

Essential Angels:

You were born with the God-given right to reach out to angels whenever you need them. If you've struggled with your physical or emotional health, they've been your witness. Angels want to help ease our minds, rebuild our spirits and souls, and heal our bodies. They want to guide us in our most purposeful direction. Since humankind began, angels have existed to help us adapt and survive here on earth.

When you're searching for a partner, can't find work, or feel like new opportunities aren't coming your way, that's a drought. Angels are there to help us adapt to the circumstances and survive until they can bring the cool rains of the right partner, financial support, or exciting change. When your cup is overflowing, and you have too much work, too many opportunities, or a relationship so abundant you can't keep up with it, you're in a flood.

The angels are there to buoy you, to help you stay afloat and nurture your relationships as you balance out your commitments and turn down the spigot on projects. A heat wave is when you have too much stress and too many demands upon your time, confrontations, responsibilities, or issues with loved ones. In this case, the angels are available to intervene in confrontations, help alleviate stress, lower demands, and strengthen you for any remaining responsibilities.

Finally, an earthquake is the name for when unexpected problems and disruptions arise— accidents, illness, getting laid off, losing loved ones. There are angels you can call upon to help loved ones pass onto the right place, to resolve loss, to recover from accidents (emotionally or physically), sustain a job, or heal from sickness. Just like a weather map can display totally different conditions in different parts of the country, you can experience any combination

of the categories above. You can even experience all four at once. For example, you could have a drought of support, a flood of work, a heat wave of responsibility, and then suffer an earthquake of loss. You're not alone, though. And your life and path are not set in stone. You can choose a new direction. To say it another way: when our souls arrive here on earth, we can decide to play a certain role and not stray from that . . . or we can use our free will to write our own part. Everything is not already written. Everything hasn't all happened already. We all have the option to break out of the mold. We have a say in our destiny. The angels are here to help guide us in our decision-making, to make the most of our free will. They're here to intercept trouble and present opportunity. They're here to help us grow, change, and handle what life brings our way. They're here to help us see the light, guide us, and pull us out of darkness. However you need to envision or interpret the angels, whether as light beings or animals or another type of creature unique to your inner vision, they will take that form to help you.

Angels don't exist to fulfill our every wish and desire. They're here to help us do God's work, whether that's healing ourselves from illness, reclaiming our souls, or helping others in need. They've been doing it for millennia.

Here's the secret: you have to know the right angels to ask, you have to know the right way to ask, you have to have faith, you have to be open, and you have to work with them . . . and that's what I'll cover in this chapter.

THE TRUTH ABOUT ANGELS

Angels are sometimes best known by their individual names. Everybody loves Archangel Michael, for example, and Archangel

Gabriel. They're powerful angels who have fought darkness for God for millennia. Here's what you have to understand about these guys: they're so popular, they are cherry-picking their jobs at this point. Because they're so busy and revered, they like to choose gigs that really speak to them.

The three basic facts of angels are that they work for God, their powers are vast but finite, and they have free will. Because of that last fact, they are susceptible to ego. (Any being with free will, whether human or angelic, is vulnerable to it. If you've ever heard of fallen angels, those are the ones whose egos got so big, they felt they were mightier than God and tried to overthrow Him— which caused a fall from grace.)

So since everyone knows about Archangels Michael and Gabriel, and they're flooded with requests for help from all over the globe, they may not be able to meet everyone's demands. I'm not trying to deter you from calling upon them. They are named and loved by God and hold extreme power. It's just that the need for God's angels is great right now— greater than ever before. Archangels Michael and Gabriel's phones are ringing off the hook.

There are other, more powerful angels we can call upon, ones who can be more useful in our lives and who will hear our prayers. These angels are female and rarely called upon. Each is best known by a word of power that represents her essence.

THE 21 ESSENTIAL ANGELS

Here is a list of the 21 essential angels who are critical for your times of need. The number 21 stands for rebirth, new beginnings, reclamation, rising out of the ashes, and fresh starts. Though there are many other known angels, these are the ones who are most powerful and beneficial in today's trying times. Like essential oils,

these angels are potent, and each has different properties. Just as you can use essential oils on their own or blended with one another, you can call upon these angels alone or as an Angel of Mercy: by far the most powerful angel to call upon in your darkest hour— more powerful even than the archangels. She is one of the strongest angels in God’s Angelic Realm. God has summoned her many times to battle darkness.

