Archangel Haniel

"The Grace of God"

Associated Colors:	• Pale blue, moonlight
Personality:	• Female • Mysterious • Goddess like • Soft and gentle • Nurturing
Associated Crystals:	• Moonstone
Field of Expertise:	• Moon cycles to assist with manifestation, healing and release. • Women's emotional and physical health. • Develop intuition and clairvoyance.

	· Invoke her presence when you have an important function where you especially need to be calm and poised.

Ways to work with AA Haniel

Full Moon

- Focus on manifesting your desires and intentions with the full moon.
- Sit under the full moon and ask for help with clearing negative energy and releasing old pattern.
- The evening before the full moon, focus on healing and recharging crystals.

Women's Emotional and Physical Health:

- She can help with honoring our natural cycles.
- She can help you feel more passionate about life and relationships.

Intuition:

- She helps guide you to your spiritual gifts.
- She can help awaken your intuition, imagination, and emotions.

Meditation

Journaling

Review with Archangel Worksheet

Homework

Full Moon Healing with Archangel Haniel

- Go outdoors on the evening of the full moon. Your own garden, balcony or roof terrace would work best. If that is not feasible, you can do it indoors in a space that offers you a view of the full moon.
- Take a few deep breaths to relax and center yourself.
- Call on Archangel Haniel. Say, "Dear Archangel Haniel, please be with me now and help me heal."
- Look at the full moon and visualize Archangel Haniel standing behind it.
- Intend that the energies from Haniel and the moon wash over you from head to toe and bring balance to your body, mind and spirit.
- Bask in this energy for as long as you like.
- Once done, thank Haniel and the moon for their help.
- Drink plenty of water.

This meditation can also be done when the full moon is not around. All you need to do is visualize a full moon and proceed to heal yourself as described above.
Enjoy feeling balanced and harmonious!

Notes