

Angel Blessing



Beloved Mother-Father God,

Bless the Angels among us ~
They are our vision when we cannot see,
Our ears when we cannot hear.
They hold our hand when we feel alone,
When we are lost they show us the way.
They are the smile in a sea of faces,
And appear in our time of need.

Bless the Angels among us ~
They are Love made Manifest.
A reflection of I AM,
The I AM That I AM.

Beloved Mother-Father-God,

Bless the Angels among us ~
And the Angel within us.

~ Rev. Lisa Ford



Angel Blessing Meditation

Direct your attention to the core of the planet.

Visualize the Red feminine energy of The Divine Mother ascending from the core of Mother Earth in a counter-clockwise direction up through the bottom of your feet.

Continue bringing the feminine energy up through your physical body, out through the top of your head, to the Divine I Am Presence.

Visualize the Gold masculine energy of The Divine Father descending in a clockwise direction down through the top of your head.

Continue bringing the masculine energy down through your physical body, out the bottom of your feet, into the core of the Mother Earth.

The gold and red energies blend within your Sacred Heart transforming into the copper frequency. Visualize your entire body filled with the copper energy.

As you visualize this energy moving in a circular motion from Mother Earth up to the Divine I Am Presence and back down to Mother Earth, know that you are:

- ✚ Balancing the masculine and feminine within your Being.
- ✚ Bringing Spirit into Matter and uplifting Matter into Spirit.
- ✚ Establishing a Divine resonance with Mother Earth.
- ✚ Creating a flow of life force moving up the spine to the crown.
- ✚ Creating a flow of abundance and creative energy to your Being from the Universe.

Bring your attention to your Sacred Heart where these energies blend, your “Center of Empowerment.” Open your Heart and allow the Divine I Am Presence to fill your Being.

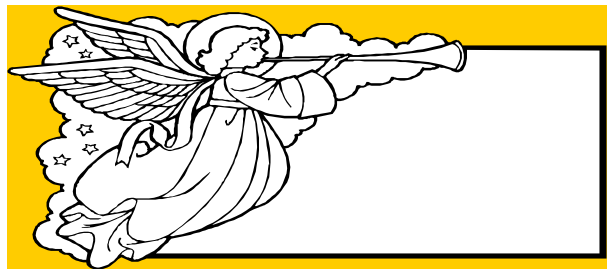
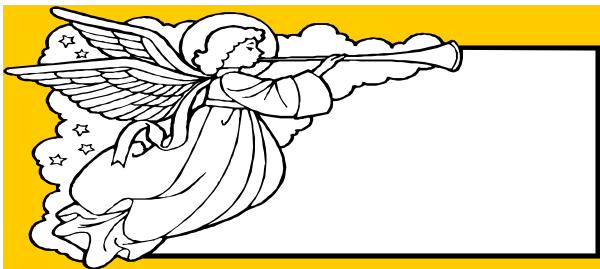
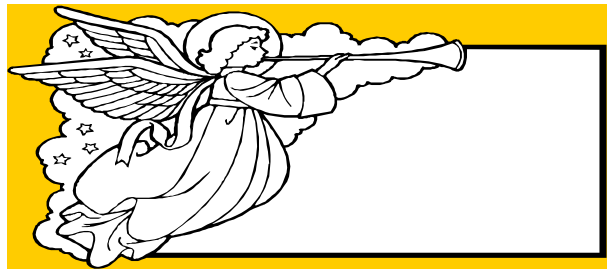
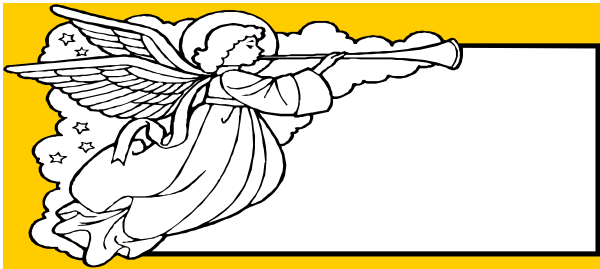
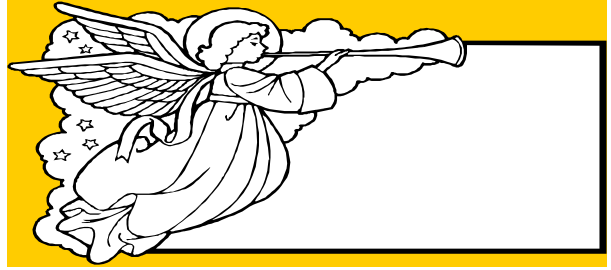
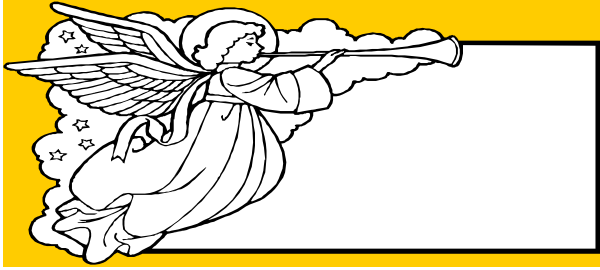
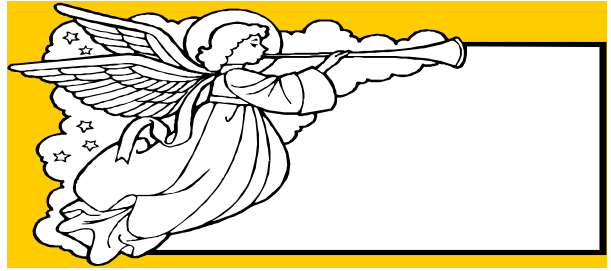
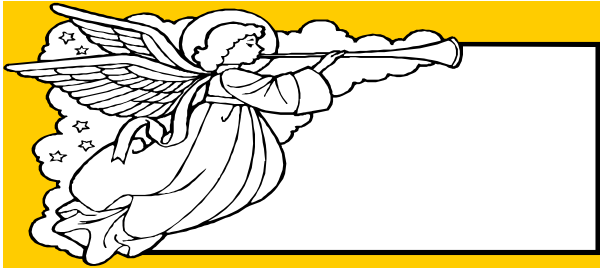
Now recall the Angels that have influenced your life in some way. These may be non-physical Angels or physical Angels. Recall the gifts, blessings, and assistance you received from them with gratitude. While in communion with the Divine I Am Presence ask for a blessing for each Angel. Your request for blessings and your gratitude are conveyed to the Creator through your Love.

Stay in this space of gratitude, Love and communion until you feel complete.

Tools: *The Names of My Angels*: You may or may not know the names of many of the Angels that have assisted you on your path. If you know their names, a sheet has been provided for you to write them down.

Appreciation for My Angels: You may want to use the appreciation sheet as a means to express your gratitude through journaling.

The Names of My Angels



Appreciation for My Angels

