



ShiningLite Newsletter

March 2006

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Hi Lightworkers!

Blessings to all of you!!

I can't believe how fast the first two months of this year have already flown by and now the third is almost over. It seems that our days are filled with continuous tasks and things that need to be taken care of. Many of us want to simplify our lives so we just have a chance to just be. Time itself seems to be fleeting as some of us realize many of the small tasks we don't get to really aren't that important these days. During these times the angels are asking that we stay connected with our fellow loved ones. With time being short we can unknowingly let our relationships slide as we tend to all the activities, responsibilities and commitments in our lives. Put what's most important first in your life—the other stuff can wait.

Times are changing—many of us are being called on to make major adjustments in our lives to align with our higher purposes. If we ignore the calling it will seem as if the universe facilitates the change for us. If you're anxious or feeling overwhelmed by making a big change, that's just a sign it's imminent and to prepare for it now. Our answers lie within our intuition and subconscious and when we don't listen the feelings become more intense. We can go within, step back and listen to our inner truth once we let go of the anxiety.

The Vernal Equinox is today March 20 (12:33 GMT) in the northern hemisphere. As the sun reaches its midpoint, night and day stand in perfect balance, with light on the increase. This day is also known as Ostara, an ancient celebration to herald the arrival of Spring. Energy is building as the days become warmer with promise.

In ancient times Ostara marked the beginning of the fertility festivals. Buds begin to push their way through the earth reaching up to the strengthening light of the sun, animals in the wild feel the instinct to breed, the energies of Nature shift subtly from the apathy of Winter to the high-spirited activity of Spring. It's a time of new beginnings, action, saying goodbye to the old to make room for the new.

This primitive instinct is still reflected in our modern lives today. At this time of year we think of rejuvenating ourselves. We revitalize our thoughts, our dreams, and our aspirations. We think of renewing our relationships. This is an excellent time of year to begin anything new or to completely revitalize something. This is also an excellent month for prosperity manifestation and conception. Reflect on what you want to plant this spring to nurture and grow.

Spring cleaning often takes place this time of year as we are driven to open the windows and push out the stale air. Many of us clean the house from top to bottom; sweeping every nook and cranny from ceiling to floor; cleaning out cabinets and drawers, and scrubbing them, too. "Spring Cleaning" is much more than simply physical work, it's a concentrated effort to rid your home of the problems and negativity of the past months and preparation for the coming spring and summer. Approach the task of cleaning your home with positive thoughts. This will free the home of any negative feelings brought about by the harshness of winter. One tradition for spring-cleaning is that all motions involving scrubbing of stains or hand rubbing the floors should be done in a "clockwise" motion. This custom helps to fill the home with good energy for growth.

This same mundane ritual of household cleaning can also be applied to our inner selves. Use this time of the year to clean out all the mental cobwebs and get rid of all the old, negative modes of thought. Open the doors to your mind, heart, and soul and let the gentle breezes of Spring breathe new hope and the vitality of youth into your changing life.

This issue's message from Archangel Michael is from way back in December 2003. He asked that this message be repeated because he wants you to know that he is with you and supporting each step of your journey. He says you shouldn't hesitate to call on him during times of change and uncertainty.

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 Michael

Associations:

- **Animals:** Cats both domestic and wild, golden and yellow butterflies, daddy longlegs, blackbirds
- **Plants:** Laurel trees, pomegranate trees, orange trees, orchids, marigolds
- **Gems and stones:** Blue Sapphire, blue and yellow topaz, citrine
- **Power Day:** Sunday
- **Colors:** Cobalt blue and gold
- **Planet:** Sun
- **Symbol:** Golden Crown of Royalty or a Sword
- **Astrologic association:** Leo

He is the greatest warrior angel of all—the protector and guider of light and love. He helps eradicate fear and infuses people with courage. He will intercede for you instantaneously, particularly when a situation is interfering with your life purpose. His name means, “Who is like God” and he’s also called The Prince of Light. He is very large and holds sword. His halo is cobalt blue mixed with purple. You may see sparkles of these colors when he is around.

Archangel Michael is also the angel in command of Lightworkers, those who have chosen to incarnate here to rid the Earth of fear and darkness. He leads the angels of light in battle against the legions of angels of darkness, especially as it interferes with people’s life purpose.

Archangel Michael clears negative energy when asked. Before you enter a crowded mall or area, ask Archangel Michael to clear the negativity. He can take negatively-minded people (both living and deceased) to the Light of God so that their minds can be healed. You can also ask him to assist you whenever you feel the presence of negativity. He will clear negative energy from any space, including your mind and heart—ask him to clear the energy in your home, office, car, etc. This is especially beneficial after arguments or other negative situations. You will notice the difference!

