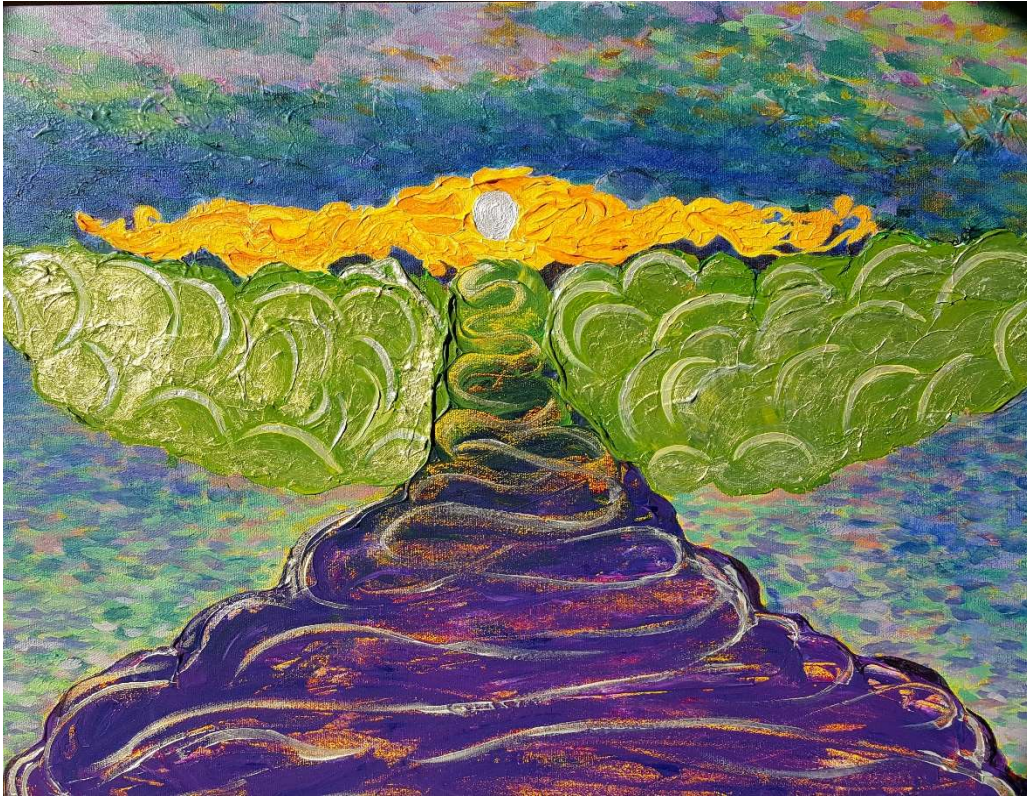


# Angel Session #2



*Fire Angel by Kris Larson*

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## Angels are Us!!

**Aim:** *To learn an easy method, with practical tips, for being an angel to assist someone else as well as being open to receive angelic upliftment or healing from another angel*

**Materials Required:** *Your journal or paper, a pen, coloured pencils, markers or crayons*

**Step 1:** Opening Meditation - Listen to playlist Angel of Peace Music - Frantz Amathy

**Step 2:** Reflection: Explore Your Personal Experience with Angels

Write and/or draw a picture to represent your thoughts

- a. When thinking of angels, what comes to mind?
- b. Have I ever had an angel experience? What happened?
- c. What gave it an angelic feeling?

**Step 3:** Steps to Becoming an Angel - Write your thoughts about how angels uplift and inspire

**Step 4:** Watch Video on playlist - Human to Angel Human to Angel - Anthony Strano

As you watch, consider these questions:

- a. In what ways do the angel qualities resonate with me?
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- b. In what ways do I wish to be more angel-like?

**Step 5: Reflection: The Qualities and Ways to become an Angel**

Read and review the 18 Steps from Human to Angel and the class from Sister Jayanti.

Record your thoughts and responses now that you have seen the video and read the articles.

