

Brighten up your life

Discover the healing and transformative power of angelic lightwork

Lightwork is a name used to describe a range of healing practices based on the intention to connect with spiritual light in order to heal, awaken and empower the mind, body and soul.

'Connecting to spiritual light reinforces our strength and wisdom to deal with suffering without losing our connection to hope, creativity, love and joy that are all components of healing,' says Alana Fairchild, author of *Angelic Lightwork: Magic and Manifestation with the Angels*.

'Lightwork helps us strengthen our heart connection so we can respond more creatively to life's problems. It attracts spiritual consciousness that inspires us with new ideas and expands our awareness.'

Pure and unconditional love

One of the easiest ways to connect to spiritual light is through the angels, who are beings of light themselves and called 'devas' in Sanskrit, which translates as 'shining ones'. Spiritual light of every hue has something in common, it is an expression of Divine love. Angels help humans to understand this Divine love, learning how to accept it, to heal through it, and share it with others. Divine love is unconditional, so it:

- ✦ Never judges, always forgives and encourages
 - ✦ Wants you to love and be true to yourself
 - ✦ Doesn't mind if you have a religious or spiritual path, or aren't sure
 - ✦ Always sees the real you and believes in your potential
- 'Angels can show us how to receive this Divine love, and then we can

love ourselves and others more unconditionally,' explains Alana. 'They help us discover our life path and fulfil our higher purpose as we can only accomplish that when we acknowledge, accept and love who we truly are.'

By practicing lightwork and connecting with spiritual light with help from the angels, they can help us heal on every level, guiding us towards the information we need, protecting us but also empowering us.

We can rediscover our kindness, care, non-judgement, respect and capacity for love, all qualities that we need to create happiness and freedom in our lives and our world.

Intention is enough

Our intention to connect with spiritual light and the angels is all that is needed to start doing lightwork. We can express that intention through visualisation, or feeling, imagination or asking to do so and our ability to see, feel or otherwise consciously experience spiritual light will increase with practise.

'The work we do always has effect, whether we are fully conscious of it or not. Trust in the value of the work you offer, even if you cannot always sense its full effect,' says Alana.

Discover the archangel you should be connecting with right now to get the most out of your lightwork practice in our quiz.

✦ **More info** *Angelic Lightwork* by Alana Fairchild (£13.99, Llewellyn). Visit, alanafairchild.com

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MORE

Shine on

Which archangel should you be teaming up with to ensure you get the best out of your lightwork at this present time?

Question 1

- ★ It can be hard for me to trust that everything will be okay
- ★ Sometimes it's hard for me to know my own truth
- ★ Trying to find the right words can be frustrating
- ★ Sometimes I doubt my ability to be able to co-create my destiny

Question 2

- ★ I often have a lot on my mind
- ★ I feel silenced by other people's opinions sometimes
- ★ Sometimes words aren't enough to fully express what I'm feeling
- ★ I sometimes forget that my mind is powerful and attracts what I think about

Question 3

- ★ I want to know that a positive solution will definitely happen
- ★ I need to know that my voice has value
- ★ I want to be able to trust in my own creative healing power
- ★ I love nature and beautiful things

Question 4

- ★ I wish I could more easily switch off mentally and relax
- ★ I understand other people more than other people are able to understand me
- ★ I can get stuck in my head sometimes
- ★ Sometimes I wonder if things will ever change for the better

Question 5

- ★ I need a new approach that will work better to solve my problems
- ★ Sometimes I feel overwhelmed by everyone else's needs and opinions
- ★ Often it's hard for me to know what I need
- ★ It's time for me to take a creative leap into new experiences



MOSTLY ★
Empowering voice practice with **Archangel Michael**
Find your inner voice to speak out for what you do and don't want to do!

