



Archangel Uriel

"God is Light"

"Fire of God"

Associated Colors:	<ul style="list-style-type: none"> • Yellow and Red
Personality:	<ul style="list-style-type: none"> • Male energy • Seems like a wise older man yet is often pictured with cherubic features
Associated Crystals:	<ul style="list-style-type: none"> • Amber • Tigers Eye
Field of Expertise:	<ul style="list-style-type: none"> • Intellectual information • Esoteric knowledge • Mentor in many life situations • Problem Solving/ Transmutation • Clarity • Study and tests

Illuminating:	<ul style="list-style-type: none"> • When you are puzzled or stuck, Thank AA Uriel for opening your mind to the answer you are seeking. Often uses a book to suggest an answer. If you hear about a particular book, time and time again – pay attention AA Uriel is trying to help you find the best solution for your highest good.
Remembering:	<ul style="list-style-type: none"> • Anytime!!! Can't think of a name? Students writing tests can "hear" the answers in their inner ear. Uriel will gladly help you to recall the information.
Balance and Playfulness	<ul style="list-style-type: none"> • Uriel reminds us to lead a balanced life with time for work and time for play. He often presents new ideas during this "play" time.

Signs of His Presence:

- A soothing feeling
- Sudden clarity in a situation

Meditation and Breathing Exercise

Here's how you do it.

Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there throughout the entire exercise. You will exhale through your mouth around your tongue: try pursing your lips slightly if this seems awkward.

1. *Exhale completely through your mouth, making a "whoosh" sound.*
2. *Close your mouth and inhale quietly through your nose to a mental count of four. Hold your breath for a count of seven.*
3. *Exhale completely through your mouth, making a "whoosh" sound to a count of eight.*

4. *This is one breath cycle. Now inhale again and repeat the cycle three more times, for a total of four cycles.*

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation.

Meditation and Intentional Focus for Insight

Take a minute to think of a situation or issue you have in your life that you would like some insight on.

Hold that thought clearly in your mind.

Journal

Discussion

Homework

- **Always approach the angels with gratitude.** Prayer can be something like: **Thank you, AA Uriel, for being present here with me today. Thank you for pouring your energy of wisdom over and into my whole being.**
- For 3 days in a row, do the focused meditation practice we did today. Write a sentence or word on your Journal paper reflecting this situation that is bothering or challenging you. Your intention is to bring a radio beam of Uriel's light and energy to power into your situation and see if it transmutes into greater clarity and a powerful positive perspective on this challenge.

Notes

Blank lined area for notes, consisting of 14 horizontal blue bars.