

# 12 Archangels University

## Exercises for Module 1

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Our planet is a school where we come to learn how to choose love over fear. We do this by staying aware of our thoughts and moods. If we have low vibration thoughts and feelings filling our minds and bodies (guilt, resentment, fear, sadness, loss, frustration, etc) then we need to focus on the COLOR PURPLE/VIOLET FIRE. Imagine this color and trust that the 12 Archangels are with you, helping you to forgive and to transform the negative vibrations. Please DO NOT repress any these worries and feelings but DO USE the energy in your crown chakra to shift your vibration so that you feel better and your reality changes for you.

### *Healing Exercise:*

Think of a situation that causes you to feel anxious... perhaps something that pulls you out of the present and into the future. Give the situation to your Higher Self. You can do this with your intention or actually see yourself handing over the cause for concern to the Empress. What message does she give you when you hand her your concerns? Please ask her to give you a creative solution. Give thanks to Mother Earth and to the Divine Mother and give thanks that you are being cared for in all ways and in all situations.

If you are feeling anxious about the choices another person is making or might make, hand over the other person. Surrender his or her choices to God's Will. Say, "I surrender" and repeat until you feel calmer. Please see yourself in the Lovers card and ask Archangel Raphael to help you to see what you are asked to learn from the other person (or his or her situation). If you have any difficulty in hearing, just be patient and go about your day. You will hear through Eve, your intuition.

See yourself standing under a Violet Fire (Energy of transformation and forgiveness from comes from the crown chakra) waterfall. See the purple water falling on your head and then see yourself fill, like a vase, with the purple color. Breathe in deeply and exhale slowly. Say, "I FORGIVE IT ALL." Repeat until you feel your body relax.

### *Helping Another:*

#### *Imagery 1*

See yourself and your loved one walk into the Empress card. Ask your loved one to place his or her feet into the clear flowing stream in the background. Watch as the anxiety (seen as dark or gray energy) is pulled out of your bodies into the stream. Once it is in the water, the water turns violet and quickly back to clear blue again.

### *Imagery 2*

If you know of someone who is suffering from anxiety, imagine this person standing under a Violet Fire rain shower and melting in the color. See this person melt into a puddle. Bring out the sun and see the person reappear in the bright sunshine. This is the Divine Love Energy that comes from the Central Sun of Divine Oneness.