angels

"You may need to take a risk to make further progress in your life. But in life, there are no guarantees. If you are waiting for certainty, you may be waiting a long time. Be ready to act on opportunities and use your intuition to determine whether this is the right time and choice to make. Ask your angels for signs and guidance."

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