

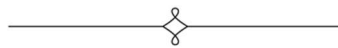
Angel Session #1



Original Art by Kris Larson

“We shall find peace. Shall hear angels.

We shall see the sky sparkling with diamonds.” Anton Chekhov



Journeying into the Winter Solstice, and through the final days of the darkest time of year, our attention is drawn to the promise of light. Starlight is sharp in the crisp and dry late Autumn Sky. Candle or lamp light might welcome the slow rising sun or warm the early dark evenings. Many religions or spiritual movements celebrate or welcome the light at this time ~ the hope of renewal, rebirth and re-emergence of the human spirit is promising. During this Winter Retreat, we invite you to contemplate light as the presence of Angels accompanying us through the darkest periods of this time. Welcome to this exploration of the Angel.

Step 1: We invite you to go outside and find a star to look at. Contemplate angels as you look at the star in the night sky. and/or Light a candle - reflect on this small point of light and as you watch the little flame, contemplate angels.

Step 2: Turn on the video playlist for this session and listen to 2 beautiful songs as you contemplate angel qualities. What are the angelic qualities that come to mind as you watch the flame?

Step 3: Write about the qualities if you wish. Then read the words of Dadi Janki as you contemplate angelic qualities.

Step 4: Experiment with these qualities: BRING them into the next days of the holiday season with you ~ into situations with friends, family, alone AND notice the effect they have.

Step 5: Consider: How will you be this angel over the holiday season?

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PREFACE by Dadi Janki

For THE MAN WHO LOVED ANGELS by Anthony Strano

Angels are beings of pure light and love

As the first and direct creation of God, they have an easy and constant link with the Divine.

Being aware that they belong to ‘the One’, they never forget their responsibility towards other souls.

Angels go beyond limitations and conflict; their elevated consciousness and deep desire to care for others makes them fearless protectors.

They spread powerful vibrations of love and regard that enable others to recognise their own goodness and draw closer to God.

Whilst living in the world they remain pure, untouched by the gross or the mundane. Their treasure-store of positive feelings and good wishes is a hidden power that equips them to face any situation and transform it.

Angels value and enhance unity in any gathering. They comfort souls who may be sad, moody or confused and make them light.

In their presence, others are able to forgive and stop hurting each other.

They understand everyone and everything with ease and, as ambassadors of peace, they resolve conflicts between people by reminding them of each other’s goodness.

Being aware that they are instruments in God’s hands, they never act from a desire for support, recognition, or reward.

Having no ulterior motive, their love for God and service is unconditional, which is why they never tire.

The words of angels are filled with truth, respect and love and have the power to shape another’s fortune and future.

Every word they speak is considered a blessing.

Angels are never surprised by the actions of another or by life’s sudden scenes.

A deep love and faith in goodness enables them to help as much as is required and to become an inspiration for positive transformation.

Through their eyes, God showers His compassion and love on all.

Whoever receives a glance from an angel experiences a gentle yet empowering feeling of love.

Angels come in all sorts of guises. Each of us has the capacity to become an angel.

In remembrance of the One Dadi Janki, Administrative Head of the Brahma Kumaris