



# THE WHITE ROSE MEDITATION OF THE ARCHANGEL CHAMUEL



The rose is the highest frequency flower on the planet, carrying a beautiful fragrance, which expands the mind and heart.

It is said that Archangel Chamuel, who is in charge of the development of the heart chakra for the whole of humanity, works with us to place the White Rose into the aura of the heart. This allows us consciously hold a key to unlocking the heart centers of others.

It is said that all who resonate with these words already belong to this Order or are

ready to do so. You will have worked for aeons to be ready for this time. In this lifetime you will undoubtedly have experienced many challenges of the heart, such as loss, bereavement, abandonment, separation, isolation or rejection.

To accept the White Rose into your heart center is also to accept certain responsibilities:

1. To recognize that all have their own individual challenges and there is no judgment.



2. To love unconditionally. This is not an emotional attitude. It is purely acceptance of another's pathway.
3. To forgive or hold the intention of forgiving anyone who has consciously or unconsciously hurt you.
4. To empathize with others in need.

## MEDITATION

1. Sit quietly, breathing rhythmically and allow your entire body to relax.
2. Focus on your heart and breathe into it, imagining it opening and becoming warm and soft.
3. Be aware of your Guardian Angel behind you, enfolding you in his wings and holding you lovingly.
4. Your Guardian Angel has moved and is now standing in front of you, holding your hands and looking into your eyes. He is saying to you. "Remember who you truly are. I love you. There is nothing that you can do, say or think that can stop me from loving you."
5. Sit quietly and let these words enter your heart and mind.
6. Your Guardian Angel is now walking with you through beautiful countryside to a bridge.
7. In front of the bridge stands a pure white angel. He asks, "Do you wish to belong to the Order of the White Rose?"
8. If your answer is "No", sit quietly with your Guardian Angel and wait. The angel will be helping you to open your heart. If the answer is "Yes", cross the bridge.
9. As you reach the other side, many beautiful white angels greet you and surround you.
10. You find yourself walking or floating in their midst along a path of light to a glorious temple. This is the residence of the mighty Archangel Chamuel.
11. You are welcomed lovingly and conducted to the innermost sanctum of the temple. Here you may stand in front of Archangel Chamuel. Look into his eyes. He will arrange the frequency emanating from him to one that you can bear.
12. He too says, "Remember who you truly are. I love you. There is nothing that you can do, say or think that can stop me from loving you."
13. As your heart opens wider he places a pure white rose in your heart.
14. The pure white angels surround you again and waft you from Archangel Chamuel's presence.
15. They conduct you back along the path to the bridge. Notice how you feel as you cross it again.
16. Your Guardian Angel greets you and smiles as you return to your starting place.
17. Surround yourself in a bubble of pure white protection and open your eyes.

This meditation is adapted from the work of Carol Tessier.