

## Let the Angels Be Your Guides

Have you ever asked yourself any of these questions, “Do I believe in angels?”, “Are angels real?” or “Can angels really help me?” These questions are of great interest and curiosity to me; they are questions which I have struggled with for years. This is important because I grew up in a religious home, attended church regularly, and served on church boards and state wide religious organizations. I was immersed in doing good works for the greater benefit of humanity. I continued this direction, attending religious universities for my undergraduate and graduate degrees. After that I began working in religious institutions/organizations. The topic of angels would come up from time to time, but I did not gain profound discoveries or insights from these experiences. You may ask why this information is important. It is important because one has to know where one has traveled in order to develop an appreciation for where they are now and what may lie ahead of them.

I began my first Esoteric Healing class in November of 2010. This first class started me on a quest to study and learn more about this modality of healing. Since then my mind has opened up to explore, analyze and ask more questions. Four years have passed and I have completed all eight levels of esoteric healing. Because of this, I have greatly expanded my understanding and knowledge of the human body, the human spirit, and the soul and energy consciousness. In addition, I have mindfully looked at and challenged my belief systems and the way I view the world. Throughout the classes the Instructor would use the phrase, “Energy follows thought, therefore what we think energy follows.”<sup>1</sup> My understanding and practice of this phrase changed as I progressed throughout the eight levels of classes, including my thoughts about angels and what’s possible when working in partnership with them. The purpose of this paper is to first provide a short review of the literature about these divine ones, and then to share my experiences

and encounters with angels, specific to doing Esoteric Healing. The final purpose of this paper is to invite others to approach this topic with a gentle, but mindful curiosity about how angels may assist them in their daily lives.

Various authors and healers have written about and described their experiences with angels, demonstrating that there are different beliefs and approaches to this topic. Even the terminology varies, with some experts such as Doreen Virtue referring to these divine beings as “angels”, and others such as Alice Bailey referring to them as “devas”. After reading Virtue’s book “Angels 101,”<sup>2</sup> I have a better understanding of how to use angels and how to ask them for help.

According to Virtue, each of us has angels with us right now.

These angels are pure beings of Divine light who are entirely trustworthy and who want to help you with every area of your life. The word angel means “messenger of God.”

Angels carry messages between the Creator and the created like Heavenly postal carriers.<sup>2, p. vii</sup>

For me it wasn’t that I didn’t believe in angels, but I lacked the knowledge of how to work with them. Virtue highlights five basic ways to ask the angels for help: “Say it, Think It, Write It, Visualize it and Affirm it.”<sup>2, p. xiv, xv</sup> This information is helpful because of the concept of “free will.” Free will “means that you can make you own decisions and act according to your personal beliefs.”<sup>2, p. xiii</sup> Because of this, God and the angels won’t interfere with our free will. Virtue suggests that God and the angels already know what we need; however they can’t interfere without our permission. “For this reason, you’ll need to ask your angels to give you their assistance.”<sup>2, p. xiii</sup> They are here to help in any way they can and there isn’t anything that we can’t ask them for help with. Virtue assures us that the wording of these requests isn’t important:

“It is not important how you ask, only that you do ask.”<sup>2, p. xv</sup> “The angels respond to the “prayer of your heart” which is composed of your true feelings, desires and questions.”<sup>2, p. xv</sup>

Another school of thought that addresses the concept and functions of angels is the Ageless Wisdom teachings, found in the Bailey writings. In these books, Bailey describes the Devic Life-Stream. The word “deva” is a Sanskrit word which means “radiant” or “shining”.<sup>3, p. 54</sup>