Whenever you feel afraid or uneasy, mentally say, “Archangel Michael, please protect and calm me now.” If you are in an unsafe place or neighborhood, immediately ask Archangel Michael to escort, guide and protect you. In fact, you can ask Michael to be permanently stationed by your side so you’ll always feel safe under his powerful protection.

Working with Archangel Michael will help you feel centered and protected in your spiritual development. Archangel Michael would like us to clear and heal ourselves of negativity and then go out and begin to clear the world around us. This is sometimes called Lightwork.

He rules policeman, soldiers, security guards, lawyers and politicians who help underdogs, members of clergy (only those who have good intentions). His power time of the year is summer because it’s the greatest period of light. He can be a guardian angel to anyone who asks. He protects all and can cleanse anything from people to spaces. He will also protect anyone from the onslaught of patriarchy. If you ever feel

like you're a victim of the "man's world," call on Archangel Michael. His loyalty is unfaltering.

You can informally ask for AA Michael to help you anytime. If you'd like to formally ask him for help, Sunday is his power day. At that time, light a cobalt blue candle for Michael. Write out your intention on white paper using orange or gold ink. Below is a sample letter for help in discovering life purpose.

To Archangel Michael

Please help me in discovering my life purpose. I am lost right now and do not know how to proceed. Please stimulate my motivation and clear away all my fears and blocks now. Please provide clear guidance on the next step to take. I promise to heighten my awareness so that I recognize your Divine intervention. Please surround me and my loved ones with the protection of The Creator's love and light. Please bless me with signs and clear messages that I will easily understand.

Thank you for your assistance Michael.

In Love and Light,

[your name]

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

Some of Michael's 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 stray cat appearing in your home or garden (make sure to feed the cat—it's a sign of the archangel!)
- For your pet cat to have kittens.
- Receiving a gift of oranges or pomegranates
- Receiving a bouquet that contains any of the following flowers: sunflowers, marigolds, and orchids. If it comes in a vase with gold, expect the best!
- Noticing a weed or fern growing in/on a wall, roof or between paving stones.
- Dreams of lights, cats, tigers, and daddy longlegs are all signs.
- Noticing a laurel tree (has to be unplanned) or hear a strange sound near these trees;
- To hear any instrument being played, unexpectedly. If you have a piano or to hear a piano make sounds is very positive;
- To be bathed in a sunbeam;
- To be invited to ride in someone's car; To be invited to a wedding or wedding anniversary party.

Much of this information about Archangel Michael 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

Dearest Lightworkers,

Let me now surround you with the Love and Light of the Holy Spirit and greet you in this way I know best. I would like you to know that I am available to cleanse and sanctify your body, mind and soul anytime you ask. You only need to think of me and ask and it will be done. For it is your right to have your light shine as brightly as you desire—I can help you illuminate the Light of the Holy Spirit within. Always be aware of this omnipresence of the Creator in all.

It is a time of synchronicities and as an awakened Lightworker you may be asked to step up and into new situations where your Light can positively influence others, heal, or be of some kind of service that has a domino effect throughout your world. You may have noticed that you are losing track of time or catch yourself in a deep daydream. This is because you are all in a manifesting mode right now. All your thoughts and emotions are creating your future. Have you noticed the numbers 11:11 popping up in your conscious more often lately? This is a message from Spirit telling you that your thoughts and words are being recorded. It can be a wake up call for you to be aware of your attitude along with what you think and say. Genuinely understand the power of your words and be more conscious of not only the words you use but also the tone and body language you project. This can give you the complete picture of what you are sending out. For what you project foretells what is created.

Think beyond practical limitations when creating your future in your thoughts. Think and dream BIG when formulating your ultimate goal. In your mind, you can dream whatever you like. For instance, if you want to one day create and manage a multi-functioned healing center, while imagining this in your mind, money is not of consequence. Using your imagination, the center can be as large or small, opulent or simple as you desire. The key dear lightworkers is to formulate YOUR vision of what YOUR dream will be. We know many of you are creating your dreams and they are so different. Some of you want to begin a support group for a significant situation, others want to create schools for Indigo and Crystal children, some dream of creating legal changes for environmental, animal or human rights, many want to write a book that will help bring more light into the earth, while others have the calling to open an animal rescue ranch, while artists dream of bringing the beauty of the universe to all and so many desire to become a spiritual counselor and healer—there are countless ways to bring more Light into the world and to bring others closer to spirit. In essence, you are an angel on earth in whatever way you choose to do it.

In your mind, there are no limitations. The important thing is to be thinking of what you do want to



happen, what you do want to create. In the envisioning state, reality and practicality are not limitations.

