



## ShiningLite Newsletter

March 2005

I would like to welcome all of the new subscribers and thank all of you for joining the ShiningLite Newsletter. The subscriber list grows larger every day and your continuing words of support and appreciation are cherished.

I welcome and read all of your emails but, due to the high volume of email I receive, I'm no longer able to personally reply to them all. But please keep sending them!!! So many of you are wonderful inspirations!!

The last few months have really showed me that big or small, the Divine sends benevolent and supportive angels to help us in our times of need and as well as our everyday life.

This newsletter was originally written in January but I have so many wonderful subscribers that it was too large for the previous service. I now have ConstantContact so I can send them out much more frequently!

This issue covers Ariel, the angel of earth and energy healing. Archangel Michael's message centers on living life to its fullest and the *Lightwork Principles* covers the sacral chakra.

I ask for Showers of Peace, Joy and Light to rain on you and your loved ones!

Thank you for spreading the Light!

Janice

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### Message from Archangel Michael - January 17, 2005

*"Hello all you Dear Lightworkers. I thank you for reading these words and hope they will bring meaning and joy into your existence.*

*I work with many of you and want you to call on me any time, any place-especially when you feel fear. The Holy Spirit has granted me the power to cross over into all earthly realms to help you in any way I can. Sometimes I may even appear as a human or maybe a dog-miracles do happen! I will come through in whatever way is best in a particular circumstance to help those in need. Still, many of you*

- [A Little Inspiration](#)

## Archangel Ariel

### Associations:

- **Animals/Birds/Insects:** Lion, Dolphin, Chipmunk,
- **Plants:** Palm Trees & plants, Vervain; Milk Thistle
- **Gems and stones:** Leopard Stone, Sunstone, Peridot
- **Resins or Incense:** Copal
- **Colors:** Purple, Green, Brown
- **Planet:** Earth, Sun
- **Element:** Water and Earth
- **Metaphysical Creatures:** Water Fairies, Mermaids and mer-men.
- **Symbol:** Lion
- **Qualities:** Patron of wild animals, Environment, Reiki and energy healing, Herbal Healing, Nature healing

Archangel Ariel (aka Arielle, Arael, Ariael, ArieH) whose name means "Lion of God" is known as the angel of natural healing and earth. Archangel Ariel comes through with a metallic ocean blue and earthy green aura. She holds a golden healing staff in her left and a lamb stands on his right. He has the face of a Lion who are very sacred to her. He may wear robes of leaves, twigs and flowers. My experience with Ariel is that she comes through as neither male nor female with a face and mane of a male African lion (sometimes with a mane, sometimes not). Ariel is a member of the Virtue, Throne and Seraphim angelic orders. When Ariel is near you may feel a fresh breeze or notice a wind start up outside.

Water is also sacred to Ariel and she has an environmental responsibility to heal and protect all nature and water on this planet. A wonderful way to show gratitude to Ariel is by supporting her mission to maintain healthy environments. Picking up garbage, recycling, lending your time to environmental clean up activities will all attract Archangel Ariel. She oversees the water fairies such as sprites, mer-fairies, undines, selkies, nymphs, mermaids and mermen.

This angel's name, like Michael and Gabriel, is still used today and was once considered very poetic. He has been mentioned in literature such as Shakespeare and Milton. Ariel appears in Judaic mysticism, Cabala and Gnostic teachings. In the Bible her name is mentioned in the Old

*wonder if angelic experiences "really" happen. Or you try to explain away my presence, intervention and support. Know this is ok. I am supporting and guiding every one of you when you call on me regardless. You are not 'hurting my feelings' or rejecting my assistance in any way or form. All angels know that it is normal for individuals to be skeptical about what is truly divine contact and what is illusion.*

*For those of you who are new to the awakening process, in time you will develop the discernment and wisdom to know and gracefully accept divine intervention. At the same time you will also learn to honor your imagination and creativity. You will no longer feel lost in the mental and emotional planes as you express the creativity of your imagination and trust the support and guidance you receive from the Divine.*

*The Divine, along with or through your angels and spirit guides, continually strives to get your attention*

Testament (Isaiah 29 and the Book of Ezra). Secret teachings refer to Ariel as the "Third archon of the winds."

