

Healing and Guidance from the Angelic Realm

This guidebook gives you action steps to take that will initiate healing; help you release fears and emotional blocks; and give you messages about your life purpose, relationships, manifestations, and more. It walks you through the steps for giving an oracle reading for yourself or others and outlines the extended meanings behind each card in the deck.



Doreen Virtue is a best-selling author and doctor of psychology who works with the angelic and elemental realms. She has appeared on *Oprah*, *The View*, *Good Morning America*, CNN, and other programs; and she presents workshops around the world. Website: www.AngelTherapy.com

Tune in to HayHouseRadio.com* for the best in inspirational talk radio featuring top Hay House authors!

Cover design: Amy Rose Grigoriou
Photo of Doreen:

© 2006: www.photographybycheryl.com
Cover illustration: Corey Wolfe



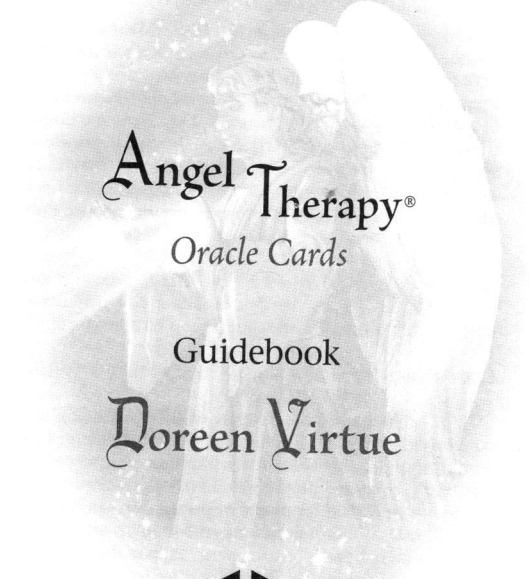
Angel Therapy® Oracle Cards Guidebook DOREEN VIRTUE



DOREEN VIRTUE Angel Therapy® Oracle Cards



Guidebook



Angel Therapy®

Oracle Cards

Guidebook

Doreen Virtue



HAY HOUSE, INC.

Carlsbad, California • New York City

London • Sydney • Johannesburg

Vancouver • New Delhi

Copyright © 2008 by Doreen Virtue

Published and distributed in the United States by: Hay House, Inc.: www.hayhouse.com • ***Published and distributed in Australia by:*** Hay House Australia Pty. Ltd.: www.hayhouse.com.au • ***Published and distributed in the United Kingdom by:*** Hay House UK, Ltd.: www.hayhouse.co.uk • ***Published and distributed in the Republic of South Africa by:*** Hay House SA (Pty), Ltd.: info@hayhouse.co.za • ***Distributed in Canada by:*** Raincoast Books: www.raincoast.com • ***Published in India by:*** Hay House Publishers India: www.hayhouse.co.in

All artwork is copyrighted by the artists and may not be reproduced by any means, electronic or otherwise, without first obtaining the permission of the artists.

Editorial supervision: Jill Kramer • *Design:* Nick C. Welch

All rights reserved. No part of this guidebook may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews—without prior written permission of the publisher. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this guidebook for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Printed in China

Other Oracle Card Decks by Doreen Virtue

(44 or 45 divination cards and guidebook)

HEALING WITH THE ANGELS ORACLE CARDS

HEALING WITH THE FAIRIES ORACLE CARDS

MESSAGES FROM YOUR ANGELS ORACLE CARDS

MAGICAL MERMAIDS AND DOLPHINS ORACLE CARDS

ARCHANGEL ORACLE CARDS

GODDESS GUIDANCE ORACLE CARDS

MAGICAL UNICORNS ORACLE CARDS

DAILY GUIDANCE FROM YOUR ANGELS ORACLE CARDS

SAINTS & ANGELS ORACLE CARDS

ASCENDED MASTERS ORACLE CARDS

*MAGICAL MESSAGES FROM THE FAIRIES
ORACLE CARDS*



All of the above are available at your local
bookstore, or may be ordered by visiting:

Hay House USA: www.hayhouse.com®;

Hay House Australia: www.hayhouse.com.au;

Hay House UK: www.hayhouse.co.uk;

Hay House South Africa: info@hayhouse.co.za;

Hay House India: www.hayhouse.co.in

Doreen's Website: www.AngelTherapy.com

Contents

How to Work with the

<i>Angel Therapy Oracle Cards</i>	1
<i>The Meanings of the Cards</i>	11

Archangel Michael.....	13
Archangel Raphael.....	15
Ascended Masters.....	17
Base Chakra.....	20
Be Willing to Forgive.....	22
Books.....	24
Cancel, Clear, Delete.....	26
Clear Yourself	28
Crown Chakra	31
Crystals.....	33
Cut Your Cords.....	35
Ear Chakras.....	38
Earth Angel	40
Emotional Sensitivity	43
Fairies	45
God Box	47
Goddess	49
Have You Asked Your Angels for Help with This?	51
Heal Away Addictions.....	54
Heart Chakra.....	57

If You Get Nervous, Focus on Service	59
Indigo	62
Integrity	64
Law of Attraction	66
Listen to Your Intuitive Feelings.	68
Manifestation Power	70
Mediumship	72
Parents	75
Past-Life Issue	78
Power Animal	81
Release	83
Sacral Chakra	86
Shield Yourself	89
Singing and Dancing.	92
Solar-Plexus Chakra.	94
Third-Eye Chakra.	97
Throat Chakra.	100
Twin Flame	102
Vacuum Away Fear.	104
Vegetarian/Vegan.	107
Visualize Success	110
Workshops and Seminars.	112
You Are a Powerful Lightworker.	115
You Are Profoundly Clairvoyant	117
<i>Artwork Ordering Information</i>	<i>120</i>
<i>About the Author</i>	<i>137</i>

How to Work with the Angel Therapy Oracle Cards

You have guardian angels with you right now who are whispering loving and accurate words of guidance that can help you with every area of your life. If you're having difficulty hearing your angels, then these oracle cards can increase the volume and clarity of what these heavenly beings are saying.

Angel Therapy is a powerfully effective and safe healing modality that helps you release fears or other emotional blocks, receive guidance about your life purpose and other issues, and heal your body and life. The guardian angels and archangels who surround you right now are governed by the universal Law of Free Will, which states that they can't intervene in your life unless you give them permission. But what if you're unsure about what to ask for? Or even how to ask? Oracle cards can help.

The *Angel Therapy Oracle Cards* and this guidebook can clarify hidden blocks and help

you receive angelic assistance. Each card listed in this guidebook features “Action Steps” you can take in order to initiate healing and guidance. The cards will also inspire closer relationships with the powerful archangels—particularly Michael, who protects you and releases you from the effects of fear; and Raphael, the healing angel, who helps you enjoy physical strength and vitality.

How to Use Your Oracle Cards

Oracle cards are an ancient, time-honored way to connect with angels. They’re based upon Pythagorean numerology, which states that all numbers and images vibrate in mathematically precise ways.

You can’t make a mistake with these oracle cards because they operate alongside the infallible Law of Attraction. This means that your questions (or those of the individual you’re reading for) always attract the perfect cards as their answers. That is, you’ll always pull the card whose answer matches the vibration of the question.

Here are the steps to give an oracle-card reading to others (or yourself):

STEP 1: CLEAR YOUR CARD DECK

Since your cards are sensitive instruments, they need to be cleared of any energy they may have absorbed from the manufacturing process. Steps 1 and 2 only need repeating after another person touches your cards or if your readings lack clarity because the cards are clogged with too much energy.

To clear your cards, first hold the deck in your nondominant hand (the hand you normally don't write with), as this is the hand that *receives* energy. Form a fist with your other hand (this is the one that *sends* energy), and knock on the card deck once with your fist. This clears out the old energy so that the cards are now a blank slate and are ready to be imbued with your own vibration.

STEP 2: CONSECRATE THE CARDS

Touch each card briefly to infuse it with your personal energy. You can touch just one corner of each card to accomplish this. Then fan the cards out with the artwork facing you. Hold the fanned cards to your heart and think about any prayers or intentions that you'd like to infuse the cards with. For instance, you can say the following silently or aloud:

"I ask that all of my readings with these cards be accurate and specific, and bring blessings to everyone involved. Please help me stay centered in my higher self so that I may clearly hear, see, feel, and know the Divine messages that wish to come through these readings."

Ask and pray for whatever help you'd like during your readings, such as confidence, clarity, compassion, and so forth. Your cards now carry your personal vibration and intentions.

STEP 3: INVOKE ARCHANGEL MICHAEL'S PROTECTION

Next, ask Archangel Michael to watch over your oracle-card session, ensuring that only thoughts and feelings of love enter. Michael will also shield you from any fear-based thoughts or energies, from yourself or other people.

Michael helps anyone who asks, and you don't need a formal invocation or special training to gain his assistance. Just a sincere request is all he needs, such as:

"Archangel Michael, I ask that you stay by my side and watch over me during this oracle-card session, ensuring that only God's love and wisdom come through."

STEP 4: ASK A QUESTION

Think of a question you'd like the answer to. If you're giving a reading for someone, ask him or her to either think of or verbalize a question. The angels and archangels hear your thoughts, so you needn't voice your queries aloud.

STEP 5: SHUFFLE THE CARDS

Think of the question as you shuffle the cards, and ask the angels to help you with answers and guidance. If one or more cards “jumps” out of the deck while you’re shuffling, place them to the side. They’ll be part of your reading.

As you’re shuffling, you’ll likely notice feelings, thoughts, words, or visions. These Divine messages will help you further understand the cards you draw, so pay attention to these impressions as they come to you.

When your cards begin to clump into two distinct sections, it’s time to stop shuffling. You also may receive a feeling, thought, or vision to cease—or you may even hear the words “Stop shuffling now.” Trust and honor these Divine messages that are helping you with the reading. You can’t make a mistake and stop shuffling too soon or too early, as the Law of Attraction ensures that you’ll always choose the correct cards.

STEP 6: CHOOSE A CARD

Pull the top card from the deck. This is the answer to your question, or guidance about which healing steps to take that will help you with the issue you've inquired about. As you read the words on the card, notice any thoughts, words, feelings, or visions that come to you, as these are additional messages from the angels that personalize the card's particular meaning for you. The picture also holds significance, so be sure to study its details.

STEP 7: CONSULT THIS GUIDEBOOK

Turn to the corresponding page for each card within this guidebook (the card names are in alphabetical order). As you read the words, pay attention to any thoughts or feelings that come to you, as they're a personalized part of the answer. Then read and follow the Action Steps outlined for each card.

Three-Card Spread

After completing Steps 4 and 5, pick three cards from the top of the deck. With the pictures and words facing up, lay the first card to your left, the second one in the middle, and the third to the right.

