



SEVEN STEP ANGEL MEDITATION



Breathe and allow yourself to truly love yourself now. The Angels ask you to choose the path of karmic absolution and ask each of you to walk "seven" steps on this path with them.

The "first step" is golden and brings great relief to all souls who take it. It is the step of self-forgiveness. All these Angels merge with you now and ask you to take the step of self-forgiveness and to honor yourself.

Breathe and take this step with all the Angels who now support you.

As you do this, they gently encourage you to take the "second step" of self-acceptance, inviting you to accept all as is, in this life. They ask you to breathe in and know that you are not bound by what is in this life, and to know that all life circumstances do not reflect who you are. They ask you to embrace your divinity and to truly know your life circumstances do not reflect upon

your divinity. You are divine as you are.
They ask you to mantra:

"I am divine as I am. I accept who I am."

Breathe and take this second step with them now.

They gently invite you to the "third step" of recognizing your divinity. They share that God/Goddess lives within you, and you are one petal of the heart of God/Goddess, and that every petal is equal. They ask you not only to self-forgive and self-accept, but also to take the step of knowing within, the truth that you are divine. See yourself as a petal of God/Goddess in equality, and embrace your divinity. Affirm:

"I am divine as I am. I am a petal of divinity. I am equal to all other petals within the heart of divinity."

As you take this third step, they gently nudge you and remind you that you are a friend to them, and they have missed you.

This leads them to inviting you to the "fourth step" of family, and the acceptance of your membership in the family of love and light. They share that no matter what has occurred in your life or in any other life; you are an important member of the family of love and light. They ask you to take the fourth step of embracing your

membership in their family. They ask, *"Will you accept that you are a member of our family?"*

Breathe and recognize your soul has soul family, and these Angels and Archangels know you and recognize your soul deeply. They ask you to forgive humanity if you have not been recognized as a soul, and to know that you are a member of the one family of love with all other souls. They bless you and invite you to open your heart to them as a sister or brother to them. Breathe and receive and gently take this fourth step now. This will allow them to merge more deeply with you now.

They gently invite you to the "fifth step" of love, and share that love comes from the open heart to another who loves. They share that many have not felt love as they have not met another who has truly loved them in this life. They share that they truly love you, and wish you to know this in your life. You may call on them at any time and their wings will surround you. They ask you to open your heart to them and experience love with them. To take this fifth step, you will



need to open your heart and let them in. They remind you that sometimes you have felt the need to protect your heart, and that you do not need to protect it with them.

To take the fifth step, open your heart to them and the love will begin to flow through your heart.

Breathe and expand the flame in your heart and choose to open it and allow them in. As you breathe, they gently remind you that you are you, and there is no need for you to change yourself to be anything but you. They remind you that your essence is from Source and that you, at times, are learning how to radiate this essence or light from Source.

They share that the "sixth step" provides this. They ask you to take the sixth step of recognizing the light within, and ask you to merge with the light. They share that oneness is experienced through merging with the light, but the heart is needed to be open to receive the light. They ask you to know that the light is safe, and it only allows love to radiate and expand out. They ask you to take the sixth step of letting the light and love blend within your heart to allow the love to flow and expand out.

Breathe and allow them to bring the light through you now.

Take the sixth step with them and allow the expansion of your love to fill you now. As they offer this, they gently remind you that honoring your father and mother is important to you. They speak of the heavenly father or the light in the heavens. They speak of the Earth mother or the mother that feeds you love and replenishes your body from her nature. They speak of Mother Earth and Father Sky as your mother and father: the Earth and the Universe being honored in your life.

They share that this is the "seventh step" - to honor thy mother and father, and to connect your heart to the Earth and to the stars. The Sun and Moon creates you to feel united and one with all in this universe.

Take the seventh step by connecting your heart to the Earth and connecting your heart to the Sun and Moon.

Breathe the energy from the heart of Mother Earth up into your heart, and breathe the energy from the Sun and Moon into your heart. They share that it is these energies that create health, well-being, happiness, joy and prosperity in your life.

Breathe and allow these three energies to feed and fill you. As this occurs, all Angels and Archangels bless you. They ask you to be with these seven steps in your life for the next few weeks to allow the karmic absolution for all energies or issues in your life to begin to lift and heal in your life.

The Archangels bring the pillar of karmic absolution down through all your chakras and bodies. This is a gift from Source directly and will be with you for the next six months of your life.

Call on this pillar to activate when any difficulty is occurring in your life and all energies creating this difficulty will begin to release easily and with grace. The Mother of Grace begins to merge with you to fill all your chakras and bodies with love. Your bed of roses begins to lift you and the Angels sing your body with love and light to complete this.

This meditation was channeled by:

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