“Humanity has the will and the plan, and the Deva – angelic kingdom fulfills, and are the builders of the plan.”<sup>4, p. 22</sup> According to Bailey, the angelic kingdom is equivalent to an extension of God or Creator-Spirit. “They truly have no will of their own, but to do only the will of God.”<sup>4, p. 22</sup> What is important to know is that there are three groups of devas: the “greater builders”, the “lesser builders” and the “elementals.”<sup>3, p. 54</sup> Each of these groups has a “different level of evolutionary development.”<sup>3, p. 54</sup> and function in different ways. Greater builders “are highly evolved devas that are on the evolutionary path”.<sup>3, p. 54</sup> This group has “long since passed through the human stage of evolution and are at this point of self-conscious.”<sup>3, p. 54</sup>

The job of the greater builders is:

...to initiate the transformation of ideas into material forms by impressing the lesser builders and activating them to shape the substance of matter (the elementals) into appropriate forms, as exactly as possible, according to the Divine Plan.<sup>3, p. 54</sup>

The lesser builders are on the evolutionary path also, “but are below the level of our own human evolution and are not self-conscious lives”.<sup>3, p. 54</sup> The lesser builders work under the direction of the greater builders. They “receive impressions of the forms to be constructed and the energies required”.<sup>3, p. 54</sup> These energies are then directed “into elemental essence to mold into forms that will express, as exactly as possible, the intentions of the greater builders. The elementals are

those devic lives that form the living substance of the three lower worlds-physical, emotional and mental”<sup>3, p. 55</sup> It appears that they work “under the control of the lesser builders. They are receptive and passive and are able to be swept on waves of energy into countless forms that make up our world of existence.”<sup>3, p. 55</sup> There are four main groups of elemental lives. These four groups are the elements of earth, water, air and fire.<sup>3, p. 55</sup> In her journal article; “Learning about Devas” Bonnie Dysinger provides some helpful insights into Devas. She states:

Like Humans, deva are spiritual beings, just of a different dimension. Their essence is Light. Devas have chosen earth as the place to channel and direct their energy. Earth is their home where they live and work in order to gain life experience and wisdom enabling them to progress on their own evolutionary path. Humans help devas with their evolution and spiritual advancement by allowing them to access to our insight and perspectives. As we become more involved with the protection of our environment and the earth, our intentions with devas increase.<sup>5, p. 5</sup>

To develop a better understanding of how this process works, think of humans as the blueprints and the angels/devas as the architects.

The human kingdom and the devic kingdom are separate, parallel life-streams and the task and focus of each is quite different. Humans are inherently creative through the thoughts that they initiate. Devas are inherently creative, acting to give form to the word of the creator and to maintain that form.<sup>3, p. 55</sup>

In efforts to sum up what this means, Dysinger states this beautifully:

As we learn to work with Devas we begin to realize it is essential to walk on our living earth with respect and sensitivity. Respect brings trust, affection, and a willingness for

devas to share with us their wisdom, healing and inspiration, grounding us to enjoy a greater sense of harmony within. Through respect, sensitivity, and groundedness we gradually start to realize our interconnected-ness and interdependence with all beings within our expanding consciousness. We realize this process is taking place when we begin to see both one's self and nature in a new and different light.<sup>5, p. 5-6</sup>

Devas bring us the healing qualities of nature. As we learn to communicate with them we become better able to access them for protection and healing. By helping us to manifest and strengthen qualities of compassion, courage, and truth into our daily lives, devic energies align our body, mind and emotions so we are more in harmony with our inner and outer worlds.<sup>5, p. 6</sup>

In other words, as we grow in our own consciousness of the Soul through mediation, study, doing Esoteric Healing and life experiences, we are presented with opportunities which can create the possibilities of expanding our thoughts and feelings and deepening our greater consciousness. What can be created then is an interplay between us as humanity and the angels/devas, working together but at different levels of energies, forms and essences. Dysinger again helps us to understand this:

Their essence allows Divine Energy to manifest and express in our physical world by transforming the frequency of cosmic energy and wisdom, making them usable on the physical level. By responding to and mirroring human thoughts, it is their task to control the process of creating new forms and allowing for the destruction of old ones. Attracted by universal will and desire, the building devas construct form into manifestation. When the deva is no longer attracted to the form, the form begins to dissipate.<sup>5, p. 5</sup>

As we learn and grow together (humans and devas) we can begin to see how we affect each other and we learn the importance of honoring and respecting each other's path. Doing so also allows us to develop a deeper understanding of our own soul consciousness.