The card to your left speaks about the immediate past with respect to the situation you inquired about. The middle card reveals your question's current status and what you need to know or work on right now. And the card to the right shows your immediate future if you continue on your present path and follow the guidance in the middle card. Again, remember that you can improve your future by holding a positive outlook and following your inner guidance.

Multiple Card Decks

You can use the *Angel Therapy Oracle Cards* with other card decks in order to have increased details in your readings. Simply complete Steps 3 through 7 for each deck.

Then look for the common theme among the cards that you've chosen as the answer to your question.

About Archangels Michael and Raphael

Two of the powerful archangels, Michael and Raphael, are strongly featured in this oracle-card deck because they are essential to conducting angelic healing and guidance. Both are nondenominational angels, meaning that you needn't belong to certain religious organizations to gain their assistance. These archangels are also unlimited, so they're able to simultaneously help everyone who calls upon them (and have unique and personalized interactions with each individual).

Michael's name means "He who is like God," and this archangel is a powerful overseer of God's will for peace on Earth. Michael knows what your Divine life purpose is, so call upon him for guidance about your spiritually meaningful career. He's also the protector angel, who shields you from fearful energies and keeps you and your loved ones safe.

Raphael's name means "God heals," and he is the heavenly healing angel who oversees any health concerns. You can call upon him on behalf of yourself or anyone who is ailing (including animals). Raphael won't usurp someone's free will by imposing healing where it's unwanted; however, his presence is calming, which is a basis of health.



The next section of this booklet gives additional meanings for each card. Remember that you can change the outcome of any situation through prayer, visualization, and positive affirmations. The angels can help alter your future for the better if you ask for and are open to receiving their assistance.



The Meanings of the Cards

This guidebook lists the general meanings for every card in the *Angel Therapy Oracle Cards* deck. The card names are listed alphabetically, according to the first word on each card. Find the corresponding page and read the general interpretation and symbolism behind each entry. Your intuition will give you additional personalized guidance, so as you read, simultaneously pay attention to your feelings and thoughts. Be sure to follow the suggested Action Steps for each card, especially if you receive the same card numerous times.





Archangel Michael

You're working very closely with this powerful archangel, who's protecting and guiding you through this situation.

You drew this card as validation of what you've already known or suspected: Archangel Michael is with you right now. Archangels are large and powerful nondenominational angels who watch over guardian angels and the earth's inhabitants. Michael (whose name means "He who is like God") is the angel who **eradicates the effects of fear, provides protection for you and your loved ones, and lends**

his courage and backbone in the face of your taking intimidating action.

If you're considering making life changes, such as leaving a job or a relationship, ask Michael for guidance and help in moving forward fearlessly. Michael can also assist you in finding your life's purpose, and he can tell you what steps to take next on your spiritual and career paths.

ACTION STEPS

To increase your courage and confidence, say with sincerity:

"Archangel Michael, I call upon you now. Please lend me your sword and shield of peace, and allow me to lean upon your strength and courage. Help me to know and feel that I am safe and protected emotionally, physically, financially, energetically, and spiritually. Thank you."



Archangel Raphael

*The healing angel is with you,
supporting your healing work.*

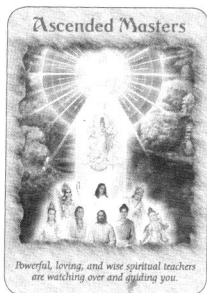
Your prayers for healing (for yourself or others) have been heard and answered by Archangel Raphael, the supreme healer within the angelic realm. Raphael (whose name means “God heals”) gives you guidance and ideas about your health, so be sure to follow any intuitive impulses to exercise, eat healthfully, quit drinking or smoking, and so forth. Raphael can help you reduce or

eliminate unhealthful cravings if you'll ask. He'll also increase your motivation to exercise.

If you feel called to help with others' health (loved ones, clients, and/or animals), then ask Raphael to guide your actions and words. Raphael will send God's healing energy through you so that you're a conduit for Divine light and love. Raphael is also happy to direct you to schooling for healing work, at your request.

ACTION STEPS

Archangel Raphael's healing energy is emerald green in color. Visualize this emerald green light surrounding anyone in need of healing support. Even if you can't clearly see this green light, know that you've successfully invoked its healing power.



Ascended Masters

*Powerful, loving, and wise spiritual teachers
are watching over and guiding you.*

This card indicates that you have a strong connection with one or more ascended masters, who are helping you with the situation you've inquired about. Ascended masters are powerful teachers and healers who once walked the earth. Many are associated with religions, such as Jesus, Quan Yin, the saints, Moses, Mother Mary, Ganesh, and so forth. You don't have to be a religious person to warrant an ascended master's attention. The

only qualification is a sincere and pure desire to work with the deity for the betterment of humanity and the planet. *

The first ascended master or masters who enter your thoughts right now are the beings who are helping you. These masters love and honor you. They know of your talents and spiritual gifts, and they'll help you hone them so that they may be used in sacred service.

ACTION STEPS

Think of a particular ascended master, and either hold a mental image of the deity or look at his or her painting (you can easily print color images from the Internet). As you think of the ascended master, you're automatically calling this sacred being to your side. Stay quiet and notice any feelings such as air pressure changes or warmth as you tune in to the master's presence.

Next, send love from your heart to the deity's heart. This occurs just by holding the intention to do so. Realize that no matter how much love you send to the ascended master, the deity returns the love to you magnified



Base Chakra

*Choose only positive thoughts to describe
your home, career, and finances, as your
words determine your outcome.*

This card indicates that you're focused on your material needs, such as desiring more money. It's imperative that you use only positive words and phrases to describe your current situation. Affirm your desires as already being a reality, and avoid worry—or any discussion that casts you in a “victim” role.

The base chakra (sometimes called the “root chakra”), located at the bottom of your spinal

a hundredfold. Ask the ascended master to assist you in opening your heart so that you can more deeply experience the magical healing properties of love.

column, is the energy center that governs your feelings about your material needs. To open your flow of Divine manifestations, imagine yourself inhaling and sending healing light to the base of your spine. See and feel a huge ball of ruby red light glowing within you.

Since every worry is a prayer, drawing to you that which you're worrying about, notice and replace worries with prayers and affirmations. Call upon the angels to boost your faith and confidence, which are two magical ingredients in conscious manifestation.

ACTION STEPS

Sit in a quiet location, and bring your mind and body to a calm state. Breathe in and out deeply while imagining your desired outcome as already being a reality. For instance, picture yourself being completely financially secure. As you hold this vision, allow your body to relax, and feel as though the vision were already true. Feel the warmth of gratitude in your heart, the sense of security in your stomach, and the relaxation of all of your muscles as you trust that this vision is manifesting for you right now.



Be Willing to Forgive

*Ask the angels to clear your mind and body
of past pain in exchange for peacefulness.*

The angels are trying to help you with the topic of your question by urging you to heal anger related to your past experiences and relationships. This old anger has become a barrier to attracting your desires, as well as a magnet that attracts similar situations to your side. This is a very important message, and your little bit of willingness to forgive is all that's required. You don't need to forgive the

action that occurred in your past. You simply need to be willing to allow the angels to help you clear away the toxic poison of unforgiveness from your heart and mind. In this regard, you're trading pain for peace. The benefits of forgiveness include increased peace of mind, renewed energy, and the ability to focus.

ACTION STEPS

In a quiet location or while falling asleep, say the following either out loud or silently (the angels hear your thoughts):

"Archangel Raphael, I call upon you now. I am willing to forgive [name of person, organization, or situation] and release all stored-up anger from my physical, mental, and emotional bodies. I am willing to release pain, in exchange for peace."

Then breathe in and out deeply, which enables you to be open to Raphael's loving and powerful cleansing process. Repeat this step as necessary if you ever find yourself ruminating about anger or resentment.



Books

Your life purpose involves writing, reading, editing, or selling spiritually based books.

You drew this card because you've been asking about your life's purpose. You already know that you have a deep affinity for sacred and spiritual books. This card affirms that you'd be very fulfilled by taking your love of books to the next level. You're aware of what this involves because you've dreamed of immersing yourself in good books.

This card also means that the answer to your question is within books. So pay

attention to titles that are recommended to you or books that mysteriously fall from shelves, as they contain guidance for you.

This card is a call for you to take definite action toward your book-related dreams. Whether you desire to write a book, open a bookstore, or read more, take the next step without delay. The angels are assisting you with this endeavor, as you'll read below.

ACTION STEPS

Archangel Gabriel is the "messenger angel," who helps writers, teachers, and others involved with delivering spiritual messages. Either silently or aloud, say:

"Archangel Gabriel, I call upon you now. Please help increase my courage and confidence to move forward with my book-related desires [tell Gabriel about your dreams related to books]. Thank you for motivating and organizing me so that I spend time every day devoted to my heart's true desire, allowing my dreams to be manifested in Divinely perfect ways without delay."



Cancel, Clear, Delete

*Use only positive words and thoughts, as
they're rapidly manifesting into form.
Ask the angels to cancel the effects of
past negative thinking.*

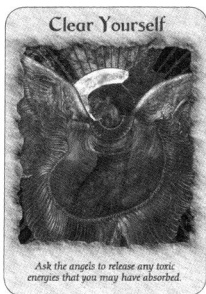
Have you been complaining or worrying lately? Do you consider yourself a victim of outside circumstances or people? This card indicates that you've been using negative affirmations to describe yourself and your situations. The angels are asking you to be more aware of what you say, think, and write about yourself. Your past choice of words has blocked

you, but fortunately, that barrier is removed the moment you choose positive words.

Perhaps caffeine, nicotine, sugar, or other stimulants have caused your mind to race with worry. The angels can help you reduce or eliminate cravings for stimulants. This will calm and clear your mind so that you can deliberately choose words that describe your desires instead of old fears.

ACTION STEPS

If you catch yourself saying something negative (even in jest), stop and sweep your hand at the wrist in order to push the energy of your words away from you. Then say, "Cancel, clear, delete!" to undo the effects of negative affirmations. This is similar to rebooting your computer by simultaneously pushing the control, alt, and delete keys. By saying, "Cancel, clear, delete!" you let the Universe know of your positive and clear outlook for yourself. You ensure that any previous negative affirmations won't manifest into form; instead, they'll be replaced by your new, radiant intentions.



Clear Yourself

*Ask the angels to release any toxic energies
that you may have absorbed.*

This card comes to you because the angels see that you're carrying some lower energies. Because of your high sensitivity and compassion, you may have absorbed this negativity from other people's fears. (See the Shield Yourself card for guidance about ways to protect yourself from this tendency.) These toxic energies may have also sprung from your own past fears. Regardless of their mate-

rial source, your angels want to help you clear your energy field.