**Step 6: Listen to angelic music on playlist (Hebrew prayer B'Shaim Heshem)**

**Step 7: Angels of Healing Reflection: How Angels Can Heal**

Listen to music on playlist (Angel Hug of Healing - Healing Meditations)

As you listen, think about:

- a. Someone who has helped me heal. Send a thought or write a note to them.
- b. Someone I could be an angel for this week. BE an angel and send them healing thoughts and good wishes.

**Step 8: Closing Listen to playlist Angel - Libera**

***About Hebrew Angel Song: B'shaim Heshem***

This song, also known as Reb Shlomo Carlebach's "Angel Song," unifies Jews from every corner of the world. The simple words are chanted into a beautiful chorus of harmonies and melodies that invite the immanent presence of God into any room. Usually sung either during Shabbat or before sleeping, this prayer seeks protection as we complete our phases of creation and stress and transcend to a world of stillness and tranquility.

**Lyrics in Hebrew:**

B'sheim Hashem elohei yisrael, mimini Michael umismoli Gavriel, Umilfanai Uriel umeachorai Rafael, v'al roshi shechinat el.

**Translation:**

In the name of the Lord, the God of Israel, may Michael be at my right hand; Gabriel at my left; before me, Uriel; behind me, Raphael; and above my head the divine presence of God.

With four angels leading us in each direction, we encounter four unique qualities that embody God. The first two angels, Michael and Gabriel, sit at our right and left respectively and are Biblical; the last two angels, Uriel and Raphael, sit before and behind us respectively and are derived from the early foundation of Rabbinic Judaism. All together, these four angels provide the blanket of security over our fears, the protective layer over our faith that allows us to store away our doubts.

And of course, in between those four pathways and above our heads, the presence of God [Shechinat-El] will dwell.

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# 18 Steps from Human to Angel Anthony Strano

- 1 Humans ask, [angels trust](#)
- 2 Humans analyze, [angels know](#)
- 3 Humans wait, [angels create](#)
- 4 Humans judge, [angels discern](#)
- 5 Humans separate, [angels embrace](#)
- 6 Humans correct, [angels inspire](#)
- 7 Humans learn, [angels remember](#)
- 8 Humans process, [angels understand](#)
- 9 Humans measure, [angels donate](#)
- 10 Humans justify, [angels reconcile](#)
- 11 Humans defend, [angels accept](#)
- 12 Humans diagnose, [angels heal](#)
- 13 Humans criticize, [angels empathize](#)
- 14 Humans love, [angels cherish](#)
- 15 Humans think, [angels feel](#)
- 16 Humans speculate, [angels realize](#)
- 17 Humans hear, [angels listen](#)
- 18 Humans speak, [angels don't](#)

## Jayantiben on Angels

- *Angels are protectors*
  - *Angels have no memories ~ they finish their work and move on and do not hang around.*
  - *Angels are God's messengers.*
  - *Angels have no gender ~ they are neither male nor female*
  - *Angels have no mouth or ears*
  - *Angels are beyond this world, not of this world.*
  - *Angels are beings of light, not of flesh and bones*
  - *Angels are those who have no relationship with human beings*
  - *Angels know no barriers ~ they can walk through walls and barriers ~ they can overcome any problem as they are always beyond the corporeal*
  - *Angels carry no burdens, no obstacles, no responsibilities.*
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God is the king of angels. Angels are beings of light who have a costume of light. Angels have no connection with human beings and are the direct creation of God. Angels don't have physical parents. Until you become an angel from a BK Student, you cannot become a deity.

I once went to a Mind and Body exhibition years ago and one of the stalls was about angels, and they had the question: Have you seen an angel? I was curious and went to find out more, and they had a little cabin with curtains drawn and you had to go into the cabin to meet the angel. As you step in, you see a mirror and you see the angel.

