



Archangel Prayer Guide

*Connect with Your
"God Squad"*

By Sinéad Whelehan



STAR FAMILY WISDOM

Archangel Prayer Guide

Archangel Meditation

The archangels have the power to be omnipresent. In order to receive their help, we must reach out to them and request their aid.

Find a place to meditate where you will have quiet and be undisturbed by others. It's not necessary to use additional tools, but you can certainly play soft music, light candles, or have crystals nearby if you like. These tools can help to energize your request - but again, are not necessary.

Lie down, or sit comfortably - it is your choice. Just place your body in a way that it feels aware, and comfortable.



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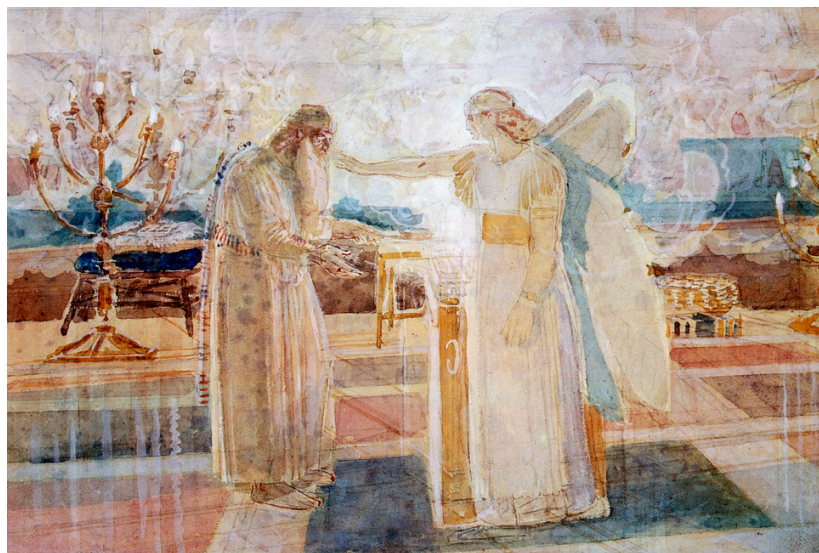
Archangel Meditation

To request the Archangels most effectively, first take a few deep breaths to ground and connect yourself with your body and what you are feeling physically and emotionally.

Listen to the sound of your breathing moving in and out. Flow with the natural way your body wants to breathe. Relax your muscles - breathe into them if they are tense, and breathe out the tension.

Breathe in with awareness and receptivity, and hold an acceptance of the presence of Archangels in your heart. Breathe out with awareness, to release any constricting feelings of judgement (towards self or others).

Now that you are feeling more connected with yourself, focus on the angel(s) you have in mind, and call upon them.



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Archangel Meditation

They come when they are called upon, but especially when they are called with an open, receptive heart, and a genuine desire to connect.

You can call upon them at any time of day or night; time means nothing to an Archangel!

How to Find Your Archangel Guides

How do we know which Archangel to call on?

Start by getting clear within. If you know what you need to ask for, then you will know which Archangel to call upon.

Helpful questions: What is it you are seeking to strengthen within yourself? What is it you need to release, or clear from your life? What do you need? What do you desire?

While establishing a connection with your Archangel guide can be done at any time and in any place, this usually comes with practice.

If connecting with your Archangels is a new practice for you, the steps outlined below can help you to create a clear, intentional pathway for communication with the Archangels you call for.



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How To Invoke The Archangels

So - how does it work? And what do you need to do?

First and foremost, you need to find a suitable (quiet, non-distracting) environment where you will feel comfortable and grounded. Because it may take a little while to invoke the Archangels, you'll want to make sure that you have plenty of time alone. You need to make sure that you're going to be comfortable as well; relaxed, and able to settle into yourself.

We suggest that you sit on the floor, in a chair with your feet touching the ground - or, ideally, on the ground outdoors. The reason for suggesting these positions is to encourage a feeling of groundedness in you. We also encourage bare feet during this practice, if possible.

Find the seated (or lying) position that is most comfortable for you.

Now, imagine that a beautiful, glowing light begins to emerge somewhere around you. This light can be any colour you choose (pay attention to the colour that arrives in your mind!). This light continues to grow in size, and as it grows, so does a feeling of love, protection, and support grow in you.

The light gently surrounds you, embracing you, and then merges with you (if there is a particular part of your body that absorbs this light, make note of that body part).