It's a good idea to ask for angelic clearing whenever you've experienced harsh situations where arguing, intense competition, violence, or substance abuse has occurred. As a sensitive lightworker, you sometimes unwittingly carry others' painful energy in a well-intentioned desire to be helpful (but please ask the angels to shoulder this pain from now on, as they're equipped to handle its radioactive toxicity without harming themselves). Ready to clear? Then follow the Action Steps below.

ACTION STEPS

Sit or lie down in a comfortable position so that your back isn't touching any surface (for example, lie on your side or stomach, or lean forward in your chair). Then breathe deeply and say, either silently or out loud:

*"Archangel Michael, I call upon you now.
Please use your Divine healing magnet to
lift any energies of fear, anger, or jealousy*

from my back, neck, and shoulders. Please help me feel compassion for those who may have sent lower energies my way so that they may be healed by Divine love. Thank you for clearing away toxic, fear-based energies and entities from within and around me."



Crown Chakra

*Pay attention to your ideas, as they are
messages of true Divine guidance sent
in answer to your prayers.*

You drew this card because the angels are asking you to trust and follow the ideas you've recently received, as they are the answers you've been seeking for your current situation. You already know the truth and the best course of action to take. Trust this knowingness, and take appropriate action. When you honor your ideas, the Universe

reciprocates by sending you additional support while you make healthy life changes.

This card is also a message to clear the crown energy center (or chakra), which governs your ability to tap into the Universe's collective wisdom. Your crown chakra can become blocked if you dismiss your inner thoughts as wishful thinking or common knowledge. Remember that all ingenious ideas begin as daydreams that turn into wonderful inventions.

ACTION STEPS

Archangel Uriel (whose name means "He who is Divine light") is the angel of Divine wisdom and knowledge. Sit quietly and say:

"Archangel Uriel, I call upon you now to clear and balance my crown chakra. I ask for your assistance in boosting my belief and faith in the ideas that come to me. Help me in responsibly following through with my Divinely guided ideas."



Crystals

The energy of crystals supports you and helps with your present situation.

This card presents a dual meaning with respect to the term *crystal*. One or both may apply to you, which you'll know by your inner reaction while reading these words.

First, this card represents the crystals of the mineral kingdom. These powerful beings emit, transmute, and magnify energies. For example, clear quartz can increase your psychic clarity, black obsidian stone is an effective protector, pink rose quartz opens your heart to

love, and purple amethyst raises your spiritual vibrations. This card is asking you to work with crystal energy as you feel guided to: by yourself, with the help of a crystal practitioner, or by conducting crystal healings for others.

The second meaning relates to people who are considered “crystalline” themselves—that is, they are quiet and sensitive transmitters of healing energy. Most Crystals are young children, so this card could indicate that you are parenting or working with a Crystal child. You may also have crystal characteristics yourself—particularly, if you are gentle, soft-spoken, and a nature lover.

ACTION STEPS

Go to a store that sells crystals, and center yourself with prayer. Quietly walk around all of the precious stones, noticing which ones attract you visually and through your feeling senses. Run your hand above each crystal and observe whether its energy affects you. If a particular crystal captivates your attention, mentally ask it to give you a message and to send you pure healing energy.



Cut Your Cords

Ask Archangel Michael to clear any old attachments to fear that stem from past relationships, freeing you from destructive patterns.

You drew this card because negativity connected to a past relationship is interfering with the situation you've inquired about. Fortunately, this toxic energy can be easily vanquished with the help of Archangel Michael, the powerful angel who will release you from the effects of fear.

Anytime you or your partner experience fear within your relationship, a cord (similar to a leash made out of hollow tubing) is attached to both of you. You may have cords (most people do) connecting you to your parents (living or deceased); siblings; lovers; those whom you've helped, such as students or clients; and anyone with whom you've shared a significant relationship. Cords are nothing to be afraid or ashamed of. They just need to be cut, as they can drain your energy and be the culprit behind physical pain.

ACTION STEPS

Think of a question or situation that you would like help with. Then say aloud or silently:

"Archangel Michael, I call upon you now. Please cut the cords of fear that have been blocking or draining me in the past. I am now willing to trade all pain for peace."

If you think of a specific person during this process, ask Michael to help you release the fear from that relationship. You'll feel your body shudder as cords are cut one by one. Don't worry; you can't sever cords of love. Repeat this process anytime you feel drained or blocked, as cords can grow back if fear returns to the relationship.



Ear Chakras

Notice messages that appear as sounds, music, and words, from both external sources and within your mind. These messages are real answers to your prayers.

You received this card because the angels have been trying to get your attention. They've heard your prayers and are giving you information and instructions so that you can take appropriate action. You are hearing the angels' messages in various ways: repetitive songs, an overheard conversation, a stranger's out-of-the-blue reassurances, or words that

you hear in your mind. The angels' messages are always loving, positive, trustworthy, and constructive.

ACTION STEPS

In a quiet place where you'll be undisturbed, say the following to Archangel Michael:

"I now ask you to vacuum and clear any lower energies in my physical ears or ear chakras. I am willing to release anything painful that I've ever heard, in exchange for clarity in my ability to hear the voice of love and the angels."



Earth Angel

*You are a lightworker who has come
to Earth to teach about love.*

This card comes to you in response to your question about your life's purpose. The answer is: Teach about love. You fulfill this task whenever you're centered, serene, and loving, as that's when you're a role model of Divine peace. You needn't say a word, write a book, or work as a healer in order to positively affect others. You merely need to be loving and compassionate in your interactions with

others. Those who are peaceful teach about peace, which is the expression of Divine love on Earth.

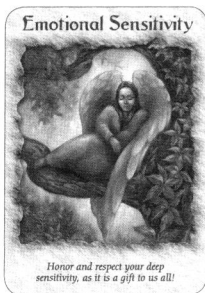
You also received this card to help you cope with alienation issues, which means feeling different from others or that you don't belong. As an Earth angel, this may be one of your first human incarnations. But don't worry, for you're never truly alone. The angels are always with you, guiding, loving, and unconditionally accepting you as you are. There are also other Earth angels living among you, who have similar backgrounds and experiences to your own. Ask your guardian angels to connect you with like-minded friends, and they will.

ACTION STEPS

The key to teaching about love is to first feel it for yourself and your life. Take a pad of paper or open a blank word-processing document on your computer, and write down everything you can think of under the heading: **"What I Like about Myself."**

Include every major and minor trait you can think of that you find positive about yourself. It's a private list, so admit characteristics that you might normally feel shy about revealing.

Then erase or cross out the word *Like* in the paper's headline, and replace it with the word *Love*. Frequently review and add to this list of reasons why you love yourself. It will help you teach others to love themselves as well, through the process of self-acceptance.



Emotional Sensitivity

*Honor and respect your deep sensitivity,
as it is a gift to us all!*

Have you been teased, or felt bad, about the fact that you're extremely sensitive? If so, this card is the angels' reassurance of the positive qualities within your gift of sensitivity. For example, you accurately know whether or not a new acquaintance is trustworthy. The angels are working with you to trust this feeling more often and not berate yourself if you've disallowed your intuition in the past.

You are peaceful by nature, so you naturally avoid conflict and other harsh energies. Ask your angels to steer you toward other peace-loving people and keep all others away from you. Honor your sensitivity by surrounding yourself with gentleness in your relationships, media choices, home life, and work situation.

ACTION STEPS

Live plants are one of the angels' favorite tools for clearing away physical and emotional toxins. Today, put a live potted plant right next to your bed so that tonight its energy can clear and transmute anything you may have absorbed. Just as the plant transforms toxic carbon into breathable carbon, it will also transform fear energy, so you'll sleep peacefully and wake up refreshed. Be sure to take great care of the plant! (Call upon the fairies for help with this.)



Fairies

*You have a strong bond with the fairies,
and your life purpose involves
helping Mother Nature.*

You drew this card because the fairies wanted to let you know that they're with you as spirit guides, helping you meet your physical needs and fulfill your life's purpose. The fairies urge you to spend time outdoors and help with their mission of cleaning the soil, water, and air. They also protect and guide the animals. If you'd like a Divine assignment helping animals or Mother Nature, just ask the fairies!

This card also indicates that you're interested in manifesting money or some other material support. The magical fairies are very glad to assist in your endeavor, provided that you return the favor by doing something good for the environment, such as recycling bottles and cans or switching to ecofriendly cleaning supplies.

ACTION STEPS

Go to an area outdoors where trees and plants grow wild without pruning or pesticides. This is the fairies' preferred location. In all sincerity, say to the fairies (either out loud or silently):

"I would like to feel and see your presence. Can you please help me get to know you better?"

You'll know you've connected with the fairies when you notice ideas or impulses that involve improving the environment or helping animals. Often the fairies begin their introduction to a new person by requesting that you remove garbage from a nearby pasture or nature trail. Once you fulfill the fairies' request, they'll gladly help you with your endeavor in return!



God Box

Write any worries, concerns, or desires on a piece of paper that you put into a special container called a "God Box," as a way of letting go and allowing the Divine to help you.

The angels want to relieve you of the burden of worry by giving you a physical method for releasing your cares to Heaven. Writing down your prayer requests or worries for Divine intervention is an effective way to work in partnership with God and the angels. You can write something short or lengthy and will receive the same results. What matters

most is that you write from your heart and then “give” the paper to Heaven symbolically either by burning it (which releases it), putting it in the freezer (which stops the situation from progressing), burying it (which helps with emotional healing), or putting the paper in a God Box (see the Action Steps below).

ACTION STEPS

God Boxes are time-honored tools for gaining peace of mind and answers to your prayers! If you don't already have a container specifically for use as a God Box, now is the time to buy, make, or designate one.

Choose an ornate container that evokes a sense of the mystic or majestic. For instance, a royal purple box or one decorated with crystals may speak to you. Ask your angels to guide you to a wonderful God Box, and then follow their guidance to find or make the container that's right for you. Place your God Box where you can easily see and have access to it.



Goddess

*Express your Divine feminine energy,
embracing its magical intuition and
nurturing qualities.*

This card speaks of a need for sacred female energy, which brings gifts such as intuition, nurturing, and artistic expression. Perhaps you've been spending too much time thinking or engaging in creatively void work. If so, then this card is your signal to move your body in dance; and express your intuitive, artistic, and nurturing side.

You're also guided to call on benevolent female deities for help with the situation you're inquiring about. You can call upon Lakshmi, the beloved Hindu goddess who helps with abundance; Brigit, the Celtic goddess of healing and courage; Mother Mary, the saint who guides our children; Athena, the Grecian goddess of wisdom; the Egyptian goddess Isis, who helps women juggle home and family; or any of the thousands of other trustworthy and sacred feminine deities.

