



**GODDESS
YOUNIVERSITY**

Workbook

HEAVENLY BEINGS

JEANNE STREET



Heavenly Beings Archangels

Archangels are a gentle way to welcome divine love and guidance (at the same time) into your daily spiritual practice.



Archangels: Who & What?

These are some of my favorites and ones that I know we all could use a little extra support from.

Archangel Michael is known as the protector and a patron angel of righteousness, mercy and justice. You can call upon him to support you when you are experiencing life changes or need to release fear and doubt.

Archangel Gabriel is known as the messenger. She is the patron of communication and offers guidance to writers, teachers and artists, helping to remove fears and blocks.



Archangel Raphael is known as the healer and the patron angel of travelers, ensuring safety and harmony on your journey. He can be called upon for healing addictions or illnesses and is also called upon by healers in their healing practices.

Archangel Uriel is known for wisdom and God's truth. Call upon him before making decisions, learning new information, solving problems and resolving conflicts. What are some of the ways you can call upon and connect with the Archangels?

Here are some reminders of the simple, yet effective, ways to connect with your Archangel

(Psst.*you can call upon more than one!)

Prayer - The beautiful thing about prayer is that you can do it anywhere (and you can't do it wrong)! The divine is always listening, as are your angels, so when a situation arises out of the blue and you find yourself needing some guidance, take a few moments to sit in gratitude, thankful for all the good that's already in your life and say a prayer, calling upon your Archangel for guidance.

Example Prayer: "Archangel Michael, I call upon you now, please watch over me, surround me with your protective blue light, help me to release any fear or doubt and restore peace in my heart. Thank you"

*Prayers are personal, so make it your own and ask for what you need. Remember this is an act of self-love - your angels are right here waiting to help you!



Meditation -

We talk a lot about how powerful meditation is in connecting to self and to spirit and using it as a tool to call upon your Archangels is equally as powerful. Set aside some time for yourself or if you already have a practice in place, try connecting to an Archangel while in meditation, ask them for guidance and to surround you in their healing light.

Automatic Writing -

This is a great way to connect to Archangels and your higher self. **Grab your pen & journal!** Find a quiet space where you won't be interrupted. Close your eyes, take a few deep breaths and begin to feel yourself expanding and rising as you do. Focus on your question/concern, hope/dream or anything that you're wanting clarity on and then write it down (be specific!) on paper "Archangel Raphael, I call upon you to help me heal from this...". Once you've got your question down, let the message flow to you on paper. Don't get caught up in what your writing while you're writing it. Just put your critical mind aside and see what is revealed to you when you trust in your connection.

Drawing/Art -

Any time you're accessing your creativity, you're actually opening up and expanding your energy channels. You are vibrating higher and flowing with life and that's a pretty wonderful feeling. So let the paint fly and the markers bleed, be messy, be kind to yourself and call upon your Archangels to guide you - you'll be surprised how they show up for you!



Connecting To Nature -

This is a no-brainer - getting ourselves outside to connect is key. We are not meant to spend our entire lives confined in our lovely homes or to our jobs or to the news etc.. in order to be in the flow and connected we need to be out in nature. Taking a walk at your favorite park, hiking by your favorite brook or just sitting beneath your favorite tree... be in nature, pray in nature, meditate in nature, write in nature, draw in nature and most of all connect to yourself and to spirit in nature. You can bring any or all of these practices with you wherever you decide to go.

Setting Sacred Space / Creating An Altar -

This is something you can create right at home. Find a quiet space, a corner of a room, a table under a window or any place where you can come to for your daily self-care practice. Have things there that mean something to you while your on this spiritual journey, your quest to connect to the divine. You can display crystals, tokens or mementos from special trips, pictures , spiritual figures, incense and even gifts from the earth like a feather, a rock from your favorite hiking trail or beach. This space is for you so be sure to bring what you find sacred to this space.

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Ascended Masters & Automatic Writing

What Is An Ascended Master?

These are souls that have lived before and are also known as *God in the flesh*.

Who Are The Ascended Master?

There are many Ascended masters you can call upon to guide you in your spiritual practice. Here are some to help get you started on your journey to connect.

You can always call upon these heavenly beings to ask for healing and love to come forward.

Jesus - is the incarnation of God the Son and the awaited Messiah (Christ) prophesied in the Old Testament.

Mother Mary - she is the mother of Jesus.

Rumi - was a 13th-century Persian Sunni Muslim poet, jurist, Islamic scholar, theologian, and Sufi mystic.

Gaia - is the personification of the Earth and one of the Greek primordial deities. Gaia is the ancestral mother of all life: the primal Mother Earth goddess.



Buddha - "the awakened one" and was an ascetic and sage, on whose teachings Buddhism was founded.

Quan Yin - is the embodiment of compassionate loving kindness. As the Bodhisattva of Compassion, She hears the cries of all beings.

Here's a great way to connect to your Ascended Master in order to be able to hear the tone they bring forth speaking to us called automatic writing.



Automatic Writing

What is it?

This is a form of channeling spirit, It allows us to move our consciousness aside and is a wonderful way to hear what your loved ones want you to know.

What To Look For When Automatic Writing

The tone or voice that you're looking for is a love tone. It should *feel* loving and gentle.

Time To Pull Out Your Journal!

