



ShiningLite Newsletter

Reissue of April 15, 2003 Edition

May 2005

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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.

ShiningLite is going through a transformation so I can better help people on the spiritual path manifest their life purpose into reality. I spent years as a career and personal development coach for a Fortune 100 corporation. In this role I coached executives as well as support staff.

I am now integrating this valuable experience into my spiritual work as was requested by my angels. I have been working with my clients and have been successful in coaching them to realize what motivates them and defining the steps they need to take to shine their purpose out into the world in a practical and spritual way. I have links below to the webpage that explains more about spiritual life coaching and how it may be able to help you. Coaching sessions, as well as readings will now be available by phone as well as in person.

This newsletter is a reissue of the very first edition dated April 15, 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



Archangel Raphael

Associations:

- **Symbol:** Birds
- **Animals:** Snakes, monkeys and squirrels. Dragonflies. Magpies and larks (birds are generally related to Raphael's influence),
- **Plants:** Aspen and silver birch trees, all yellow- flowering plants and ferns.
- **Gems and stones:** Topaz, unakite and citrine
- **Power Day:** Wednesday
- **Colors:** Green and yellow
- **Planet:** Mercury
- **Astrological:** Gemini and Virgo
- **Female Deity:** Demeter the Earth Mother
- **Male Deity:** Thoth the Egyptian scribe and inventor of alphabets

Archangel Raphael is mainly known as the healing angel. If he doesn't come to heal you when requested, he knows the right angel to send and does it right away. Archangel Raphael is especially responsive to healing all children and animals.

Did you know though that you can also ask for his protection during travel and for help to recover things that are lost, protection from theft and he'll help to capture thieves if called after the loss.

He also is associated with communications and can be called in to help develop articulation an, language skills, extending memory and better focus. Ask for his help with examinations of any kind and business that relies on documentation or paperwork including the writing itself. He is great assistance with contracts and beauracracies, especially when filling out forms. He is very fast with his results and usually communicates his signs very well. His guidance may be dropped in your lap for you to deal with so be prepared to do a little sorting out after he comes through for you.

This archangel appears as green and golden light. He bears a healing staff and has fast vibrating wings. He radiates a golden light from his forehead. His energy is very renewing and grounding.

To ask for Raphael's assistance, set aside enough quiet time to write out your intentions. At that time, light a green candle for healing or a yellow candle for his protection in travel and other issues under his influence. Write out your intention on yellow paper. Here's a sample:

Dear Archangel Raphael (and you can add angel of healer rulership if applicable),

Please heal or send the angel who has rulership to completely heal [name] of [disease] and all its symptoms now. Please surround [name]'s loved ones with protection in The Creator's love and light. Please send blessings our way. [add your heartfelt intentions here]

Thank you for your assistance Archangel Raphael.

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 angels.

Archangel Raphael is quick and you should receive a sign within a week. His 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!):

- A bird entering your home or nesting near your house or garden.
- Someone giving you a bird, coming into unplanned contact with a parrot or other "talking" bird.
- Receiving a gift or sudden blooming of yellow flowers.
- Receiving a gift or to accidentally break a mirror.
- Noticing a weed or fern growing in/on a wall, roof or between flagstones.
- Dreams of snakes, dragonflies or monkeys or hearing a story about them, any gift ornamented with birds, monkeys dragonflies.
- Noticing an Aspen or silver birch trees (has to be unplanned) or hear a strange sound near these trees.
- To have unexpected multiple visitors.
- To have your incoming mail suddenly increase.
- To make a surprise trip.
- To see quick darting lights out of the corner of your eye.



Archangel Raphael is very much attracted to healers and those who need healing...

Much of this information about Raphael is based on the writings of David Goddard from his book, *The Sacred Magic of the Angels* (Weiser, 1996).