ACTION STEPS

Within every woman are three parts of the goddess: Maiden (inner child, at times pure and at other times adventurous or bold); Mother (nurturing qualities); and Matriarch (the teacher). Men have analogous inner qualities of the Lad, the Dad, and the Patriarch. It's important to express each of these three parts daily. This helps to balance playfulness with work and relationships. Spend time each day expressing all three characteristics, and notice how much more energized and balanced you feel.



Have You Asked Your Angels for Help with This?

Your angels want to help you with this situation; however, they require your permission before they can intervene in your freewill choices.

This card indicates that you've been going it alone, trying to single-handedly find answers and solutions. All the while, your angels hover nearby awaiting the moment when you give them the go-ahead signal so that they can help you.

You drew this card because the angels want to assist you with this situation, but they can only do so if you give them permission. The angels are available to you right now—to answer your questions, give you guidance, and speed your manifestations. It's true that God and the angels already know what you need. However, because God created you and everyone with free will, Heaven can only intervene if you give permission. It doesn't matter whether you ask for help aloud, in written form, silently, or even what words you choose. What matters is that you ask. If you're unsure of what to ask for or are concerned about asking for the wrong thing or requesting less than God's will, then ask Heaven to help you with clarity and courage.

ACTION STEPS

Whether you're seeking answers and guidance, healing and relief, or a manifestation of your earthly material needs, your angels can assist you in powerful ways. Take a moment right now to ask for your angels' help, either silently or aloud. Please don't worry about asking for the wrong thing or

stating your prayer in an incorrect way, as the angels respond to the intention that underlies your request. After you ask for their help, watch for and follow the angels' replies, which will come in the form of gut feelings, dreams, ideas, and signs.



Heal Away Addictions

It's time to let go of behaviors that are blocking you from your heart's desire. Ask Archangel Raphael to help you with this healing.

This card comes to you to validate what you already know: It's time to let go of addictive behaviors, as they're interfering with your health, happiness, and life purpose. The angels ask you to be very honest with yourself, and admit that these addictions are wasting your time, robbing you of energy and confidence, and blocking the answers to your prayers. Fortunately, the angels will support

you through every step of healing away cravings and other addictive tendencies.

It begins with your making a clear decision to let the addiction (or addictions) go. Weigh the pluses and minuses of the addictive behavior. Once you're emotionally ready to release it, take the following Action Steps.

ACTION STEPS

Go to a quiet place where you won't be disturbed. Then say, silently or aloud:

"Archangel Raphael, I call upon you now."

Think of what you'd like to release (it could include destructive patterns, compulsive behaviors, toxic relationships, and unhealthy cravings). Imagine these addictions (or a symbol of them) sitting on your lap or upper legs. You might see or feel the addictions; and you may also sense how they're attached to your stomach area with tangled cords, webs, and roots.

Breathe deeply while saying:

“Archangel Raphael, I’m now ready to release these former addictions to you and Heaven. Please cut all of the roots, cords, and webs attached to these addictions; and lift them to the light for transmutation and healing.”

After Raphael carts away the addictions, he’ll fill you with his emerald green healing light to nurture, soothe, and fulfill you. You’ll notice a drastic reduction in addictive cravings. Repeat this process if needed until the addiction is completely cleared.



Heart Chakra

The answer that you seek is in your heart right now. Be open to giving and receiving love.

The angels want you to trust your feelings. Your heart is wise, and it's calling for you to make important changes. Trust this wisdom, as it won't let you down. Every time you defy your inner feelings, your heart breaks a little bit. Repair your heart and your relationship with yourself by honoring your emotions. For instance, if you're unhappy with a situation, it means that something is wrong and action is necessary. Ask the

angels to give you courage and support to make healthy changes at home and work.

This card also calls upon you to open your heart to love. Perhaps you've been hurt in prior relationships and are guarded against additional pain. The angels assure you that they'll protect you and your heart, so it's safe for you to feel love and other emotions. The Action Steps below will help you follow through on all of the angels' advice.

ACTION STEPS

Go to a flower shop and purchase one or more fresh pink roses. (If you grow them in your garden, that's even better!) Carry one with you throughout the day, inhaling its fragrance frequently. Place one or more on your nightstand to benefit from its ability to open the heart chakra. When you can't carry a pink rose with you, you can use pure rose essential oil instead. In addition, wear a heart-shaped rose quartz crystal pendant (or place the crystal in your bra or shirt pocket) in order to help keep your heart open throughout the day. The angels will also surround your heart with healing and protective pink light, if you ask them to.



If You Get Nervous, Focus on Service

Put your entire intention on answering the question "How can I make the world a better place?" and the Law of Attraction will automatically take care of your needs.

You drew this card because you've been called into spiritual service, either as a healer or a teacher. The thought of conducting public spiritual work may trigger nervousness. Don't worry, though—this anxiety has no bearing on your readiness for service. It's simply the

ego wrestling to gain control through fear. The antidote is to focus on your higher self's mission, which is loving service to the Divine.

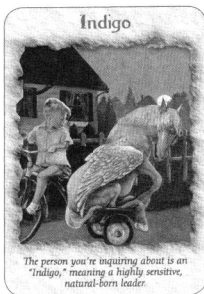
Each client or audience member is one with you and the Creator. You share one love and one spirit. Your spiritual work is about connecting to that one great force in the Universe. So while the ego wants to concentrate on "I" worries—such as "What if I can't do this?" or "What if they don't like me?"—the higher self is completely focused on lovingly giving service.

Your higher self is 100 percent psychic and is tapped into the Divine healing energy. To operate out of your higher self, focus on blessing—instead of impressing—others. Begin each session or seminar by opening your heart to loving everyone involved, and ask the question *How may I serve?* to put your higher self in charge.

ACTION STEPS

Sitting quietly, visualize yourself conducting a healing session, giving a psychic reading or seminar, writing a book, or doing some other spiritually based intention.

Imagine the people involved (such as your clients or audience members) smiling receptively at the service you're providing. Feel your heart opening to these people, who are brimming with gratitude that you're giving so joyously. See all of your material needs easily provided for, knowing that as you focus on giving, the Universe automatically gives back to you.



Indigo

*The person you're inquiring about is an
"Indigo," meaning a highly sensitive,
natural-born leader.*

It's important for you to understand the nature of Indigos, in regard to your question. Perhaps you or someone else involved in this situation is an Indigo or a parent of one. An Indigo is a strong-willed and spirited individual who has strong personal beliefs about changing and improving the world. Indigos may have tempers, which fuel them to move forward with their activist campaigns.

You may have received this card because you're Divinely called to help the Indigos keep their spiritual gifts and missions alive. Many Indigos are misunderstood or misdiagnosed with labels such as ADHD (attention deficit/hyperactivity disorder) because of their lightning-fast thinking style and intuitive sensitivities. You can help Indigos maintain high self-esteem and a sense of purposeful direction so that they can use their natural talents to help us all.

ACTION STEPS

Archangel Metatron oversees the Indigo generation, so he's the best angel to call upon for help with issues related to Indigo children and adults. Take a few moments to quiet your body and mind, perhaps by closing your eyes and taking some deep breaths. Then silently ask Archangel Metatron any questions you have related to children in general; a specific child; or a person who exhibits Indigo qualities such as sensitivity, strong will, and concern for the earth. Ask Archangel Metatron for guidance with this issue and also for a Divine assignment in which you can help the Indigo generation.



Integrity

*Align your actions so that they match
your values and inner knowingness of
what's right for you.*

This card is a response to your questions or prayers about increasing your happiness and confidence. The angels' answer is: Only conduct activities that you believe are right. This is based on no one else's code of conduct but your own.

The angels say that engaging in behaviors that you feel guilty or ashamed about erode your self-esteem and self-confidence.

Conversely, you can feel great about yourself by only doing that which you feel is right. Again, this is based on your own moral compass and no one else's.

The angels can help you change or heal any situation or relationship so you're able to bring your entire life fully into alignment with your inner truth.

ACTION STEPS

Lie down and meditate in the process normally thought of as "daydreaming"—that is, allow your imagination to roam free. Instruct your mind, heart, and soul to show you a mental movie of you living your life at its healthiest and highest levels. Watch this movie, and notice how it makes you feel. Then say:

"Archangel Michael, I ask that you help me arrange my life and daily activities so I'm fully immersed and engaged in actions that reflect my higher self. Please help me let go of any behaviors, habits, or actions that have engendered guilt or shame in the past; and replace them with actions I feel good about."



Law of Attraction

Relationships and activities that you once enjoyed are now changing as you become more sensitive and aware of energies.

This card signals that you're experiencing shifts because of your spiritual path. The universal Law of Attraction says that like attracts like. So you're attracted to people and situations that have similar intentions to your own. For example, if your intentions are to be loving and to see the Divine within everyone, you'll attract loving people and situations. You'll also repel people who have unloving focuses.

This is why you may find your relationships and tastes changing. You may avoid old friends who no longer fascinate you, or perhaps you now dread going to a job or club that you previously enjoyed. Know that these experiences and feelings are a normal part of the spiritual path; you're attracting wonderful, new relationships, situations, and jobs that mirror your spiritual focus. Give any cares, questions, concerns, guilt, and so forth to the angels for healing and transmutation.

ACTION STEPS

Quietly call upon Archangels Raguel (the relationship angel) and Chamuel (the angel who finds what you're looking for) and say:

"Archangels Raguel and Chamuel, thank you for helping me stay true to myself as I experience this important change. I ask for your complete and thorough assistance in sorting through relationships, my career, and other life areas where I feel my tastes have changed. Guide me through these changes with grace, compassion, and integrity so that everyone involved is blessed."



Listen to Your Intuitive Feelings

*Your body is receiving accurate
messages from the Divine.*

Your angels want you to know that you're always receiving Divine messages, even when you're not noticing them. Most of these messages come through your physical and emotional senses, as your body is extremely sensitive to subtle energies. Sometimes you may not understand your feelings, yet they always have accurate, underlying wisdom.

You've received this card because you've asked a question that your body has already

answered through your emotional and physical feelings. You're urged to trust your feelings, and act upon them without delay. Ask the angels to protect and guide you, which they do through your intuitive sensations.

As you give psychic readings or healings to others, know that it's impossible to be blocked from receiving angelic guidance. You're always feeling and thinking, and those are two primary ways in which the angels give you messages for your clients. Tell your clients what you're feeling and thinking during your sessions, as these messages are meant to be shared.