Ariel also is known as having the power to enforce order in the lower realms. You can call on Archangel Ariel to remove harmful energies and spirit removal from all the astral realms. Archangel Ariel can safely cross into lower realms and remove entities and harmful thoughtforms.

Ask Ariel to remove these energies before they cause physical problems. In a quiet place, light three candles, one brown, one green, and one purple, to Ariel. Ask for Ariel to come to you right away and clear any harmful thoughtforms and astral energies from your physical, emotional, mental and astral bodies. Sit or lie quietly for about 10 minutes and wait for her to do her work. You may feel some pressure or sensations. This is good. You probably had something that needed to be removed. You can also add that in the name of the I am that I am, Ariel also clear your room, home, car, property, workspace, etc. of any low level energies. At the end ask that the energy be neutralize and blessed. Thank Ariel. I like to keep going with the clearing go out to my property, neighborhood, town, county, state, country, continent, hemisphere, planet, solar system, galaxy, universe and beyond (sure can't hurt to send light all the way!).

Another way to clear is to skip the candles and place a sunstone under your bed and do this as you fall asleep. At the end of the intention ask for Ariel to surround you with healing light and to guide you towards the higher realms while you sleep. She may appear in your dreams and work with you on other levels while you sleep.

Ariel is very much a healing angel. She works with Archangel Raphael in healing and curing disease in totally natural ways. If you find an injured animal, call on Archangel Ariel for help. This angel will always intervene to do what's possible to heal all mammals, birds, fish, reptiles, even insects and plants.

Her healing is very renewing and her specialty is rebuilding cells. Call on her blessings for mending bones, AIDS, deep wounds, anemia and for all cancers, especially leukemia and lymphoma.

Her healing balances and harmonizes the cellular body. She will send her revitalizing healing energy to anyone who consciously wants to receive it. People can work with her to learn the magic and healing properties of plants, crystals and stones.

To thank Archangel Ariel, pick up trash and always recycle.

*during your "awake" time. Some of these visions and messages may be ideas for you to be more creative in your life. Discernment will tell you that Divine messages will inspire you to build on your ideas in dynamic and new ways. They won't be telling you to imitate what everyone else does. They will encourage you to evolve worn out ways and guiding values that no longer apply. There is a universal principle that adaptation and evolution are nature's way. Extinction follows stagnation and death follows denial. Those that don't flow with the rhythm of nature will find themselves resolute and closed. Their own resistance causes them to get stuck or besieged by the tides of life.*

*Life will always be ever-changing on earth. Reality will, and always has, and always will be constantly changing. It's very accelerated now, mostly because of your modern society than anything else. Because of this accelerated shift it can be hard for the Divine*

Be kind to all her many creatures. Donating time, money and services to an environmental cause is always appreciated by Ariel.

[Read more about angels...](#)

### Lightwork Principles - The Sacral Chakra

I'm beginning a new series about chakras. It may seem strange that I'm beginning with the Sacral Chakra but I've been noticing a lot of people that have been coming to me lately have this chakra blocked.

The Sacral Chakra affects our physical health, well-being and sexual energy. It's the chakra that focuses our life force into building a healthy, strong immune system.

The Sacral Chakra controls our desire for food, sex and pleasure. If we are too indulgent we'll use up the energy required by other body systems. If we hold back too much energy, we feel oppressed and restricted, thirsting for what we don't have. Finding the balance between control and letting go is key to keeping this chakra strong and spinning

The Sacral Chakra is also linked with self-worth. When we feel that we truly deserve what we want, we treat ourselves wonderfully. We give ourselves the go-ahead to have what we want.

Contentment is another quality of the Sacral Chakra. It concerns our ability to receive and to allow more pleasure into our lives. When our lives are complex, the joy of simply enjoying life is snatched away from us in our hurry to just get stuff done. Just simplifying our life can generate more joy and pleasure and keeping this chakra productive.

A healthy Sacral Chakra has defined limits that are neither too open nor too closed. Respecting these limits energizes our life force and lets us know when we've had enough.

