

## **Archangels as Archetypes of Energy** by Shelly Wilson

Religious connotations depict Archangels as part of the celestial hierarchy. Their purpose is to carry God's message to humans and assist us as we go about our everyday lives. However, Archangels can also be viewed as energetic archetypes with each individual Archangel representing an archetype of energy that is accessible at any time. All one has to do is meditate on this energy and set the intention to work with it.

Archangels are not human and are therefore not male or female although they have a masculine and feminine aspect. For reference purposes, many times they are viewed as a specific gender, which is what the pronoun usage denotes. These celestial beings, known as angels, continue to remind us that they are with us standing by ready, willing, and able to assist. All we have to do is ask for their assistance and set the intention to work with their energetic archetype as they cannot intervene in our freewill choices unless the consequences are dire, and it is not our time to depart the earthly plane. These archetypes have no linear time or space restrictions, so their energy is accessible to everyone at all times.

Most people are familiar with four of the Archangels – Michael, Raphael, Gabriel and Uriel. Archangel Michael is deemed a masculine energy and represents the energy of strength, courage and protection. He is often observed as a blue energy and is the angel to invoke when determination is needed along with direction in life. Archangel Raphael is typically viewed as a green energy and denotes healing as well as physical and mental/emotional well-being. He is also connected to the heart chakra. Invoke Raphael to request healing energy for yourself and others as well as for animals.

Archangel Gabriel is the angel of communication and reminds us to speak our truth. This enables us to connect with our Divine potential and to also realize it. Invoking the archetypal energy Gabriel represents while visualizing the color blue in the throat area assists with clearing, balancing and strengthening the throat chakra. Archangel Uriel is the angel of knowledge who offers us inspiration and insight. This information comes into our awareness through the crown chakra. Invoke Uriel when you need help in achieving your full potential and to gain an increased understanding of who you are.

Additionally, Archangel Chamuel embodies the energy of love and peace and assists in finding anything that is lost, including objects and relationships. Invoking the energy of Archangel Ariel supports manifesting our heart's desire, while feeling empowered to do so. Archangel Metatron is an excellent choice to invoke when you need assistance with writing, and he will also help you to achieve your potential through prioritization. Archangel Azrael is the angel of both endings/death and beginnings/birth. He is also the archetype of change and transition. Therefore, working with his comforting energy assists us as we navigate through the challenges and triumphs of life.

Archangel Jophiel is the angel of nature and beauty who helps us to see experiences from a Higher soul perspective. She exemplifies herself as a beautiful pink colored energy and is perfect for clearing energetic and physical clutter from our life. Archangel Raguel aids us with resolving arguments and conflicts of all kinds. His archetypal energy represents harmony in relationships and encourages us to tap into our emotions. Archangel Haniel helps us to understand and work with the power of the moon cycles and assists with strengthening our psychic abilities by tuning into our sensitivity.

If you wish to call upon a specific Archangel based on their specialties, a short list is provided for you here. Please know that there are many others in addition to those listed here. You may be guided to seek credible resources to learn more about the Archangels and how to access their energy.

**List of Archangels:**

- Michael ~ strength, courage, determination, protection
- Raphael ~ healing, well-being
- Gabriel ~ communication (written and verbal)
- Uriel ~ knowledge, understanding
- Chamuel ~ peace, love, locating lost objects
- Ariel ~ manifesting, empowerment
- Metatron ~ writing, achieving potential
- Azrael ~ transitions, healing
- Jophiel ~ beautifying thoughts, clearing clutter
- Raguel ~ relationship harmony, physical and emotional feelings
- Haniel ~ strengthening psychic abilities, moon cycles, sensitivity

Viewed as keys that unlock the proverbial door, accessing this archetypal energy affords us the opportunity to consciously create with power and intention. Therefore, as an example to activate this energy, you would say, *“Archangel Michael, I call upon you now. Please provide me with strength, courage, and protection during this time.”*

In addition, cultivating a relationship with your Spirit guides is beneficial and refreshing. The term Spirit guide refers to a non-physical entity that guides a soul through its many lives. Each one of us has the ability to connect with our guides. You do not need a psychic or medium to do this for you. Simply set the intention during a meditation that you wish to connect with them. Our guides are less concerned with names and labels, and they are excited for us to make the connection. Acknowledge the guidance you receive even though you may not understand it fully. Since you have free will, it is up to you to take action on this guidance.

Establishing a meditative practice is one way to connect with your Higher Self, your angels, and your guides. Meditation is a form of contemplation or thought control in which the mind is directed inwards. This involves quieting the mind. An excellent way to relax, it has a beneficial effect on one’s physical and mental/emotional well-being. Meditation assists with clearing the mind, which in turn, provides us with sharper focus and greater clarity. Sitting in a comfortable position is essential, so that the focus does not become directed outwards. Subsequently,

meditation assists with increasing awareness and psychic abilities since it helps train our mind to be still and discard any extraneous thoughts that wander through it.

Meditation comes in many forms. You may choose to sit quietly in reflection, listen to a guided meditation, go for a walk or spend time outdoors in nature. Each of these methods ultimately has the same end result – connecting you to your soul. The intent of meditation is to just BE and listen to the guidance you are receiving. A short list of ways to meditate is provided for you here:

### **Ways to Meditate**

- Focused – Focus on an object, such as a candle flame, image or crystal.
- Visualization – Imagine going on a journey or meeting a Spirit guide. Visualization meditations are a great way to increase your clairvoyant abilities.
- Guided – Listen to a pre-recorded audio file/CD.
- Transcendental – Continually repeat a mantra.
- Listening (Awareness) – Keep your eyes open and listen to what is happening around you. The intention is to remain alert and aware of your surroundings.
- Buddhist – Observe the inhalation and exhalation of the breath.

It should be noted that the guidance you receive while meditating may be from your Higher Self, your angels and your guides. Sometimes, this guidance is subtle and comes in whispers and gentle nudges. When we refuse to acknowledge this guidance, it becomes louder, more persistent and may feel like the proverbial push or shove. You may not understand the how, when, why, or what of the guidance, yet you should acknowledge it and express gratitude for receiving it.

During this process, you may be guided to begin journaling as it will assist you in recognizing who you were, who you are and who you are becoming. Keep in mind that there is no right way or wrong way to journal – only your way. You may opt to keep a handwritten notebook or maintain a document on your computer or even both. Do not constrain your expression by feeling obligated to write for a specific amount of time. Simply allow the words to flow.

Through conscious intention, activating the Archangels archetypal energy is effortless and beneficial to us on this journey into consciousness. Accessible to everyone at any time, simply invoke the energy they represent to access it.

**Shelly Wilson** is an author, intuitive medium and conscious creator who is passionate about helping people wake up to their greatness. She supports others as they navigate their own journey into consciousness to experience aliveness. Shelly's books, *28 Days to a New YOU*, *Connect to the YOU Within*, *Journey into Consciousness* and *Embracing the Magic Within* are available in paperback and eBook. She is also the creator of *Cards of Empowerment* and *Clarity Cards*.