Angel of Faith: call upon her in whatever way suits you. If you make this a daily practice, the rhythm will help you transition the habit into full-blown conviction. Tell the Angel of Faith you are finally ready.

Angel of Trust: for help when you’re struggling to recover from a betrayal. **Angel of Healing:** to provide temporary relief and/ or to heal a loved one. (For long-term healing, you must call on other angels to help build you up to a point where you can heal yourself.)

Angel of Restitution: she understands how the spirit and soul can be beaten down, and she can help you recover from emotional trauma. This angel will help you to resolve deep-seated issues.

Angel of Deliverance: this angel provides relief to someone who’s going through an earthly judgment— for example, one’s spouse filing for divorce, or a school board unjustly firing a teacher. She can also help free your soul from the imprisonment of fear and anger, and from the injury of deception.

Angel of Sun: call for her while you’re in the sun to open up your body’s cells so they fully take in the healing power of the rays.

Angel of Light: name her in order to be bathed in restorative angelic light given to her by God. The Angel of Light is more

powerful than any light on earth, and more powerful even than the light of the sun.

Angel of Water: you can ask her to change the frequency of the water you bathe in to make it more cleansing, nourishing, and grounding. If you're soaking a wound, you can call upon her to quicken its healing.

Angel of Air: right after a frustrating encounter such as an argument, ask for the Angel of Air to cleanse the negative vibration that person passed onto you. Her special, purifying energy will change the frequency of the air around you to promote harmony. This is a powerful technique to change your frame of mind.

Angel of Purity: when you want to rid yourself of an addiction, this angel can help you break free from the poisonous chains of habit.

Angel of Fertility: for aid in conception and carrying a baby to term.

Angel of Birth: for health of mother and child during delivery.

Angel of Peace: to help heal your mental distress and bring new seeds of hope and child during delivery.

Angel of Peace: to help heal your mental distress and bring new seeds of hope and positivity.

Angel of Beauty: if you feel closed off to the beauty of nature that surrounds you— the sun, the trees, the hills or rivers— summon the Angel of Beauty. She'll open you up to appreciate and absorb your surroundings in powerful ways you didn't think possible. This angel is also your ally when a romantic partner is obsessed with talking about people's physical appearance, when a co-worker's

good looks have turned him vain, or when a sibling's physical beauty earns her all the attention and adoration. Ask the Angel of Beauty to shift people's mind-sets to recognize true beauty: the beauty of a shining soul.

Angel of Purpose: call upon her if you're struggling with your purpose here on earth— if you're numb or confused or worried you're not useful to others or even yourself. If you've lost confidence in something or everything, the Angel of Purpose will be by your side.

Angel of Knowledge: when a loved one needs advice and you're at a loss, or you want to give more than just a pat on the back, you'd be surprised at the healing, soothing words that come out of your mouth when you call upon this angel. You can also ask her for help when you need information or advice for yourself and don't know where or how to find it.

Angel of Wisdom: for guidance when you're about to make an important decision.

Angel of Awareness: people are always trying to be more present and mindful. It's critical to summon the Angel of Awareness to make this intention complete— only then will you be fully in the moment. Also, if you want the people around you to be less judgmental and better communicators, you can call upon this angel to help open their minds.

Angel of Relationships: if you're having a problem with your spouse or someone you're dating, or if you're single and looking for a good match.

Angel of Dreams: you can pray to her to enter your dreams and help you sort out and resolve emotional turmoil. So many have

experienced the Angel of Dreams when they were younger— she was the one who could make them fly when they were asleep. Even if your waking life is troubled, you can call upon her to help you re-experience that soul freedom in your dreams. U

UNKNOWN ANGELS

No one knows there's another category of angels. These don't have names; they're referred to as the Unknown Angels. There are exactly 144,000 of these Unknown Angels in existence. This is a holy number that God reveres. Because they are unnamed, they have no notoriety or acclaim, and therefore very little temptation to develop an ego. The Unknown Angels are some of the most powerful of all, and the least in demand. If you have faith in them, they can perform miracles. They do their work on you while you're asleep, restoring both your body and soul. This group of angels can be so powerful because life instills a fear of the unknown in us. On earth, everyone and everything is named. It takes some rewiring for us to see the value of anything not known, and to tap into the deep reserves of faith required to believe in these angels. When we do get in touch with that utmost form of trust, though, it can have a radical effect on our lives. While you might call upon, say, the Angel of Light to restore your soul while you're awake, when you go to bed, you can call upon the Unknown Angels to aid in your healing and rejuvenation as you slumber. And calling upon Unknown Angels while dealing with chronic illness can be life changing. You can ask for just one Unknown Angel, or you can ask for a group of them— say, three or four— together. The Unknown Angels are eager for the chance to work on us.