ACTION STEPS

Notice any tension in your body, which is a signal that your muscles are reacting to the energies of your (or other people's) thoughts and emotions. Close your eyes and imagine having a conversation with a tense muscle group in your body. Ask the muscles, "Why are you tense?" Listen for the answer, which will come to you as a thought, feeling, or even words or visions. Your body will tell you how it's reacting to your job, relationships, friends, and other life areas. Trust your body's truthful wisdom!



Manifestation Power

*Use your spiritual gifts and natural abilities
to attract your desired outcome.*

You've got the power! With this card, the angels remind you of your **innate spiritual abilities**. Perhaps you've been complaining about something or have been feeling like a victim under the influence of someone else's will. This card is **a reminder that you do have the power to change everything in your life by using your natural spiritual gifts of manifestation.**

When you complain, you give away your power to others. Complaints are also negative affirmations that attract more of the same undesirable effects. The angels would like you to replace the old complaining habit with a healthier response of visualizing and intending your desired outcome. It works!

ACTION STEPS

Think about a situation you would like to improve; and write, draw, or create a collage that describes the preferred scenario. Look at this depiction of your desires daily, and don't worry about "how" they'll manifest. Anytime you catch yourself worrying about or doubting your manifestation abilities, say:

"Archangel Jophiel, the angel of beauty, please beautify my thoughts about my desires so that they're completely based in love."



Mediumship

*You have the natural ability to connect
with departed loved ones.*

This card is a sign that you're connecting to one or more loved ones in Heaven. The angels ask you to trust your feelings, thoughts, and visions about these spiritual connections because they're real. This is very healing for yourself and for others since it conveys peaceful and loving messages from Heaven. Perhaps you'll feel or hear a message that says, "I love you," "I'm fine," "I'm

proud of you," or "I apologize" for yourself or someone who will benefit from hearing these compassionate words.

You may be called upon to conduct mediumship for others, either in private practice or in public. Trust this calling, as it's a noble mission that helps thousands of people on both sides of the spirit-veil. The angels know who is **working from integrity and pure motivations**, and they call such mediums into service . . . and provide support, guidance, and protection along the way.

ACTION STEPS

In a quiet room where you won't be interrupted, use paper and pen to have a conversation with a departed loved one. First, call upon Archangel Michael to oversee this exchange, since he's the angel of protection who will ensure that you're talking to your intended person. Next, write to your loved one as if you were having a conversation. Write down their end of the conversation, which will come to you as physical or mental impressions, combined with visions and

words that you hear within your inner ear. Remember to call upon Archangel Michael for any assistance you may need. At the end of the conversation, be sure to thank the person and Archangel Michael for the experience.



Parents

The Divine truth is that your parents eternally love you to the best of their ability. The angels are helping you heal from any pain associated with your mother or father.

You drew this card because the answer to your question involves emotions connected to your mother or father. For example, if you're having difficulty receiving loving-kindness from others, the underlying issue could stem from unhealed emotions you have toward your mom. That's because receptivity is a feminine energy, represented by our mothers.

If you feel afraid to receive love or feel guilty about asking for your needs to be met, then call upon the angels to heal and help.

With your father, the primary spiritual response is about male energy and developing confidence in your abilities to go out into the world and make a positive difference. If your self-confidence is wavering, ask the angels to help you mend your emotional connections with your dad.

This card is also a signal that your parents *do* love you, even if the way they showed it wasn't fulfilling for you. If your mother or father is in Heaven, then they send this card to you as a way of saying "I love you."

ACTION STEPS

The angels will intervene in any painful emotion associated with your parents, if you'll ask. Go to a quiet and private place, and say this request, either silently or aloud:

"Guardian angels of myself and of my mother and father, I call upon you now. I ask for your healing blessings with my internal and external relationship with my parents. I'm willing to release emotional toxins associated with my childhood, adolescence, and adulthood. I ask the angels to help me trade any and all pain for peace right now."



Past-Life Issue

This situation has a basis in one of your previous lifetimes. Ask your angels to help you remember, release, learn, and heal from your past experiences.

You drew this card because experiences and emotions from one of your previous lifetimes are influencing the situation you're inquiring about. You have well-earned wisdom from that past life; allow it to guide you in your present situation by trusting your gut feelings and hunches. Those intuitive

impulses result from the knowledge you've gained in an earlier life—trust it!

People from your past life are making themselves known to you in this lifetime. They include a soul mate and family members, all with whom you share karmic ties. In the past, these relationships may have been painful, but now is your opportunity to balance that karma and break the reincarnation cycle if you choose.

ACTION STEPS

Archangel Raziel (pronounced *Roz-ee-el*, which means the “secrets of God”) is the angel who helps you understand, assimilate, and heal your past-life memories. Go to a quiet place and say (aloud or silently):

“Archangel Raziel, I call upon you now. Please help me understand [describe your current question or situation] by guiding and healing me through my past experiences and relationships. I ask that you help me balance all karma with everyone involved in this situation, in all directions of time.

Raziel, please help me uncover, heal, and release any old buried pain . . . now and forever. Thank you."

Your body may shudder as you say this, indicating that you're successfully releasing old, pent-up pain. If you have memory snippets of past lifetimes, please write them down for further exploration with a past-life regression therapist or by listening to a guided-meditation CD.



Power Animal

*Your animal spirit guide is a guardian to you
and is helping you with this situation.*

This card is a message for you to work with animals—both physically and spiritually—for they are reaching out and attempting to communicate with you. In order to hear these benevolent beings, you'll need to listen with your heart and inner ear without judgment. Once you open your mind, you'll clearly hear their loving voices and messages.

You also have specific animals with you as guides, which may include a special pet. These “power animals” are like angels who are very connected with the earth.

ACTION STEPS

Go to a location where there are trees or plants so that nature can help you with your journey to meet your power animal. Then close your eyes and breathe deeply as you hold the intention of connecting with the animal who serves as your spirit guide. Imagine yourself in a magical forest calling to your power animal, without specifying what type of animal you’re expecting. Let yourself see and know the animal who is your guide, and then ask this spiritual being any question you’d like—especially about your connection to nature and the environment.



Release

Work with Archangel Michael to let go of what no longer serves you or your purpose.

Archangel Michael sends you this card in response to your questions about your Divine life purpose. Perhaps you have an idea about what it is but feel intimidated about moving forward. Or maybe you feel blocked with respect to understanding your life mission. These concerns have triggered Michael's assistance and the message he brings to you through this card.

Your higher self is completely aware of your Divine mission and is ready to move forward on that path. Your higher self is also tapped into the Universal flow of support available to you and your purpose. To reach your natural state, Michael will help you release anything that may be standing in your way, such as ego-based concerns or activities.

ACTION STEPS

Take out two or more sheets of paper and a pen (or if desired, you can conduct this process on your computer by opening a blank word-processing document).

Breathe deeply and relax your muscles. Then at the top of the page, write: "Archangel Michael, what do I need to release to be fully on my path and purpose?" Jot down everything that comes to mind, including your thoughts, feelings, visions, or words. The pen may even seem to write on its own, which is safe and normal when connecting with Michael's loving energy. Make a note of everything you receive, even if you don't understand its meaning.

Then take the paper (or print out the paper from your computer) and ceremoniously destroy it by burning it, immersing it in water, or burying it while simultaneously declaring: "I now fully release anything that is not for my highest good."



Sacral Chakra

You are highly sensitive to chemicals, additives, processed foods, and energies right now. Respect your sensitivities by avoiding harsh items, situations, and relationships.

The angels sent you this card because they want you to understand your body's profound sensitivity. As a highly sensitive individual, you may at times experience confusion or numbness, which is a way of dealing with overwhelming physical sensations. You may even try to self-medicate with chemicals,

foods, or other addictive substances in order to shield yourself from harsh energies.

This card conveys a strong message, asking you to deal with your sensitivities in healthier ways. The angels want to help you detoxify yourself from chemicals and processed foods. They're also leading you away from disagreeable situations and relationships, so allow these changes to occur.

The sacral chakra is the second energy center in the body, located between the tailbone and belly button. Visualize it glowing a bright and clear shade of orange to keep this chakra balanced.

ACTION STEPS

Recline in a quiet location and say either silently or aloud:

"Archangels Raphael and Michael, please come to me. I ask that you detoxify my mental, energetic, emotional, and physical body right now."

Inhale and exhale deeply as the archangels work to clear you (you may notice shuddering or tingling sensations during this process, which is a positive sign of progress). When your body calms down, say:

"Thank you, Archangels, for this assistance. I ask that you help me stay grounded and shielded with Divine love and light."

This prayer will reduce cravings for chemicals because the purpose that they've formerly served for you will now be handled metaphysically.



Shield Yourself

Protect yourself from harsh or fear-based energies by envisioning a cocoon of healing light surrounding you.

The angels brought this card to you because of your heightened sensitivity to energies. This sensitivity means that you may inadvertently absorb other people's energies, which may make you feel tired, unfocused, or upset. Just as you wouldn't walk outdoors in a rainstorm without an umbrella, it's important to use an energy umbrella in the face of any emotional downpour.

If you feel negative energy—or people are arguing, competing, or using frightening words—it's vital for you to shield yourself. This means imagining that a bubble of protective light surrounds your entire body. You can also ask Archangel Michael to guard you from lower energies, and you can even “borrow” his shield as a protective buffer.

ACTION STEPS

Visualize yourself surrounded by one or more of the following colors (you can layer colors for multiple purposes, such as a white light next to you for general protection, followed by a second layer of green light for healing, and covered by a third layer of purple light for spiritual protection):

- Blue:* Increased communication
and clarity
- Green:* Healing and protection of health
- Pink:* Lightheartedness and romance
- Purple:* Spiritual protection (shielding
from psychic attack)
- White:* General protection

The light shields last for about 12 hours,
less time in harsh circumstances, so reinvoke
them often.



Singing and Dancing

*Express yourself and awaken your psychic
senses through the magical power of
music and movement.*

The angels send you this card because they see the need for creative expression and balance of work and play. Singing and dancing are powerful ways to open your creative channels and feel the freedom of fully expressing yourself. You'll realize hidden talents and boost your self-confidence with these activities. Because musical expression is your soul's

means of connecting with the physical realm, you'll also gain a greater sense of the Divinity within yourself. Many women discover their inner goddess through artistic forms of dancing, such as belly or hula dance.

ACTION STEPS

In a room where you won't be interrupted, turn down the lights and turn on your favorite music. Sway to the music, allowing yourself to move in any way that you'd like. Let your body lead the dance, without planning or thinking about your movements. Sing along with the song while you enjoy dancing in free-form expression.



Solar-Plexus Chakra

*It is safe for you to be powerful and take
charge of your life in positive ways.*

This card comes to you because the angels wish to help you with issues concerning power and control. They first want to reassure you that you *are* powerful. You, who were made in the image and likeness of your Creator, hold those same qualities, including power. It doesn't matter if you feel it or if you're afraid of your inner might—the fact is: You *are* powerful.