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How To Invoke The Archangels

Make sure that you're focusing on your breathing - allow your body to breathe in the way that feels best. We suggest inhaling through the nose, and exhaling through the mouth.

Allow yourself to stay with this visualization until you feel satisfied that you feel open and relaxed. Don't "try" - just be. There is no standard of perfection expected in this practice. What matters most is your open heart and mind. Before you know it, you'll have connected with the angels.

Once you've done this practice a few times, you'll find that the process becomes more and more natural (like breathing!).



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How To Invoke The Archangels

The energy of communication from your Archangels might be subtle the first time around. Pay attention to what colours come up in your mind as you practice; which body parts respond; any symbols you see. If it's not distracting for you, jot down what you sense or notice. These could be communications from your Archangels. Even if they don't make sense at first, they likely will become clearer, deeper, and more meaningful as you witness the patterns of what you experience each time you practice.

If you practice again and again, with trust and receptivity, you may have a profound experience. Not all of our communication with these great beings needs to be "profound" in scale, however - only profound in meaning. The meaning is understood between you and your Archangel guide in a way that will feel like a conversation you've never had with anyone else in quite this way. It just might change your life.



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How To Invoke The Archangels

If you're going through something challenging and you feel alone or unsure of what to do, you can reach out to your "invisible team" to ask for assistance. The Archangels are a crucial part of the invisible team of support that we all have around us.

By invoking the Archangels, you will be forming a connection with them, and giving yourself the opportunity to receive their guidance and wisdom. They are inconceivably powerful beings who can help you overcome the obstacles you face, either in your environment or inside yourself.

Fostering a lasting connection with these powerful beings takes practice, courage, an open heart, trust, and a genuine desire to receive guidance.

Remember - if you do not feel these things in yourself, *you can ask the Archangels to help you discover them!* That could be the first step in your relationship with the Archangels you call on.



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Archangel Meditation

1. In a quiet place, settle yourself where you feel aware and comfortable. Try to ensure that no external distractions will arise during the minutes you will be focusing in this way.
2. Imagine a ray of light entering the crown of your head. This light can be any colour that comes to your mind. As the light enters your crown and travels downwards, it will relax the muscles of your head and face, then neck, then shoulders... allow yourself to visualize this light streaming down the core of your body, out into your limbs, and out of your feet and root chakra. This is your connection to the Universe; you carry this thread of light within you at all times.
3. Now, feel yourself receive energy from the Earth herself, and draw it upwards through your feet and/or root chakra, and traveling up into your body, filling you with a sense of roundedness and connection to our planet.
4. Pause, and breathe in place just for a moment. Allow yourself to receive a sense of trust and tranquility from above and below. Feel the support that is always around you, and allow that awareness to settle into your being.
5. Now, become aware of the beat of your heart. As you breathe in this relaxed and receptive state, listen to your heart, and feel your heart. If you can, imagine your heart as a glowing source of eternal energy in the centre of your chest (because it is!).
6. If it feels right, touch your thumb to your third finger on both hands. This mudra will help to seal the connection you have made with yourself, Source (where the Archangels live), and the Earth (which the Archangels serve). It can also help to complete the circuit of energetic exchange from your heart to the Universe around you. This simple action can be returned to whenever and wherever you find it useful.



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About Sinéad Whelehan

Sinéad is a seasoned special-needs educator, diversity, equity and inclusion consultant, facilitator, and leader. She is also a lifelong experiencer of ongoing ET contact and supernatural phenomena, and a former research and interview assistant for Grant Cameron. As a deaf woman, a large part of Sinéad's spiritual path has been learning how to listen on multiple levels, using other senses and intuition - this practice has expanded her psychic and healing abilities and allowed her to "hear" in new ways. As a public school special education teacher for over 15 years, Sinéad focussed on empowering students with disabilities, and learners who do not fit the traditional education mould. With a deep passion for supporting spiritual growth and learning - both in herself and in others - Sinead is now channeling her energy into encouraging our inherent collective awareness of multidimensional reality by supporting growing awareness of humanity's contact with Star Races and the energy of our Earth. Sinead has studied energy healing, Reiki, Psychic Development, Yoga and Meditation, and is particularly interested in ancient indigeous wisdom. In symbiosis with her journey on the shamanic path, she holds a deep connection with Nature spirits, animal spirits, and the history of the Divine Feminine on planet Earth.