One of the purposes of this paper is to share my experiences and encounters with angels, specific to doing energy work/esoteric healing. I will begin by addressing the Archangels. It is my understanding that Archangels are greater builders. They are considered to be very powerful warriors and are always ready to help humans. Three of these angels are Michael, Raphael and Jophiel. Michael means "he who is like God."<sup>2, p. 9</sup> His roles are to release us from fear and doubt, to provide protection and to eliminate negativity. Raphael means "he who heals."<sup>2, p. 10</sup> He is the Healer of ailments (anything that needs to be healed) and guides the healers and would-be healers. Jophiel's name means "beauty of God".<sup>2, p. 8</sup> "She heals negative and chaotic situations; and brings beauty and organization to our thoughts, homes, offices, homes and other environments, as well as lifting negativity in these areas."<sup>2, p. 8</sup>

In my work providing Esoteric Healing to my clients I have had powerful encounters with all three of these archangels. One example of this is my work with client AA. Our work was quite intense and our sessions would often go longer than usual. The energy used in her treatment was extremely intense. She reached a point in treatment where she was desperate for healing to overcome her problems she was struggling with in her life. AA read Virtue's book "Angels 101"<sup>2</sup>. During treatment I instructed her that I was going to ask these angels for guidance and healing throughout the treatment. From the beginning of her treatment there was a shift in the intensity of the energy and the physical sensations of the energy. We both experienced a physical sensation of being lifted up and saw a powerful Divine bright light while I was working on the Buddhic Sheath using Ray 10. I was getting ready to do the protocol for clearing away

emotional scars and specifically called upon Jophiel to heal AA. Almost instantly, we both experienced a sensation of being pushed into our chairs and being lifted up at the same time. There was a presence in the room and within us. We both saw bright white light and pink light. Suddenly AA shouted with bliss and joy “Oh my God she is here, I can feel Jophiel. Jophiel is here.” It was difficult to know how long this lasted because at that moment there was no time and space continuum. We were just in the presence of the Divine ones.

This was a life changing experience for both of us and it positively impacted her ability to heal and love herself. AA suffered childhood trauma growing up. In Anodea Judith’s book, “Eastern Body Western Mind (Psychology and the chakra System as a path to the Self) she states:

Anything that threatens survival, such as birth trauma, abandonment, neglect, serious illness, malnourishment, extreme poverty, or physical abuse, impacts the first chakra.

The younger a child is when such things occur, the more likely these threats will undermine first chakra formation. A smooth first year of life creates a solid foundation that can better withstand or recover from difficulties later on.<sup>6, p. 71</sup>

AA was extremely ungrounded because of this and was controlled by her obsessive thoughts and behaviors. This experience with Jophiel gave her something to believe in other than her rituals and obsessions. Healing indeed happened for her in a powerful way!

Another experience occurred about three months later when I was treating her again. This was more powerful than the previous one. I again was treating her esoterically and working at the Buddhic Sheath with Ray 10 when Jophiel came. This time the client and I had the sensation of being lifted off our chairs and Jophiel’s energy passing through our bodies. In a brief moment of time we sensed we had left our bodies. It is hard to define in words what actually happened.

The experience was one that was filled with pure joy, love and bliss. AA said, “Oh my God She is here, I can feel her presence and love. Jophiel is here!” I do not recall who actually called Jophiel and asked for help. Regardless of who called for her, she showed up. Her presence was extremely profound and her love filled up the room. We were embraced with what I will call Pure Divine Love and Light. We were left speechless by what had happened to us. This was one of a kind experience that to date has not been repeated.