#### **The Color of the Sacral Chakra: Orange**

The color orange is hot, full of vitality and deeply connected with the life force. It represents sexuality as well as a deep connection to joy and passion. The color stimulates our physical energy. Orange can open channels of suppressed vitality from an overactive mind. Wearing this color or having this shade in a room brings warmth, healing and physical well-being. It is the color that affects appetite and many restaurants and fast-food chains capitalize on this and use orange to subconsciously

*messages to get through as some people have imbalance caused by constantly doing too much or from soaking up the fear around them. You may feel blocked from taking on too many activities at once. If you find it difficult to maintain your centered being, slow down. Eat properly. Ask yourself, is what I am putting into my body good fuel? Am I taking care of my physical being in a way that is balanced? Am I organizing my life in such a way that work and play are balanced? Am I taking too much on or not planning my time well? Am I taking on responsibilities and activities that belong to someone else? Do I find enjoyment in most of my activities? If not, why? Do I plan downtime where I can just be and not do anything else at all, no reading, watching television, eating, etc.? Or, do I plan too much downtime and find that life is passing me by?*

*You may feel that reality is shifting erratically. I know that some of you have*

increase the need to eat.

### **Influence of the Sacral Chakra**

The function of this chakra depends on how well we take care of ourselves. We need to know our boundaries and limitations and harness our energy. We need this energy not only for day-to-day tasks but also to protect us during stressful times. The chakra needs to be consistently replenished so we can draw on this energy when needed. If this chakra is not replenished it will drain all the other chakras to fill it and eventually deplete the entire life force of the body.

The underlying lesson of the Sacral Chakra is learning when enough is enough. Do you waste your energy by giving it away to people and situations that aren't enjoyable? Looking at where you give your energy away can help you make better choices in how you spend your time.

Recovery from illness or abusive situations requires regenerating the Sacral Chakra. No one can have good health without developing a balanced outlook of their life. If one works too hard and is under constant stress, this will suck the vitality from their chakras. Maintaining or creating boundaries is essential. Take some time out or meditate daily to give yourself some tranquility to regenerate. Be sure to bring joy into your life. Exercise so this chakra doesn't become congested and lazy.

### **Working with the Sacral Chakra**

- Honor your physical body by feeding it nourishing food, drinking lots of water, sleeping enough and exercising it to keep it limber.
- Respect the limits of your physical body. Don't push it beyond its limits to prove anything.
- Accept your need for fun and create experiences to replenish the spirit as well as the body.
- Know your values regarding your sexual energy.
- Know what you want and give your desires space in your existence.
- Treat yourself to the joys of life and know that you deserve everything you want!
- Reflect on the amount of physical energy you put into earning money and everyday tasks. Then decide how much time you need to replenish this energy.
- Bring beauty and order into your home and workspace.

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*anxiety and fear about the recent natural disasters. Please do not fear. True, earth's physical realm can be a turbulent place. This has always been true since its inception. The vast population on earth is the reason that so many perish in recent times. Universal laws ensure that the balance of life is always sustained. For each life saved through intervention-whether it be medical or heroic-another life will die in its place.*

*Please don't let this actuality make you sad. While it is true that your physical bodies are mortal and your incarnation will eventually come to its natural end, you will ALL be united on the other side. Every single one of you has the spark of Divine that will bring you Home. No creature of the Holy Spirit is spurned-the only way is up.*

*Of course, this is small comfort when you have recently lost someone dear to you or hear about horrific deaths. Know each soul enters a joyous reunion in the Light*

## A Little Inspiration

### Ancient Version of the Lord's Prayer

This version is supposed to be a direct translation from Aramaic to English rather than the common version that is translated from Aramaic to Greek to Latin to Old English to Modern English. It's very interesting to see how it's changed into the prayer most people say today.

I have no idea where this came from (someone posted it on a message board) so please let me know so I can credit the source.

O cosmic Birther of all radiance and vibration. Soften the ground of our being and carve out a space within us where your Presence can abide.

Fill us with your creativity so that we may be empowered to bear the fruit of your mission.

Let each of our actions bear fruit in accordance with our desire.

Endow us with the wisdom to produce and share what each being needs to grow and flourish.

Untie the tangled threads of destiny that bind us, as we release others from the entanglement of past mistakes.

Do not let us be seduced by that which would divert us from our true purpose, but illuminate the opportunities of the present moment.