How many of you believe that you can become angels? How many of you believe that you can't become angels. In fact, human beings are numberwise, deities are numberwise, but angels are all equal. Each one is an angel. People use the terminology - Be an angel and do me a favour. Then it is guaranteed that the person you ask will be inspired to do it because you touch a cord of memory of their higher self. If you ask a person, it is debatable whether they will do it, but angels will always carry out a task they are asked to.

If I have a connection with human beings, there will be karmic accounts. Then my give and take with human beings is never completely balanced. If I'm settling my karma under God's instruction, then I am on my way to becoming an angel. To become an angel, I have to let go of the human consciousness. Let me finish my karmic accounts with human beings and I can become an angel. The more I think of myself as an angel, and the more I have the desire to experience that higher stage, the more possible it will become to achieve it. If you set yourself a goal, there is possibility of achieving it, but if you don't set a goal, how can you achieve anything?

Angels are those who even work in dreams. How is this possible? Sometimes people say that you came in my dreams. It doesn't mean you go in their dreams and carry out mundane work. One is a powerful dream of seeing the higher beings, the angels, the Dadis (BK elders), where you are empowered. Another dream is where you are inspired by the dream. Another dream is where you are inspiring or helping others.

In early days, dreams were of ethereal quality, of elevated things, of angels, higher beings, but in today's world, our language, our dreams have become of devalued to a material level. For instance, I was dreaming of chocolate cake! Instead of powerful dreams, people have mundane dreams.

There's a lovely expression: If you don't dream, how can your dreams come true?

Most of the time we forget our dreams, but Dadi Janki remembered her dreams very vividly. As she says: Dreams are a reflection of our own sanskaras. There can be dreams in which you're given inspiration. For instance, some people dream of the Dadis (BK elders) and get a very great boost spiritually. Another type of dream is where people dream of serving others and giving others spiritual benefit. At one time Dadi Janki, in 1982, was so ill that she could not even go down the stairs, but could only go to God's room from her bedroom for amrit vela and then back to her room. She used to give class for 7-8mins at 4:45 am and people used to come to listen. In those days, Dadi would feel that God was using her while she was lying in bed, and at the end of it, she would just feel content. In that year, I travelled a lot and many people said they had dreamt of Dadi Janki and that she came and uplifted them, or helped them sort out a problem. So, God was using the soul to serve others through dreams via Dadi's angelic stage in a subtle way. Dadi would say that God had used her to serve others. She wouldn't know where she had been, but she knew she had been to serve others in the angelic form, and the result of that would be contentment in the self, even though she wasn't well.

So, how does this work? Sitting in silence, you are able to awaken the memory of being this previously. Everything is recorded in the soul, and memories are there which just need to be re-awakened. Let God and God's presence help you to renounce body consciousness so that you are able to put on your costume of light. The more you do this - shedding body consciousness and wearing the costume of light, the easier it becomes. God will be able to use you and give the message of love, light and peace to whoever whenever necessary and you will be blessed for it. Angels do not need acknowledgement for anything. Whoever angels serve, those souls come closer to God.

During Christmas holidays, BK students don't need to go shopping and so all of this time can be spent on practising these things. The more I practise it, the closer I bring that into reality. It is not a holiday, but a

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Holy day to become the angels.

*1st step Soul consciousness ~ become aware of the self as a being of light.*

*2nd step Detach yourself from this body*

*3rd step Visualise the costume of light and wear that, a being of light only.*

Different people need different things at different times. They need power more than love. God knows what it is they need. So, tune yourself with God in that costume of light and you will serve whoever needs to be served. Angels are able to fly through walls or anything, so they have no obstacles. Yes, the physical body will be stopped by walls but in the angelic form, angels know no barriers are they travel through walls and obstacles.

Dadi said she never used to know what the English word - Stuck - meant. And so she told someone. Just go deep within and check to see what is making you remain stuck. In the angelic stage, nothing is a barrier, and so you can never be stuck.

If there's a challenging situation you're involved with and you are stuck in it, then the story of karma gets more and more complex. However, in that awareness of a being of light with God, you will find the solution to make things run smoothly.

I have to remain up above and not be stuck here in the mundane world.

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