[Read on about this Archangel...](#)

Angelic Rulerships in Healing*

- **Asariel:** Insanity, obsessions, delusions, problems that arise from passive psychism (i.e. panic attacks caused by repression of psychic abilities.)
- **Cassiel:** Arthritis, rheumatism and all disease caused by cold or damp conditions. Works well with diseases of the elderly, she brings lasting relief if not total cure. Cassiel is very slow so if there is urgency, invoke her through Archangel Raphael
- **Gabriel/Gabrielle:** Female health issues (including breasts, childbirth, recovery from cesarians). All stomach complaints and recovery from abdominal surgery. Warts, sterility and edema
- **Michael:** Any diseases of the heart or spine, including the back and it's muscles.
- **Raphael:** General health, all lung and chest complaints. Cancers or other cellular disorders. Particularly benevolent regarding the health of children, birds and small or young animals.
- **Sachiel:** Problems with poor blood circulation, such as varicose veins or piles and the health of ankles and feet.
- **Camael:** All wounds, rashes, infections, measles, chicken pox, any ailment causing eruptions, migraine. Samael is also known as the patron of surgery.
- **Uriel:** All problems of the nervous system.
- **Ariel:** Any organic illness.
- **Hayyel:** Animal healing.
- **Chamuel:** Heart healing both physical and emotional.

Message from Archangel Michael

This message was originally channeled on April 15, 2003.

Question: "What is the purpose of free will, wars and soul isolation on when souls incarnate on Earth?"

"Blessed ones, I understand how it is hard to understand why God "lets" you create these wars and negative situations. The answer is simple and then again it is not. Look at it from a perspective of God as The Prime Creator and as a creator Earth and Her inhabitants are an experiment of free will. This allows souls, as a collective community, incarnate and create, within their own realm, many unique situations and experiences. This in itself is a sacred gift so all souls on earth are recipients of this gift to create. An Earth incarnation on your side of a veil of delusion is an immense developmental experience for souls. Within this veil choices and decisions must be made relying on instinctual and historical evidence. The free will, with the exception of that which interferes with The Divine Plan, gives each incarnation the freedom to make choices for positive or negative consequences. It is also the free will to affect other incarnating souls. To create this illusion, people must be unaware of a reality beyond their narrow existence within a realm of opposites. The realm of opposites comprises the limits and all points inbetween the positive and the negativ. In each incarnating person feels very independent from each other during an incarnation on Earth. This is very unique from existence in heaven and other realms. Each incarnation is unique-one is never the same. It is like never-ending stories with unlimited possibilities. Know the story is not

ending here with the current conflict, it will continue, there are many "chapters" and "eons" left to be created.

The veil of separateness ensures each soul freedom of choice. But with that freedom of choice brings a separateness from God. Finding your way back to your own Divine Spark inside you and discovering that all is connected is goal of every Earth Walk. The gift of free will ensures that each choice will make a ripple effect. For those in power it will be a huge wave effect.

With every upside there's a downside when incarnating in a realm of opposites. The veil of free choice brings feelings of seperateness that breed greed and envy. The veil disconnects souls from each other. Another weakness is that with intelligence comes constant categorizing. All combined, this helps manifest the negative aspects of an ego-driven species with fear-filled feelings of being unloved, abandoned, scarcity and never having enough. All these emotions emit negative energy that manifests in society. Wars have always been present on Earth. Anything or anybody that's different will be subjected to judgments. People are also very uncomfortable with going outside their cultural familiarity. Religion, control and money are the root of every war. There is the negative energy and positive energy and when the negative energy has manifested and upsets the balance, war or other catastrophes occur. This is the way of the universe. The Sacred Geometry.

Many intelligent beings that incarnate into earth's atmosphere of illusion have a tendency to get into a rut of thinking judgmentally and the mistaken belief that they have control of everything. It's important not to watch too much news now. The media focuses on negativity because it is more apt to get a reaction. Clips showing people wearing masks to protect from both disease and possible chemical warfare catches our eye and then makes some afraid it could happen to them. These fearful thoughts can paralyze people from living in the present. If you live in an area of the world that is in war or where there have been disease outbreaks then by all means take all the necessary safety and hygienic precautions you can and feel confident you did all that was in your power and put your faith to God and your highest good. Give it over to The Creator.