The last experience with the angels that I will address happened on September 24, 2014. I received a text from my brother that said one of his dogs (Cain) was taken from his backyard. He was worried sick with grief and feared for Cain’s safety. My brother lives in Phoenix, Arizona and I was in Lansing Michigan at the time. I instantly instructed him to create an altar with a picture of Cain and keep a candle burning until he was found. I asked him to send Cain positive energy and love throughout this process. After this I aligned and attuned with Cain and began treating him. I called upon Archangel Michael for protection over Cain, my brother and his partner. I called upon Raphael for healing to take place if any harm was done to Cain. In addition I asked for a blessing for “the kidnapper” that no harm would be done to Cain. I asked Jophiel to clear any negativity that my brother, his partner and Cain may have. I treated Cain three times a day balancing his centers on his head and body and was continuously sending Ray 2 energy to him.

Four days went by; as each day passed I was checking in with my brother and his partner, treating them and sending them Ray 2 energy. I would update them on how I felt Cain was doing. During the time it happened I could sense that his energy was strong, he was safe and not being harmed. I encouraged them to continue to send Cain positive energy, love and thoughts to him. On September 28, 2104, five days after Cain was taken, my brother sent me a text with



Cain's picture on it saying "Looks who is back!" I was thrilled and overjoyed about his safe return. Without hesitation, I thanked the Angels for their guidance, protection and safe return of Cain. As I look back on this experience I would have to say that spiritually, I truly had a sense of peace during this process. Personally, I was deeply concerned and sickened by what occurred. However, I had a clear sense of what needed to happen. Without hesitation I called upon these Angels and began treating Cain. What came to me at the time was the phrase "Energy follows thought, therefore what we think energy follows." I remained positive throughout this time and kept doing what I felt was right, calling upon the Angels for help and treating them esoterically.

In conclusion, this paper has introduced the reader to the devic kingdom and provided the important reminder that we have to ask the angels for assistance. These amazing beings want to help in any and every way they can. However, they can't help us if we don't ask them for help. We have also looked at some of my experiences in working with Archangels. This was a brief view of the possibilities of how the devas can be helpful in amplifying the healing process when using Esoteric Healing. An additional purpose of this paper was to invite the reader to approach this topic with a gentle, but mindful curiosity about how angels/devas/divine ones may assist them in their daily lives. The challenge or question of how the devas can assist others falls on the readers of this paper. It is up to the individual to ask questions and seek answers to the challenges that life creates. In Lytle Robinson's book, "Edgar Cayce's Origin and Destiny of Man," he challenges to reader to seek out their own answers. He states:

In man's study of himself and his relation to the whole, there comes an awakening to the full concept of the part he must play in the immense scheme of creation. While he may be baffled by what appears to be an extraordinary division of force in matter, there is always open to him a door through which he may pass to obtain the new vision. The door, of

course, leads to his own inner self. He must come to understand this infinite, higher-dimensional self and his relation to his Source.<sup>7, p. 189</sup>

There are many paths and multiple sources that people can use to discover these answers. I have found that one source for answers is the angels. When I was able to ask the devas for assistance I received help managing the challenges that life presented, particularly when doing Esoteric Healing work. It is difficult to communicate what has changed for me or how I have changed as a result of my experiences with the angels. However, now I have a foundation to build on. I know to how to call on the devas for assistance and I know which devas to call on. This knowledge has been most enriching and life changing for me, especially in my work as a psychologist and energy healer. I am discovering the importance of being open to explore all possibilities. This allows me to discover and integrate multiple sources in my life and in my work: mind, body, spirit, consciousness, psychology, therapy and Esoteric Healing. The conclusion that is important to me is this challenge: If we can let go of what we think needs to happen and open ourselves up to whatever comes to us and the method of how it comes, than the world really can be full of endless possibilities! Healing can occur when we ask the Divine helpers to assist us and we open ourselves to receive their help. And so I leave you with this question, “Can you let the angels be your guides”?

## References

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