Second, it's safe for you to use your power in loving ways. The angels won't allow you to abuse it, and the people who truly love you will respect and applaud your spirited words and actions. Remember that power doesn't equate to aggression; it simply means being completely authentic with yourself and others.

The angels also want to remind you that no else is controlling you, or can control you, without your permission. You always have options and choices, and the angels can help you make those decisions if you ask. They will also assist you in feeling more in control of your life and your spiritual gifts.

ACTION STEPS

Recline on your back in a quiet location and focus on your solar plexus, which is the energy center behind your belly button. Say, either silently or aloud:

"Archangel Michael, I call upon you now. Please cut any cords of fear from my solar plexus to anyone whom I've given my power away to."

Then inhale and exhale deeply as Michael disentangles you from those whom you've feared were controlling you. Then say:

"Archangel Michael, please give me the courage to take complete responsibility for every aspect of my life."



Third-Eye Chakra

It is safe for you to see the energy of love in all of its forms, such as angels, auras, and visions.

This card comes to you in response to your questions about your future. You have visions about yourself, and you're wondering whether they're real or mere imagination. Well, the angels assure you that you *are* having accurate insights, and they wish to encourage your visual spiritual gifts.

You have natural clairvoyant tendencies, governed by the energy center located

between your two physical eyes, which is known as the third-eye chakra. The angels send clairvoyant messages that you perceive in your mind's eye as shapes, colors, mental movies, dreams, and so forth. Or you may receive their messages via your physical sight, such as in recurring number sequences (111, 444, and so on); lights and moving objects; or through signs and symbols, including feathers, rainbows, clouds, and coins.

The angels wish to help you fully awaken your third eye and understand your psychic visions. They're guiding you to notice and trust all that you see with your inner and outer vision.

ACTION STEPS

Sit quietly and say:

“Archangel Raphael and the Angels of Clairvoyance, I call upon you now to surround my head with your healing energy. Please clear my third eye of any old fear energies, entities, or other blocks or intrusions.”

Inhale and exhale deeply while the angels perform their “psychic surgery” to adjust your spiritual sight. Keep a journal of your visions, and ask your angels for help in interpreting them.



Throat Chakra

*The angels are helping you lovingly
speak your truth.*

The angels sent this card to you because of important messages that you need to express, either verbally or in written form. You're encouraged to speak your truth to yourself and others. To yourself, admit your true feelings as well as any revelations you've had. Keep a journal of these ideas, thoughts, and inspirations.

The throat chakra is the energy center located in the neck, which governs speech,

writing, and creative expression. When you squelch your truth because of fears of disapproval, your throat chakra tightens and darkens. Prior experiences (in this life or past) of being punished for speaking up can also close this energy center.

Fortunately, the angels are working to unlock your self-expression by sending pure Divine light and love to you and your throat chakra. Ask the angels to help you speak up for yourself lovingly and assertively, and they'll guide your words with verve and humor.

ACTION STEPS

Archangel Gabriel is the messenger angel who assists you to eloquently, truthfully, and lovingly express your thoughts and feelings. Take a moment to center yourself, and then say:

"Archangel Gabriel, I call upon you now. Thank you for guiding me in the expression of my inner truth and wisdom. I ask that you watch over me in all that I say and write so that I may clearly convey my inner messages."



Twin Flame

The answer to your question involves a spiritually based romantic relationship.

You drew this card because your twin flame is intricately involved with the answer to your question. A twin flame is a romantic partner who originated from your spiritual soul group—that is, he or she is “the one” in terms of soul-mate relationships.

Often, twin flames incarnate together during their last lifetime on Earth—after the reincarnation cycle has been completed, and all karma has been balanced. Until that

lifetime, however, twin flames usually don't incarnate simultaneously but instead volunteer to function as one another's spirit guides. So your twin flame could be guiding you from the other side, helping you with every area of your life, including romance with a soul mate.

ACTION STEPS

Write a letter to your twin flame's guardian angels. Begin the letter with "Dear Guardian Angels of my twin flame," and then express all of your feelings, thoughts, and questions about your love life. End the letter by asking these angels to prepare you to meet your twin flame or soul mate and to also arrange this visit. You'll recognize your twin flame or soul mate immediately, and there won't be any doubt in your heart or mind when you're face-to-face with him or her.



Vacuum Away Fear

Call upon Archangels Michael and Raphael to lift fear-based energy from you, your surroundings, this situation, and everyone involved.

You chose this card because you, or someone close to you, have absorbed some energies of fear. They could have been self-generated from your own foreboding or may have come from being with fearful people.

Whenever you feel tired or have been subjected to substance abuse (such as spending time in a pub or bar), take the time to cleanse

away residual energies. You can conduct this process anytime or anywhere, even when other people are nearby. You can also conduct this “vacuuming” for other people—in person or remotely (just be sure to ask their verbal or psychic permission first).

ACTION STEPS

To vacuum yourself or another person, just say:

“Archangels Michael and Raphael, I call upon you and your healing Band of Mercy Angels to come now with your spiritual vacuum cleaner. Please deposit the vacuum hose through the crown chakra and suction away toxic, fear-based, or entity energy.”

See and feel the vacuum hose completely cleaning the entire inside of the body (including organs, muscles, and bones) from head to toe. Shudders and other physical reactions are a normal and positive sign that the process is working. Continue until the body feels quiet, and then say:

"Thank you, Michael and Raphael, for this healing. Please now fill the body with your diamond-bright white light to heal and protect."



Vegetarian/Vegan

*Fresh organic fruits and vegetables give you
a boost of high life-force energy, which
elevates your spiritual frequency.*

Most likely you've intuitively heard this message from your guardian angels, who ask you to honor your body and spiritual path by only ingesting high-vibrating foods and beverages. This means eating and drinking organic foods, which are free of chemicals such as preservatives and additives. The Law of Attraction has guided you to consume items that mirror your spiritual path.

The angels can adjust your appetite and cravings so that this dietary change is pleasant and natural (see the following Action Steps). In addition, the angels can help you afford any increased cost for organic produce, if you'll ask them for this assistance.

As you eat more fresh fruits, vegetables, and nuts, you'll experience greater psychic clarity as well as an increased sensitivity to energy. Be sure to call upon the angels to shield you should this sensitivity become too intense. The angels will guide you to gentler situations and relationships so that you can enjoy being energetically open.

ACTION STEPS

Either lie down or sit in a quiet location where you won't be disturbed, and say:

"Archangel Raphael, I call upon you now. I ask that you adjust my appetite and cravings so that they're completely focused on organic and healthful foods and beverages. I'm now willing to release any attachments to unhealthful substances, and I open my

*arms to honoring my healthy body. Please
guide my dietary choices so they are pure,
high vibrating, and filled with Divine life-
force energy."*



Visualize Success

*See yourself doing well in this situation,
and have faith in a positive outcome.*

The angels want to boost your confidence and relieve you of worries about this situation. Part of this process involves holding positive visions for yourself and the other people involved. When you expect the best, you inspire the best in yourself and others.

The situation you're inquiring about depends on your faith in, and a firm vision of, a successful outcome. Fortunately, the

angels can help you hold a high and clear vision of success. Just ask them for this help, and it is done.

ACTION STEPS

It's easiest to visualize success if you have a "focal point," which means something to stare at that acts like a blank canvas upon which you paint your visualization. The flame of a white candle makes a wonderful focal point.

Relax while staring at a lit white candle, and imagine yourself in the actual situation doing beautifully well. See and feel everyone involved as smiling, happy, and fulfilled. Allow yourself to feel safe and secure in your stomach and all throughout your mind and body. Give any concerns about how this positive outcome will occur to God and the angels. The "how" is taken care of by God's infinite wisdom and love.



Workshops and Seminars

Attending and giving speeches is part of your spiritual path and purpose. Be open to teaching and learning.

The angels have been sending you intuitive messages about attending and giving workshops, seminars, and speeches. They've now sent this oracle card to you so you'll know that you really are hearing your angels' messages about this topic.

If you've been dreaming about giving a workshop or a speech, the angels will guide you through the process. Give any worries,

thoughts, concerns, or questions to them; and then listen to their replies, which will come to you as ideas and feelings. The angels will help lead you to the right venue, topic, and audience members. All you need do is follow their guidance.

You're also guided to attend workshops to further your spiritual path and education. Enroll in classes that you feel drawn to, and ask Archangel Raphael to support everything in this endeavor—including tuition fees, transportation, lodging, time off from work, babysitting arrangements, and so forth.

The way is clear for you to give and receive through the workshop process. Enjoy!

ACTION STEPS

Visualize yourself conducting a workshop for a group of appreciative individuals who are smiling receptively at you. Feel yourself confidently receiving Divine information, which you impart to your audience members. Continue with this visualization by seeing and feeling additional positive details. When you feel complete, say:

"Thank you, Universe, for my wonderful experiences giving workshops for people who receive blessings from the teachings that come through me."



You Are a Powerful Lightworker

It is safe for you to be powerful. Your spiritual power brings great blessings in loving service to the Divine.

This card comes to you because the angels want to help you feel comfortable with your spiritual power. You *are* extremely powerful because you (like everyone else) were made in the image and likeness of your powerful Creator. **Divine power flows through you when you hold the intention to conduct a healing or give a reading.**

It is safe for you to feel and channel this power, as it is not a personal or ego-driven force. When you intend to use Divine power in the service of love, you experience harmony in all of your activities. The more comfortable you are with your spiritual power, the more steadily and evenly it flows through you.

ACTION STEPS

Tightness in your stomach muscles means that you're experiencing a power struggle: You either feel that someone is trying to control you or you're confused about how to use your power. The next time you notice this tightening sensation, say:

"Archangel Michael, please help me step into my Divine power with grace and gratitude."

Notice your stomach muscles relaxing in response to this invocation, as well as the situation easing into a win-win solution.



You Are Profoundly Clairvoyant

Trust what you see in your mind's eye as well as with your physical sight, for your spiritual vision helps you with healing, teaching, and guidance.

The angels send you this card to help you trust the visions you receive in your mind's eye during dream time, as well as the signs that you physically see (such as recurring numbers, feathers, coins, flashes of light, and so forth). Since the Creator is all-seeing, it stands to reason that you (and everyone else) would inherit the gift of spiritual sight.

If your gift seems blocked, the cause may be a painful past experience that the angels can help you heal and release.

Know that it's right for you to see clairvoyantly, as this blessing can be used to assist you with your healing and teaching work. Your clairvoyance also gives you continuous and accurate guidance, much like a GPS electronic map in a car that guides you to the right destination. Trust what you see!

