

Help from a healer

Do you want to change, heal or transform your life with the angels?

You can start by inviting the angels into your life on a daily basis, using the method that the angels themselves taught my sister, the best-selling angel author Angela McGerr, during meditation.

In order to call upon the angels you need to understand how to invoke them. There is energy in the ancient names of the angels (a prayer in themselves) and three (Thoth/Hermes Trismegistus Law of Three) is a sacred number that maximises this energy.

First you say the angel's name three times, then either ask the angel to be with you or you can make a specific request to help with whatever you are doing or to help someone else. Then complete the invocation by saying the words "In Love and Light" three times, signifying that your intent is honest. For example, to invoke Michael (Angel of Strength, Protection and Truth) to help you say the words

"Michael, Michael, Michael, please be with me now in Love and Light, Love and Light, Love and Light".

Close your eyes to monitor the response of the angels, which might feel to you like tingling or tickling energy, warmth or a cool breeze on palms, fingers (usually starting in the left, or taking, hand) or around your heart. Sometimes it is felt in head or body, flowing down the arms or legs. You may get a perfume or scent that comes and goes, or you may see visions or colours. Whatever you receive, afterwards, always remember to thank the angels for their help. It may be that you are new to all this and don't feel much to begin with. If this is the case, I urge you to persevere, as the response feels stronger with practice and patience! This is because as you continue to do these invocations your own vibration will gradually rise, and thus get closer to that of the angels - therefore you gain the ability to feel more.

STARTING THE TRANSFORMATIONAL PROCESS

In Angela's book *A Harmony of Angels* (see www.angelamcgerr.com) there are seven chapters, one for each angel ruler of a day of the week. As the book explains, each angel ruler has a different focus in your life, summarised by three key words. The angels and their keywords are shown below. Start by learning these angels and key words. Then daily, invoke the ruling angel, focus with the key words on a different aspect of your life and listen for guidance within your heart from the angel you invoked:

MONDAY: GABRIEL: Hopes, Dreams and Aspirations
TUESDAY: CAMAEL: Courage, Justice and Empowerment
WEDNESDAY: MICHAEL: Strength, Protection and Truth
THURSDAY: ZADKIEL: Abundance, Wisdom and Kindness
FRIDAY: HANIEL: Love, Beauty and Compassion
SATURDAY: CASSIEL: Peace, Harmony and Serenity
SUNDAY: RAPHAEL: Healing, Energy Science, Knowledge

You need to be able to give love and trust to the angels in return, and then slowly your life will start to change, heal or transform with their loving support.

Now that you know how to do it, you can call on any of these angels to support you in life, with their unconditional love - remember that they cannot interfere with your life unless you invite them in.

Angela McGerr is the successful author (over 300,000 copies sold worldwide) of five Quadrille publications available from all good bookshops: A Harmony of Angels (£12.99 h/b, £7.99 p/b), the Harmony Angel Cards (£9.99), Angelic Abundance kits (£9.99), Gold & Silver Guardian Angels (£12.99), An Angel for Every Day (just released - £12.99) and an Angelic Meditation CD (£12). Signed

and personalised copies of her books and cards are available from www.harmonyhealing.co.uk just download the order form, detailing the postage and packing costs, from the contact page.