In other areas of the world, pray for all those who need it. Send them love and light. Call upon me and my Band of Mercy to vacuum the negativity out of the world's atmosphere and to bring in more Light. Do not obsess on these fears, worrying that you or a loved one could become a victim. Get outside in nature if you can. Take a walk to sort out your thoughts or sit outdoors in a secluded, peaceful atmosphere. Ask Holy Spirit to surround you with protective love and light. Ask the angels and fairies to heal your sadness and protect you and your loved ones from all negativity and know it is so. Pray for yourself and all of Earth's inhabitants. Refresh your outlook and live your life right now instead of projecting future doom. Take some deep breaths of cleansing, healing energy. Look around you and be amazed at miracle of nature. Know you are well and grounded. Thank The Creator for this beautiful and miraculous planet! Remember to breathe deeply.

The veil is thinning Lightworkers. It is becoming easier and easier to connect with your spirituality as material desires diminish. As hidden agendas become more apparent and recognizable in the media and public, love and light becomes prevalent in the atmosphere as truth wins out over darkness. Recent world events have played out before everyone's eyes. But all is not as it seems. There is still more information that

will be coming out. It will seem scary at first but as the world becomes enlightened by these truths and acceptance of change truth will bring, then peace and better communications will prevail. Beware of accepting others' perceptions and judgments as your own. Reflect on what you listen to and read and come to your own conclusions. The true answers lie within each of you. All of you incarnated knowing the truth.

Your planet just went through a very big energetic shift that started on March 3 [Remember this was channeled on April 15, 2003!] and was very strong the last two weeks. This is bringing your atmosphere to a higher vibrational level which also heightens everyone's extra sensory perceptions. Many sensitive lightworkers felt this as vertigo, migraines, nausea, dizziness, headaches, diarrhea, body aches, fatigue. This is a very positive shift but it does take time to acclimate. It will pass as you become adjusted to the higher balance of Light. Take it easy and increase your yoga and time outdoors. You may want to try to get a little extra sleep. This shift may also cause you to become more sensitive to the foods you ingest. Meat and additives, dyes and chemicals in prepackaged foods may make you feel uncentered. Try to eat more fresh vegetables and take vitamins now.

Divine Lightworkers your prayers to heal the Earth are being answered and this shift is a necessary adjustment for the highest good. Keep yourself grounded by deep breathing while adjusting to this increase of Divine Energy.

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



Lightwork Principles - Aura Cleansing

To radiate Light, it's important to work on your aura. Yoga, meditation, getting outside and even listening to certain music will help keep the aura strong and the chakras spinning. Use your Inner Light or Divine Spark to clear and energize your "Light" body.

Here's a simple exercise to get in touch with your Inner Light and grow your aura:

- Sit or stand with your feet about a foot apart
- Ask The Creator to surround you with Divine Love and Light
- Take a deep breath (optional: bring your arms out and over your head)
- And let your breath out as you strengthen and energize your aura (optional: as you let the breath out bring your arms down gracefully to your sides).
- Ask Archangel Michael, your guardian angels to remove all negativity and fear now and take it to the light for transformation.
- Think the following thoughts, one for each breath: I am secure, I am joyful, I am creative, I am power, I am love, I am truth, I am knowing, I am One with All.
- Keep taking deep breaths of the light that surrounds you feeling energized and renewed.

This is a relatively effortless meditation but its effects from doing it each day will be noticeable.

[Read on...](#)

Message from the Angels

"Sometimes Dear Ones, we try to bring situations that aren't working to your attention. Please stop trying to force what is not working to work. Go with the flow and know there is something better coming. Be open to opportunities all around you. Accept them graciously."

Inspiration

I AM
I am a point of light
Within a greater Light,
I am a strand of loving energy
Within the stream of Love Devine
I am a point of surrendering force
Focused within the prevailing Will of The Creator
And so I AM.

I am a way by which all may achieve
I am a source of strength
Enabling them to stand
I am a beam of light
Shining upon their way
And so I AM

And standing thus
Learning to discern
the ways of persons
And know the ways of The Creator
And so I AM

Quick Links...

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