ACTION STEPS

You'll want to conduct this session in a private and quiet location, and have a pen and paper handy, as the process may trigger some vivid past-life memories. Sit or lie down, and center yourself with steady and deep breaths. When you're ready, say:

"Archangel Raziel, I call upon you now. Please surround me with the highest and purest vibrations of Divine love to heal and release any old fears connected to my spiritual sight."

Then breathe and relax, as your body may tingle or shudder while it releases old toxins. Stay with this process until your body feels completely at ease. Know that you can control your clairvoyance by asking the angels for help.



Artwork Ordering Information

You can order prints of many of the images in the *Angel Therapy Oracle Cards* deck. The prints come in different sizes without the border or words that appear on the cards. To purchase a print, please contact the artist directly through the methods listed below. Neither Hay House, Inc.; Angel Therapy, Inc.; nor Doreen Virtue assumes responsibility for any sales conducted between you and the individual artists.

Artwork by Wendy Andrew

Card Names: *Be Willing to Forgive,*
Manifestation Power

Wendy lives, dreams, and paints in the beautiful mystical countryside of Southern England. She's been a professional artist for 15 years, and her work has been published internationally. Her paintings are inspired by the ancient mysteries wrapped in the turning of the seasons, and the voice of the goddess whispering through the mythical realms.

Contact info: Website: www.paintingdreams.co.uk • e-mail: info@paintingdreams.co.uk



Artwork by Audrey Rawlings Arena

Card Names: *Crystals, Ear Chakras, Parents,
Past-Life Issue, Singing and Dancing,
Visualize Success, Workshops and Seminars*

Audrey's paintings are realistic fantasy pieces inspired by Renaissance fairs, her family and pets, and the Bible. Her favorite artistic theme is "Scenes of the Peaceful Kingdom"; and her paintings of exotic scenery, animals, and people in costume in dreamlike settings reflect this. Audrey attends Harley-Davidson events and paints on motorcycles, canvas, collector eggs, and more.

Contact info: *Website:* **www.fantasyartbyaudrey.com**



Artwork by T. C. Chiu

Card Name: *Listen to Your Intuitive Feelings*

T. C. was born in China and developed an interest in art when he was a young child. He began his art studies in the Far East and continued when he came to America in 1974. His delicate work is the result of the combination of the essential qualities of traditional realism and contemporary painting techniques.

Accomplished in a wide range of media, he constantly challenges his mastery of watercolor, oil,

and printmaking. Many subjects inspire the widely traveled artist. Preeminent among them is an abiding reverence for the peace and beauty of the world of nature that is reflected in his paintings.

Contact info: Website: www.cypressfineart.com



Artwork by Marty Gray

Card Name: *Law of Attraction*

Marty's paintings reveal a deep awe for what he sees around him. Passionate and introspective, a man on an artistic mission, he is devoted to painting exclusively from life experience. His paintings in oil have allowed him to document and share his desire to experience such varied environs as the South Pacific, Europe, the Mediterranean, Indonesia, as well as his native California.

Marty divides his time between his home and studios in Laguna Beach, California; and Kauai, Hawaii. His path as a painter manifested after he spent many years pursuing a career as a songwriter. Marty recalls, "I loved playing music, but I didn't like the music business. After years of writing and recording in my studio, I felt burned out and decided to pursue other interests. It was shortly thereafter that a friend turned me on to a set of paint and brushes. From the

first moment I touched the brush to canvas, I was hooked." Marty sold his recording studio and dove headfirst into his lifetime love affair with painting.

Marty reflects, "The only way to grow as a painter is to try new things, to immerse yourself in the landscape, to accept that there will be failures for every success." His richly painted compositions, with their shadows and vibrant colors, create wonderful impressions that are certain to evoke memories among those familiar with the settings.

Contact info: Website: www.martygrayart.com



Artwork by Paul Heussenstamm

Card Name: *Ascended Masters*

Paul is well known for his capacity and clarity in helping others discover the "language of the soul." A fourth generation artist, Paul's formal education and degree in fine arts could not have prepared him for the ultimate revelation of his life's work: the artistic sharing and teaching of an ancient language and powerful symbol, the mandala. For many, Paul's intensely colorful paintings are for and from the soul and serve as a pathway to self-realization, healing, and wholeness. In addition to his art, Paul travels throughout the United States and around the world teaching "Art

as a Spiritual Path" workshops.

Contact info: *Mailing address:* P.O. Box 836, Laguna Beach, CA 92651 • *Website:* www.mandalas.com



Artwork by Carol Heyer

Card Names: *Base Chakra, Books,
Mediumship, Power Animal*

Carol's career has taken her from screenwriter and production designer to the pages of well-known children's books; from vividly realistic and vibrantly colored "high fantasy" fairy tales, sword, and sorcery to the mystery and religious genres. Imaginative and arresting images are Carol's stock-in-trade, earning her honors from Print's Regional Design Annual, Spectrum: The International Competition for Fantastic Art, The Society of Illustrators of Los Angeles, The Association of Science Fiction and Fantasy Artists, and The Society of Children's Book Writers and Illustrators, among others.

Carol is a resident of Thousand Oaks, California, and is a full-time illustrator and writer. She has demonstrated computer art and has worked for a movie production company as production designer and writer of feature films. Carol left the business to pursue a career as a freelance artist and writer. To date,

more than a half a million copies of her children's picture books have been sold.

Contact info: Website: www.carolheyer.com



Artwork by Howard David Johnson

Card Names: *Cut Your Cords, Shield Yourself,
Solar-Plexus Chakra, Throat Chakra, Twin Flame,
Vacuum Away Fear, Vegetarian/Vegan*

Howard David Johnson is a contemporary realistic artist and photographer with a background in the natural sciences and history. David, as he likes to be called, works in a variety of mixed media ranging from oil on canvas to digital media. After a lifetime of drawing and painting, his Traditional Media Art was exhibited in the British Museum in London in 1996, as well as in numerous American museums since, such as the Metropolitan Museum of Art in New York City. David's realistic illustrations have made appearances in every major bookstore and game shop chain in the U.S., as well as magazines and educational texts around the world.

David offers his customers many options and more than three decades of experience. As a realistic illustrator, he uses the computer and is involved in the development and marketing of software for Adobe Photoshop. Digital art, colored pencils, pastels, mixed

media, and oil paintings can be commissioned for select projects. David delivers old-fashioned customer service and the rights to these custom-made, copyright-free illustrations when he does work for hire.

Contact info: Website: www.howarddavidjohnson.com



Artwork by Joanne Koenig-Macko

Card Name: *Heart Chakra*

Joanne is an internationally known artist, spiritual coach, author, and dynamic lecturer. This spirited, intuitive facilitator has served thousands of clients from all over the world. Her passion is to share her dynamic paintings and help others realize their true gifts and purpose in life.

Her ethereal art has been presented to countless world leaders, and she has served as the director of International Angels for World Peace under the umbrella of the World Citizen Diplomats. Joanne currently has representatives in Japan and thousands of clients who not only collect her inspirational art, but see her for spiritual life coaching as well. Her passion from annually producing the Lightworker's Conference stems from 22 years of expertise in the corporate world, which she left behind to pursue her vision of helping to raise the world's mass consciousness. She is currently writing a

book on all she has learned from life, her clients, and the many illusions we buy into that affect our lives.

Contact info: Website: www.angelic-art.com



Artwork by Ragen Mendenhall

Card Names: *Clear Yourself, Have You Asked
Your Angels for Help with This?*

Ragen was born in Las Vegas, Nevada, in 1978 and currently lives and works in Phoenix, Arizona. Her ethereal fantasy paintings often depict angels, mermaids, fairies, and beautiful women merging with animals. Ragen's painting style is recognized for its vivid emotional quality and dynamic realism. Signed prints of her original artwork are available. Please visit Ragen's Website to see more of her work.

Contact info: Website: www.ragensart.com



Artwork by Marius Michael-George

Card Names: *Archangel Michael,
You Are a Powerful Lightworker*

Marius is a classically trained visionary artist and art teacher specializing in sacred art. His artwork is

licensed internationally and is published as prints, cards, book illustrations, and reproductions on canvas. At his School of Classical-Visionary Realism, Marius offers a variety of workshops and seminars, an apprenticeship program, and private instruction for people of all levels of artistic experience.

He says, "I paint angels because they're an intrinsic part of my own nature, and in the course of daily life, I'm always surrounded by people who are actually angels in human form. The sweetness, innocence, and beauty of the angelic nature, combined with their extraordinary power and majesty, are a constant inspiration for my art."

All archangel images used for this oracle-card deck are available as prints, cards, and giclée reproductions on canvas. Some of the original oil paintings are also available for purchase.

Contact info: *Mailing address:* P.O. Box 12, Emigrant, MT 59027 • *phone:* (888) 872-9111 • *Website:* www.MariusFineArt.com • *e-mail:* Marius@ycsi.net



Artwork by Michael Orwick

Card Name: *Indigo*

Growing up in the Oregon Cascades and the Willamette Valley, nature and the rich landscape have had a profound impact on Michael. He has always

been awed by the extraordinary ability of landscapes to tell stories, just as art does.

Michael's career in art started in animation at Will Vinton Studios and moved quickly into illustration, where he enjoyed bringing the ideas of others to life. Today, Michael is creating what he calls "Inspired Expressionism," painting his own ideas on canvas and inviting you to provide the narrative.

Michael offers hints of the mood through atmosphere and serene colors, suggesting a place and time of day; however, it is what he leaves untold that grabs you. He shares his enigmatic vision and invites you to imagine your own story. His paintings grant you the rare chance to go back and explore a special place that fuels the imagination.

Contact info: Website: www.michaelorwick.com



Artwork by Marcia Snedecor

Card Names: *Emotional Sensitivity; Heal Away Addictions; If You Get Nervous, Focus on Service; Release; Sacral Chakra*

Marcia lives in the central Ohio area with her husband and several feline friends. She received her fine-arts degree from Miami University; and she is a registered nurse, licensed independent social worker,

and Reiki practitioner—all healing professions that have shaped her life and informed her art. She currently works full-time as a painter and illustrator.

Marcia's art and illustrations are widely collected and have won many awards. She has created covers for books, magazines, oracle-card decks, and CDs.

Contact info: Website: www.homestead.com/ethereal_art/index.html



Artwork by Christophe Vacher

Card Name: *God Box*

Christophe has provided backgrounds and visual development for Walt Disney Feature Animation since 1993. A native of France, Christophe worked at Disney's Paris-based animation studio for three years, where he painted backgrounds and served as head of background for several famous Disney animated films.