★ Find a private space where you can sit quietly and comfortably. Say, *'Beloved Archangel Michael, please be with me now. You resonate with truth, love and higher understanding. May I always find clarity and truth, and may this work spiritually benefit all beings.'*

MOSTLY ★
Healing prayer to connect with **Archangel Raphael**
Increase your ability to hear higher guidance in your life

★ Set the intention to connect to your heart. Take a deep breath in, receiving life energies. Exhale and let go of tension or worry.

★ Place a hand over your heart and say, *'Beloved Archangel Raphael, you are pure healing love. I open my heart to your blessings, for the spiritual benefit of all beings. I now offer to you these concerns [express any concerns you have]. There are unlimited Divine solutions for any problem. I offer my prayers with perfect love and receive your healing guidance with trust.'*

★ Place your hands before your heart, palms facing upwards, as if to make an offering. Imagine and intend that any concerns you have can now gather and rest on your palms. Take a slow, deep inhalation, as if you were breathing in the Divine air of Archangel Raphael's breath. Then gently exhale his rich emerald green healing light as you blow the concerns up towards the heavens.

★ Place your hands in prayer at your heart. Imagine, intend, believe that you are now surrounded by beautiful healing green light. Relax and breathe. Let it feel good and soak into your being.

★ Imagine and believe that Archangel Michael is with you. What do you need to express? Is there an issue you need to work through? Speak aloud and/or write as if Archangel Michael was listening and never judging, just hearing you completely and compassionately. Let yourself speak, write, share without censorship. Unburden yourself. You are in a sacred space and you will not harm anyone by speaking your truth. Truths can change but only when we allow them to be released by speaking honestly. Keep expressing and working through the layers, moving closer to the deeper truth that sets you free. Speak to Michael as though you were speaking to your best and oldest friend.

★ When you are ready to finish, imagine a sacred spiritual fire that destroys any negativity that was released and cleanses you and the space you are in with warm spiritual love. Notice your clarity.



INNER STRENGTH

MOSTLY ★
Manifestation practice with **Archangel Uriel**
Focus your energies and become more aware of your personal power

★ Think about what you would like to manifest, heal or experience in your life? Say, *'Beloved Archangel Uriel, through Divine grace, for the spiritual benefit of all beings, I ask for your assistance in manifesting this desire of my heart [express your heart's desire].'*

MOSTLY ★
Stress release practice with **Archangel Gabriel**
Ground yourself, release tension and feel more present and confident

★ Find a space where you can be on your own and spend time connecting with your body and acknowledging just how amazing your body is - so much intelligence, strength, capacity to heal and courage to be alive. Take a deep breath in and exhale slowly. Feel the connection of your feet with the earth. Say, *'Beloved Archangel Gabriel, I now open my heart to your truth, healing and compassion for the spiritual benefit of all beings.'*

★ Next, think about what your body needs to express or release? Allow yourself to move as little, or as much as you wish. Let your body, rather than your mind, choose the movement. Give your body the opportunity to honestly feel and express. Have compassion for your body as you take this healing journey.

★ Imagine, intend, feel that a flowing angelic light - soft and yielding, yet powerful and vast like an ocean of sacred pure waters - is moving with you, around you, within your cells, your blood, your 'emotional waters', as you dance.

★ Place both hands on your heart, and say, *'May all beings experience freedom according to Divine wisdom, love and grace.'*

★ Find a space that can house an angelic altar. Maybe a small table or stacked books covered in cloth. Consider which sacred objects could be brought together to create an altar that honours your heart's desire? Jewellery, crystals, statues or photographs, a list of key words, a flower or feather or incense are all good options.

★ Focus your intention on manifesting the best outcome as you assemble the altar. Feel the energy you are building. Place your hands over the altar and say, *'This altar is blessed by Divine love and supports my manifestation at the perfect time, in the perfect way, to benefit all beings.'*

★ Work with your altar for as long as feels best. You can cover the altar with a cloth for privacy when needed. Gently dismantle your altar when it feels right. Ground yourself after altar work by feeling connected to the earth. ✨