Begin to manifest these dreams by taking your thoughts out of your mental state and writing them down. Draw pictures and make lists. Look at this often and write down what it would take to make this dream a reality. This is a formal invitation to the universe that you will step up when the opportunity materializes to move towards your dream. This is where practicality and reality set in but with the awareness and vision of your intention, that 'target' will be focused on when you take action.

As the veil continues to thin, it will be easier to manifest what you truly desire. More and more people are awakening to the call of their inner spirit. Words spoken are taking on more power now. What you say and what you do is as important as what you think.

Try to remove yourself from the electronic distractions and meditate for at least a few minutes a day. Ask me to come and purify and sanctify your being so that you can do your highest work while in human form. Let your light shine for all to see. Make your light large now.

You Dear Lightworkers are bringing much more Light into your realm now! The Light illuminates what was once hidden from many. More and more people are questioning what they once unconditionally accepted as the truth. More and more people are following their hearts and dreams. Goals of money and material attainment are becoming less important except as a means to reach dreams and heal both yourselves and others. This may continue to confuse some of the government officials and wealth sectors. Watch and see their reactions to this. Be wary of 'fear-tactics' of your media. People have a tendency to believe what they hear when an idea or message is broadcasted to many people at once. Separate the message from the sensationalism used to imply it more dramatically.

This is a glorious time dear lightworkers—a time of many positive changes. There will be some upheavals but know this has always been a reality and is nothing new for your planet. Cherish your life and live it in Love and Light. Know that individually you may not be able to change some things, but collectively and over time, great things are going to happen! You are all ascending now and will have opportunities to move up to bigger and better things. Embrace all the universe is sending you, even if it's not exactly what you expected. Let your Light shine and be aware of your thoughts, words and actions. Stand in your own truth even when those around you have different beliefs.

The angels and the holy spirits stand by your side.

Know that I, Archangel Michael, am always only a thought away for all humans, animals and life on earth.

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

[More about Archangel Michael](#)

Lightwork Principles - Psychic Shielding

One of the simplest and basic metaphysical techniques is psychically shielding. It's each lightworker's responsibility to keep their aura strong and have distinct boundaries when opening dormant channels to receive energy. When you become aware you will be 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. so it's important to use discernment and shield against the darker, denser energy of our realm.

Having a strong aura and asking for the protection of Spirit will assure you're only connecting to the highest sources of light and assures that you're not taking on the energy and/or drama of your environment. As we become more aware psychically we grow to be much more sensitive to everything around us, especially with the people we interact with.

While creating a shield of light, remember flexibility so shields aren't rigid and wall-like. Intentions should be specific so the shield doesn't inadvertently keep help, support and positive energy out .

Centering and grounding is the first step to making a good, functional shield. Using visualization is also very helpful. Try to "see", or imagine in your mind's eye, the energy you are moving and shaping while creating your shield. Visualization is basically using your imagination.

The following is a simple but effective and basic technique to keep your metaphysical boundaries strong.

To Build Your Shield:

Close your eyes and center yourself, and then ground by imagining energy from the earth coming up into your body. Visualize your inner Divine light in the center of your being. With intention, watch this light grow and surround you in a field of energy that is very intense in color and light. This glow intensifies the aura's energy. This shield is bringing positive energy to you. Adjust the intensity and strength of the light with your intention. Whatever way and color you visualize is right for you and what you need now. Say to yourself, "Only love, blessings, abundance, support, comfort and joy may come through this Divine shield of Light. Now visualize a drain for your own negative energy to be released through the shield. Set the intention that all negativity, anxiety and fear will be released through this one-way drain.

After creating your basic shield, customize it to be the way you want it. Some people visualize this energy as water-like or fiery to burn away the negative energy. Some people's shields are very unique and full of lights, symbols and shapes. Again, everyone is different and what you imagine is right for you as it's your intention that's most important.



Each morning or at least every couple days reinforce the energy of your shield. This psychic shield and is very important to keep any negativity from people you come into contact with (in all situations). For clarity and peace of mind it only takes a few seconds but can really make a difference.

This is especially useful for very empathic people who tend to pick up on the emotions of people around them (positive and negative). Empaths should always metaphysically shield before shopping or going somewhere crowded or they'll be drained.

Message from the Angels

From the angels:

"Carry the stone, malachite, to open the abundance of life force energies in your daily life. When feeling down look at the bull's eye pattern to keep you focused on your life's purpose."



A Little Inspiration

"I have heard it said that opportunity knocks only once. In my experience, opportunity knocks, and knocks, and knocks in infinite ways.

So if you "blow it" and mishandle something, if you didn't accept or recognize an opportunity, don't bemoan your fate.

Just learn from the experience and do better next time."

- John-Roger

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