If you summon the Unknown Angels, you'll find yourself tapping into a resource of profound power for healing your body, mind, heart, spirit, and soul.

HOW TO ACCESS ANGELIC AID

Here's the most important thing I'll say about angels in this chapter: You have to ask for their help aloud. You can't just think it. (Unless you are unable to speak— in which case, see below.) This is huge. Angels are dealing with so much negativity on the planet— violence, epidemics, corruption— that we need to be active (and proactive, whenever possible) in calling their attention. Our minds are spider webs of thought and emotion: obsessions, fear, anger, insecurities, guilt, worry, pain, TV jingles and other music, imaginary conversations with people we're mad at, and even happy thoughts . . . Angels don't want to get stuck in all of that; it's too difficult to disentangle the genuine requests for help. Remember that angels have free will. It takes a little work on our end to show that we are sincere, honest, and committed. Angels don't like to be toyed with or tested; they want us to take them seriously. In order to get a response from an angel, you must fully set your mind to her and say her name out loud. You don't have to scream or shout— even a whisper works. As long as it comes out of your mouth, that will separate it from everything else in your consciousness and signal it as a clean message, not one clinging to anything else. And if you are deaf, have a speech impairment, or are too weak to speak, then use sign language or your thoughts to ask for the Angel of Deliverance. She will express your soul's wishes to the other angels. This is the secret truth that will change your relationship with angels. People who have lost faith in angels, who haven't seen results from their prayers, who think the concept of angels is hogwash— this is what they have yet to learn. The concept of how to contact the angels is similar to how you make a phone call. You don't just look at the phone and silently will it to

arrange for a mulch delivery. No— you dial the number for the plant nursery, they answer the phone, you speak aloud and respectfully to the person on the other end (or if you're deaf, you use an interpreter relay service), and you ask for a truckload of mulch to be deposited in your driveway so you can keep the garden weeds down. When the delivery comes, you have to be willing to receive it, you have to move your car out of the driveway to make room for the mulch, and then you have to be ready with a shovel to dig in to the work of spreading it onto your plant beds. The process takes will and intention. If you wanted to contact the Angel of Healing, you'd turn your attention to her and then humbly say, "Please, Angel of Healing, I need your help." If you do this with focused intention and you're willing to receive her, that will be enough. If she's not too busy helping others— an angel's powers are impressive, but finite— the Angel of Healing will arrive within anywhere from a few seconds to a few minutes to aid and comfort you. A miracle may not happen overnight. If you keep calling for her, though, she will sustain you until you get where you need to be. You can access the Angelic Realm in this way anywhere, and at any time, as long as you're sufficiently focused on what you're calling for and truly open to receiving help and have faith that it will work. (And if you're short on faith, you may want to make the Angel of Faith your first call.) You can talk to the angels about specific outcomes you think would be most helpful in your life, but be open. It's important to note that an angel's response may not be what you expect. If you're praying to the Angel of Relationships to give you space from your spouse, the angel might surprise you instead by changing your spouse's vibration and prompting her or him to apologize for the wrongdoing that made you want distance. Another scenario is if you pray to the Angel of Fertility to give your daughter a little sibling— and yet you don't get pregnant. This

doesn't mean the angel didn't hear your call. It just means that you may not have been destined for this exact outcome. Perhaps the angel knows that another baby would put too much strain on your finances, or she knows of an underlying health issue— but your sister will give birth to a boy who ends up being just like a brother to your daughter. Don't be afraid to ask the angelic forces for help with your problems. Needing help doesn't mean you're weak. You don't have to frame your requests in only positive terms, or only use affirmations. You're not perpetuating the negative in your life by saying, "My body is weak. I can't even get out of bed to open the curtains and see the day. Please, Angel of Light, I'm desperate for help and hope." You're just stating the facts. And you're showing great strength and honesty by accepting the truth in your life and wanting to move forward.

You get to heal and have good things happen to you. **If you start tapping into the angels' power in the ways I've outlined above, your life will change.**