



## Archangel Haniel

"The Grace of God"

<b>Associated Colors:</b>	<ul style="list-style-type: none"> <li>• Pale blue, moonlight</li> </ul>
<b>Personality:</b>	<ul style="list-style-type: none"> <li>• Female</li> <li>• Mysterious</li> <li>• Goddess like</li> <li>• Soft and gentle</li> <li>• Nurturing</li> </ul>
<b>Associated Crystals:</b>	<ul style="list-style-type: none"> <li>• Moonstone</li> </ul>
<b>Field of Expertise:</b>	<ul style="list-style-type: none"> <li>• Moon cycles to assist with manifestation, healing and release.</li> <li>• Women's emotional and physical health.</li> <li>• Develop intuition and clairvoyance.</li> </ul>

## **Ways to work with AA Haniel**

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

## **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!

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