



Archangel Chamuel

"He Who Seeks God"

Associated Colors:	<ul style="list-style-type: none">• Pale green and Pale Pink
Personality:	<ul style="list-style-type: none">• Male• Peaceful• Gentle energy• Unconditional love
Associated Crystals:	<ul style="list-style-type: none">• Fluorite and Rose Quartz
Field of Expertise:	<ul style="list-style-type: none">• Finding Lost items• Career, Life Purpose• Relationships, Soulmates• World Peace

Finding Lost items

Dear Archangel Chamuel, we thank you for guiding me to find the keys to my car. I know I had them when I came in and locked the doors and now I don't know where I put them.

Career, Life Purpose

We can thank AA Chamuel for his direction in finding a new job or to find the joy in the one we have.

Relationships, Soulmates

Archangel Chamuel also helps to heal anxiety, bring peace, and to repair relationships and misunderstandings.

World Peace

His mission includes the manifestation of universal peace.

Signs of His Presence:

When I feel AA Chamuel near me, it is a feeling of a divine presence, often some people will feel butterflies in the stomach and a pleasant tingling in your back.

Connection and Meditation

These are the three ways we will be connecting today.

- **Invocation**
- **Diaphragm Breathing**
 - While sitting down or lying on your back, place one hand on your upper chest and the other on your stomach below your rib cage. Breathe in slowly through your nose and feel your stomach move out from under your hand. Practice keeping the hand on your chest as still as possible. Concentrate on deep breaths that fill the lungs rather than shallow ones that only fill the chest.

- **Using a Mantra**

- We are going to use a mantra in our meditation today. This mantra is from Carrie Grossman. She is on Insight Timer and well as YouTube if you want to find more of her beautiful singing and mantra meditations.

The mantra is from the Kundalini Yoga tradition. The mantra is composed of eight sounds:

Ra Ma Da Sa Sa Say So Hung

[Meditation](#)

[Journaling](#)

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Homework

- Use a mantra meditation at least 3x this week
- Ask AA Chamuel for help with finding one thing (item, friend, peace, relaxation etc.) this week.
- Practice the Diaphragm Breathing for 5 minutes 3x in one day

