

Angel Meditation

Angel Meditation is a spiritual meditation

What is a spiritual meditation?

- Ⓜ The mindful practice of connection to something that is greater, vaster, and deeper than the individual self.
- Ⓜ Paradox - this connection is achieved through self reflection and self compassion.
- Ⓜ Integrity and authenticity are the keys to achieving spiritual awareness.
- Ⓜ Spiritual awareness starts with being honest and kind, and with our commitment to becoming the best human being we can be.
- Ⓜ Sadly, it will not give you superpowers.
- Ⓜ The 'true' outcome of spiritual awakening is an unconditional sense of peace, compassion and benevolence towards ourselves and others.
- Ⓜ It teaches us to accept ourselves as who we are and in turn accept others for who they are.

Etymology

- Ⓜ Spirit – The essence nature of a living person that is thought to endure after death (the soul). An Angel, demon or fairy.
- Ⓜ Comes from the Latin Verb – 'spirare' = to breathe
- Ⓜ Clear connection there between meditation and the spirit world.
- Ⓜ Other Connected words 'inspire' indicating that divine power has a role in a creation or achievement.

The difference between being spiritual and having a religion

Religion: Guided by a set of institutionalized attitudes, beliefs, and practices.

Spirituality: A personal belief and connection with 'something that is larger than the self. Individuals find their own path to express meaning and purpose in life. A number of

different channels are used there are not set rules e.g. some people feel spiritual when they connect with nature, others when meditating.

What are angels and what is their role?

Bible Explanation:

Angels are beings who have greater power and ability than humans. ([2 Peter 2:11](#))

They exist in heaven, or the spirit realm, which is a level of existence higher than the physical universe. ([1 Kings 8:27](#); [John 6:38](#))

Thus, they are also referred to as spirits.—[1 Kings 22:21](#); [Psalm 18:10](#).

General:

- Ⓢ Angels are helpers.
- Ⓢ They do not grant wishes
- Ⓢ Their role is to bring more peace into your life
- Ⓢ They are attuned to your divine purpose
- Ⓢ They seek to illuminate your path by guiding, loving and supporting you.
- Ⓢ They will not intervene without your request as they highly respect free will.
- Ⓢ There are millions of angels, each with a different divine task.
- Ⓢ Hierarchy
- Ⓢ They may appear in different forms – as light, as apparently physical beings you might meet on the street, even animals.
- Ⓢ They are not bound by earth's physical laws.

The Angel by William Blake

Discussion: What does it mean to you?

- Ⓢ It is the journey through life
- Ⓢ As children we are more able to believe in spirits – angels/fairies etc.
- Ⓢ We openly accept the presence of angels
- Ⓢ But as life goes on we become tough, we harden and arm ourselves mentally and emotionally, we refuse to share with our angels.

- ④ Nevertheless, the angel is still always there, always returning to check on us, waiting for us to ask for their help.
- ④ Don't leave it too late to communicate with them.