Relocating to California in 1996, Christophe continued his association with Disney. In 2004, he became involved in art direction, including working on the animated segment for the Disney movie *Enchanted*. Christophe says, "My work is inspired by music, travel, and personal experiences. Each painting can put you in another world in the middle of a story, or is simply a symbolic expression of my inner feelings."

Contact info: Website: www.vacher.com



Artwork by Josephine Wall

Card Names: *Goddess, Third-Eye Chakra*

Since childhood, Josephine has been fascinated with light, color, fantasy, and visual storytelling. The life of a painter was clearly her destiny! Enchanting and detailed images flow freely from her imagination in an endless cascade of ideas.

Her first employment after leaving art college was at Poole Pottery, where she painted the dynamic and boldly colored designs of the now famous Delphis ware—very collectable and realizing high prices at specialist auctions.

She lives contentedly with her husband at Wysteria Cottage, where she works in an attic artist studio. The walls are covered with a huge wisteria, cascading gorgeous flowers—hand painted, of course! Josephine is convinced that the pyramid-shaped roof she works under is a source of inspirational vibes, aiding her creativity.

Much of the inspiration for her mystical images comes from her close observation of nature and her interest in its preservation. Although she often strives to impart a message in her scenes, she also hopes to inspire in her audience a personal journey into the magical world of their own imagination.

In addition to an annual exhibition in London, held by the Society for Art of the Imagination to which Jo belongs, her work can be found in galleries all over the south of England, from Cornwall to Kent, and is rapidly gaining popularity in America.

Contact info: *Website:* www.josephinewall.co.uk



Artwork by Gilbert Williams

Card Name: *Crown Chakra*

Gilbert is a renowned and revered visionary painter whose canvases glow with transcendent light and a remarkable panorama of archetypal images: temples, groves, lakes and light beings, goddesses and nature spirits, moons and magical mountains. Gilbert was born in Santa Monica, California, and when he was five, his family moved to Anaheim, California.

As a child, Gilbert was already drawing avidly. As he grew up, he continued drawing and studying, almost entirely on his own. He explored art history and the techniques of the Renaissance masters and engaged in peripheral studies that included anthropology, archaeology, and geology. His career as a professional painter began in earnest in Mt. Shasta, California, in the late 1970s, when he began selling paintings in local galleries. Major national magazines took notice—and so did Hollywood. His images have been used for album covers

by Michael Jackson; Crosby, Stills, and Nash; and the *Fresh Aire* albums produced by Mannheim Steamroller and the London Symphony. They have also been used as cover art and illustration by *Omni* magazine. His reputation spread rapidly, and in the early 1980s, Gilbert became the featured painter at the Illuminarium Gallery and Isis Rising. Now his originals are frequently sold to collectors within days of completion; and Isis Rising publishes notecards, posters, matted art, art books, and lithographs of his works.

Gilbert lives in California, enjoying both work and family.

Contact info: Website: www.gilbertwilliams.com



Artwork by Corey Wolfe

Card Names: *Archangel Raphael;*
Cancel, Clear, Delete

Corey has worked consistently as an illustrator since 1979 and has won many awards, especially in the video/movie industry and the science fiction and fantasy fields. He paints both classically in oils, as well as digitally. He has painted more than 700 projects for Disney, including for the movies *Fantasia*, *101 Dalmatians*, *Sleeping Beauty*, *Aladdin*, and *The Lion King*.

He lives in Washington State with his wife and daughter, where he paints in his dream studio that sits on five acres overlooking Portland and Vancouver. He says, "Life is good, but like every artist, my dream is to work in fine art. When I have free time, I paint women in classical poses. I also enjoy painting angels and fairies." There are 11" x 14" photo prints available of these images and many more from Corey's Website.

Contact info: *Mailing address:* 12014 N.E. 192nd Ave., Brush Prairie, WA 98606 • *Website:* **www.corey wolfe.com**



Artwork by Sheila Wolk

Card Names: *Earth Angel, Fairies, Integrity,
You Are Profoundly Clairvoyant*

Sheila had an auspicious beginning as an art director for a pharmaceutical advertising agency and medical illustrator, honing her skills in drawing the human form. Her first pastel paintings were for the genre of sports art. In fact, Sheila became so good at capturing the human form in movement that she was named Sport Artist of the Year in 1987 by the American Sport Art Museum and Archives (ASAMA).

Her transition into the land of fantasy happened slowly, but once she decided to change her focus, the result was sensational. Sheila blends techniques to create

a lighthearted yet stirring glimpse into the magical world we live in—its lore, myths, and legends. Indeed, her art is created in a mystical realm where logic, dreams, and art meet and mix to create a dreamscape of enchanting beauty, fabled majesty, and whimsical figures. She fuses traditional and nonconventional means to convey the visions, dreams, and realities of a world many wish they could see outside of her canvas. Sheila combines her creative talent and imagination to accurately interpret and artistically communicate elaborate notions in an easy-to-understand and visually entertaining fashion.

Sheila resides in New York City where she continues to capture the action of sport and the drama, intensity, power, and grace that surrounds it with her pastels and lithographs.

Contact info: *Website:* www.sheilawolk.com

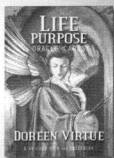




Become a Certified Angel Card Reader!



With Doreen Virtue and Radleigh Valentine



Become a Certified Angel Card Reader in this Six-Lesson, Online Video Certification Course

In this enlightening and entertaining online video course, learn how to open your intuition and natural spiritual abilities to receive accurate information during your readings. Doreen and Radleigh personally walk you through the process of giving yourself and others accurate, gentle, and safe oracle card readings. Learn to receive specific and detailed answers for yourself and your client and take your readings to the next level!

**Register online today at
www.hayhouse.com/cacr-course**



About the Author

Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology and is a lifelong clairvoyant who works with the angelic realm. She is the author of the *Healing with the Angels* book and oracle cards; *Archangels & Ascended Masters*; and *Angel Therapy*®, among other works. Her products are available in most languages worldwide.

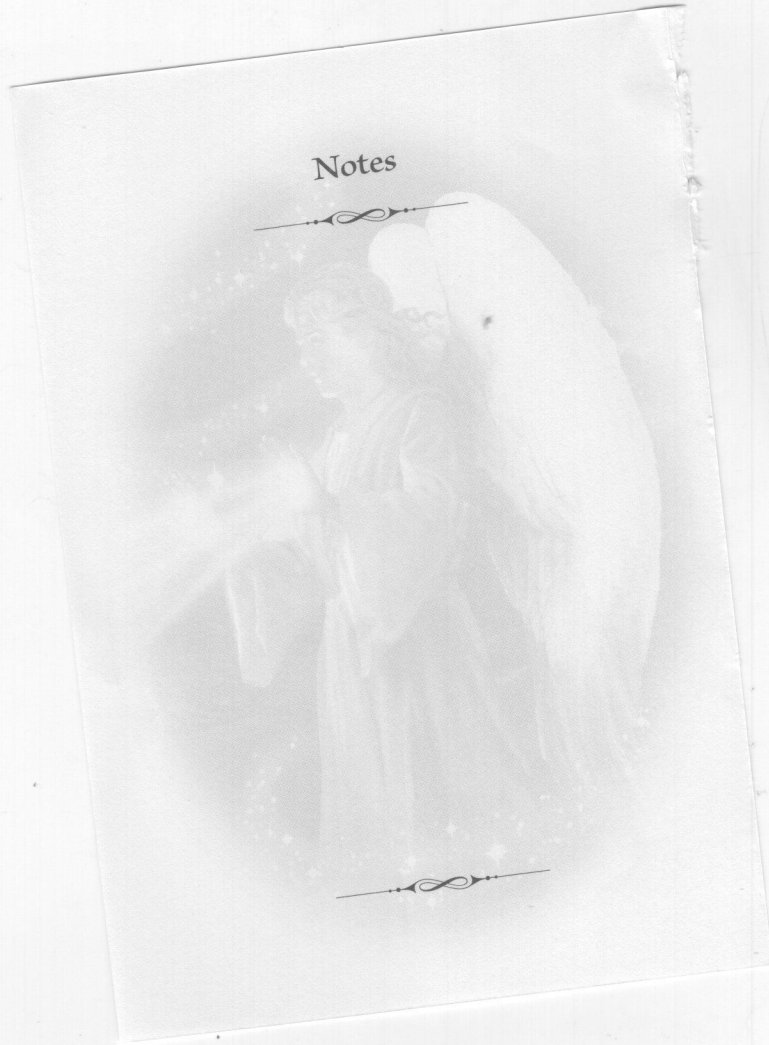
Doreen has appeared on *Oprah*, CNN, *The View*, and other television and radio programs. She writes regular columns for *Woman's World*, *New Age Retailer*, and *Spirit & Destiny* magazines. For more information on Doreen and the workshops she presents throughout the world, please visit www.AngelTherapy.com.

You can listen to Doreen's live weekly radio show, and call her for a reading, by visiting HayHouseRadio.com®.

Notes



Notes



Notes



Notes



Notes



Notes



Published and distributed in the Republic of South Africa by: Hay House SA (Pty), Ltd., P.O. Box 990,
Witkoppen 2068 • info@hayhouse.co.za

Published in India by: Hay House Publishers India,
Muskaan Complex, Plot No. 3, B-2, Vasant Kunj,
New Delhi 110 070 • *Phone:* 91-11-4176-1620
Fax: 91-11-4176-1630 • www.hayhouse.co.in

Distributed in Canada by: Raincoast Books,
2440 Viking Way, Richmond, B.C. V6V 1N2
Phone: 1-800-663-5714 • *Fax:* 1-800-565-3770
www.raincoast.com



Take Your Soul on a Vacation

Visit www.HealYourLife.com® to regroup, recharge,
and reconnect with your own magnificence.
Featuring blogs, mind-body-spirit news, and life-
changing wisdom from Louise Hay and friends.

Visit www.HealYourLife.com today!





We hope you enjoyed this Hay House Lifestyles guidebook.
If you would like to receive a free catalog featuring additional Hay House books and products, or if you would like information about the Hay Foundation, please contact:



Hay House, Inc.
P.O. Box 5100
Carlsbad, CA 92018-5100

(760) 431-7695 or (800) 654-5126
(760) 431-6948 (fax) or (800) 650-5115 (fax)
www.hayhouse.com® • www.hayfoundation.org



Published and distributed in Australia by:
Hay House Australia Pty. Ltd., 18/36 Ralph St.,
Alexandria NSW 2015 • *Phone:* 612-9669-4299
Fax: 612-9669-4144 • www.hayhouse.com.au

Published and distributed in the United Kingdom by:
Hay House UK, Ltd., Astley House,
33 Notting Hill Gate, London W11 3JQ
Phone: 44-20-3675-2450 • *Fax:* 44-20-3675-2451
www.hayhouse.co.uk