- Find a quiet space where you won't be interrupted and make sure you allow yourself plenty of time for this exercise.
- You'll start off with a small meditation while calling upon your Angels and Ascended Masters to guide you.
- It's important to get yourself into a calm state of being.
- In order to help get yourself into this desired calm state of being, start to focus on your breath.



- Begin to do a Cycle Breath, which entails breathing in through your nose for the count of 5 and then out through your mouth to the count of 5. Make sure your breath is calm and steady.
- Let go of tension, worry or stress. If thoughts and stresses start to come into the forefront, just gently let them drift off.
- Once you've got this flow going, you will next visualize your crown chakra at the top of your head, start to open and connect to Divine Source.
- Let the voice and tone of spirit flow through you.
- Now's the time to pick up your pen and journal, write down what you want to be guided about, a question or even a prayer - this will help you to not get stuck or frustrated while receiving the guidance from spirit.
- There is nothing to force, let the gentle wisdom of the Divine flow through you and on to the page.

DON'T GIVE UP!

This is a tool that takes practice but once you get the hang of it, you'll be able to connect with spirit quickly in order to receive the loving messages they want to share with you.

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Guardian Angels

Guardian Angels are spirit who are always working on our behalf.

We are all born with our very own guardian angels that stay with us throughout our whole life here on earth. Some people even have more than one!

Along with our Guardian Angels, we also have angels that watch over us. These angels actually assist our Guardian Angel while we are on our earthly journey.

We can always call upon our angels in our time of need to help guide us to do what is right for our souls path.

While we have our angels to help guide us they are not allowed to interfere with our free will but what they can do is give us *Divine Guidance* with love and protection.

Your angels can also give you gentle nudges and signs to remind and assist in keeping you on a positive life path.

“We Became Earthly To Heal Ourselves”

How blessed are we to have this **divine love source** that is here only for us for the entirety of our lives?!

#Blessed

You can call upon you angels at any time for guidance!



How To Call Upon Your Angels

You can connect to your angels through prayer, meditation and/or visualization

Angel Action Steps!

- Simply find a quiet place or the sacred space you have created for yourself
- Relax into your body by taking long deep breaths
- Open your thoughts in order to connect to your guardian angel
- Trust! Remember, your angels are here to provide you with divine love and protection throughout your life. They are here to help so trust the guidance from within so you don't go another day without.
- Practice! Once you get the hang of making this divine connection, you can take this with you anywhere and everywhere you go throughout your life.

**“When you work with the light of the Divine,
guidance is always at your fingertips”**

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Meditating With The Angels

Today I'm going to take you on a journey to meet the angels!

It's time to take a deep dive in connecting to this divine love source through meditation.

Meditation Steps:

Find that quiet and sacred space in your home where you won't be interrupted.

Get comfy! You can either sit straight up or if you prefer you can lie down.

Begin by breathing in through your nose and out through your mouth.

Gently close your eyes as you're breathing and relaxing.

If you're struggling with the chatter in your mind, just gently allow them to drift away.
*add a count of 5 (or 10) to your breathing in order to help quiet the mind.

Breathe in 1...2...3...4...5.... filling your belly up with air and then out for the same count of 5 (or 10) This will help insure that you stay in your body while you become completely relaxed.

As you continue to breathe, feel yourself, muscle by muscle, joint by joint releasing tension and slowly melting the tensions away.

Enjoy this calm and blissful state for a few more breaths

Next, I want you to bring your awareness to the center of your chest, the heart chakra.

With your awareness and intention, feel your heart slowly begin to open in love.



You may see a color associated with your intention or it may just be a feeling.

With every breath, continue to feel your heart open further and magnify with love.

You'll start to feel a shift as you begin to imagine your heart center with a beautiful green shimmering light that grows and the energy of that light begins to vibrate.

With every breath in your bright green shimmering heart chakra continues to grow, that color begins to stretch out across your whole body so you are bathed in this incredible light.

With every breath out see this beautiful light begin to fill the entire room and surround you.

Next, bring your awareness to the top of your head, to the crown chakra. This is where you'll begin to raise yourself up to and float above your body (Imagine how a ballon effortlessly floats).

Know that you are completely safe and surrounded by divine love.

Next, notice a beautiful white light that is welcoming you.

Continue to breath and begin to expand and soar closer to this white light. And the closer to this light, the brighter and more vibrant it become.

In the midst of this beautiful light a crystal floor emerges before you.

You are now standing inside a stunning crystal palace.

You can feel yourself surrounded by love and all of your sense are illuminated with it.

You can feel the angels welcoming you and gently guiding you.



You feel light as a feather.

Notice the angels surrounding you with love and listen as they share messages of divine holiness with you.

These messages will come in the form of gentle guidance, words of wisdom and loving energy.

All worries or fear begin to dissipate - you can feel the loving safety of this energy all around.

As you continue to breath in and out, slowly start to become a bit more aware of your body and you begin to feel refreshed, renewed and loved.

Now, beginning to feel fully aware of your body, feeling your heart full and knowing that you are being protected and loved.

Begin to wiggle your fingers and toes to gently wake up your body.

Slowly rock side to side and when you're ready, open your eyes.

This is the perfect time to grab your journal and write down any of the experiences, sensations and messages that you received during this meditation

You can come back to this meditation any time you want. Your connection to the divine, is always with you.