For you are the ground and the fruitful vision, the birth, power and fulfillment, as all is gathered and made whole once again.

Amen

[Read on...](#)

*after crossing over. Each soul is always personally and lovingly embraced by the Holy Spirit. Your loved ones along with all the victims of earth disasters and war are Home and being lovingly cared for. All the disharmony, violence and distress are behind them.*

*The Divine always sends forewarning to all Her creatures before any disaster. This is why there are so many 'amazing' stories of animals miraculously escaping disaster. Signs are always there. The truth is, many people are so busy with your lives you're missing the signals and messages. Strive to get in divine rhythm with the earth and the universe. Get outside and observe the animals in your environment. Schedule some quiet time each day, even if it's just a few moments, for you to commune to the Holy Spirit.*

*Life will always go on. Don't wait to live your life for you never know what fate may have in store. With all endings there*

## Angel Readings at All About Angels in Lake Zurich, Illinois



Janice Olson will be giving private angel readings in the shop the day before Mother`s Day.

Please call to make an appointment, as she will only be doing two readings every hour. Janice and All About Angels will be donating half of all proceeds to the charity Bear Necessities. Bear Necessities is a charity that works with children who have cancer. Come out for a fun afternoon, and help some children at the same time! Janice`s classes tend to fill up quickly as she is one of our most popular speakers. Don`t miss this chance to have a one-on-one mini reading with Janice.

### Where?

All About Angels  
159 S. Rand Road  
Lake Zurich, IL. 60047  
847-726-1023

**When:** Saturday 05/07/2005 10:00am  
- 3:00pm

### You must make an appointment

## Guardian Angel Reading Plus 2 Questions \$99 USD

Angel Readings are deeply meaningful for those on a spiritual path who desire the loving guidance only their angels can provide.

The first part of the reading will center on the messages I receive from the Divine and your angels. It may contain various messages about the talents, gifts and blessings you have during this incarnation, personal growth goals chosen, challenges, lessons and other life purpose information. Everybody's messages are different.

In the second part your guardian angels are listed along with information on them, why they are with you and

*are beginnings. On earth, cells will continue to reproduce and new life will continue to be created. Each creature, in its own way, helps to assure in some way that its species continues on. It is not in the Divine plan for the planet earth to die. Call on me to eradicate any fears that hold you back. Panic and anxiety are your body's way of telling you to slow down. You are always lovingly cared for by the Divine Mother, Divine Father and the Holy Spirit. You are loved.*

*All of you Lightworkers came to help fulfill the Divine plan of earth and each of you plays his or her own pivotal role. Don't look back in shame and blame. Separately, each of you are sparkles of bright light, and when you band together, lightworkers are a powerful force to be reckoned with. I am often called to your communal prayers throughout the world. Sometimes there are literally tens of thousands of lightworkers praying at once and the*

how they can help you live life to its full potential.

Ahead of time all I need is your birthdate (or the birthdate of the person you are getting the angel reading for), year is not needed, and first name. For your questions, it's best if they're related to a relationships (need their first names & birthdates), patterns, blocks, fears or are development-related.

The angels are loving and positive as they tell us the truth, supporting us as we face our fears, move past blocks and let our true selves shine through. This reading is regularly \$135 USD. All readings must be prepaid and there is a two to three week waiting list.

**Price** \$99 USD USD

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*vibrations are felt and recognized throughout the universe. Your efforts and intentions do make a difference and are manifesting great changes!*

*Let yourself transform into what YOU desire. You stand at a turning point in your life. See the path before you. This is a time of rebirth for many people. Choose your direction with integrity and foresight. Fully understand who you are and what you do in the world. Be adaptable and meet new challenges with hope and an individual revival of your spirit. Be a resurrection of your previous self.*

*Shake of the chrysalis that walled you in and step out onto the path of life with joy and enthusiasm no matter what the circumstance. Be grateful for the protection the cocoon gave you but know you're now ready to shine more brightly than ever. You may be transformed for you wish to be. You are a free spirit to do what you believe you can do. Be what you are and know you always*

*exist, on earth and beyond. You have nothing to fear with me by your side. Have faith you are never forsaken.*

*You are very loved and are safe.*

*I remain your friend always,  
Archangel Michael*

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