



## Archangel Raphael

"God Heals "

The Angelic Physician

<b>Associated Colors:</b>	<ul style="list-style-type: none"><li>• Green</li></ul>
<b>Personality:</b>	<ul style="list-style-type: none"><li>• Male energy</li><li>• Peaceful, soft, and gentle</li></ul>
<b>Associated Crystals:</b>	<ul style="list-style-type: none"><li>• Malachite, Jade, Aventurine</li></ul>
<b>Field of Expertise:</b>	<ul style="list-style-type: none"><li>• Healing humans and pets.</li><li>• Guiding healers in their work</li><li>• Helping with pain.</li><li>• He helps with travel arrangements.</li><li>• Directing referrals to Health Care Providers.</li></ul>

<p><b>Healing:</b></p>	<ul style="list-style-type: none"> <li>• I ask AA Raphael to put his healing green light over clients to soothe and heal.</li> <li>• I ask for help with aches and pains of everyday living.</li> <li>• I send buckets of his healing light to anyone who asks for prayers or help with a particular disease or concern.</li> <li>• When I had cancer, I asked AA Raphael to follow Michael's cutting out the cancer with his soothing balm of healing green light.</li> <li>• When my daughter's cat is ill, AA Raphael is the first call for me as I send Reiki.</li> </ul>
<p><b>Help With Travel:</b></p>	<ul style="list-style-type: none"> <li>• He can help you with booking a flight, getting a rental car or motel.</li> </ul>

**Signs of His Presence:**

- Sparkles or flashes of green
- Gentle buzzing energy around you

**Meditation**

**Breathing Exercise**

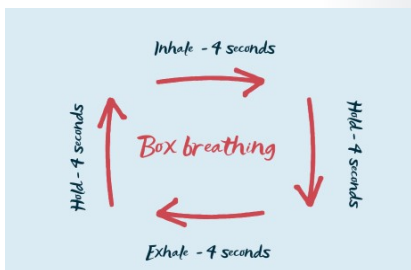
**Journal**

**Discussion**

# Homework

## Box Breathing

- Prayer for AA Raphael to be here
- Put your hand on your heart
- Allow your breath to move naturally through your body. Pay attention to your breathing until you are feeling settled and grounded.
- Now Inhale for a 4-count. Hold for a 4count. Exhale for a 4-count. Hold for a 4count.
- Repeat.



Class 3 [www.marionandrews.com](http://www.marionandrews.com)

**Practice Box Breathing every morning, imagining breathing in the healing, loving energy of AA Raphael. Feel the beautiful green energy flowing into your body with each inhale. On your exhale, feel the hurts, and wounds of your body, mind, and spirit leaving, being wafted away with AA Raphael.**

## Notes

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