

Reiki Rays

Archangels and the Chakras



Deborah Lloyd



Reiki Rays

Archangels and the Chakras

2017

Copyright

© 2017, Acorn Gecko SRL

ALL RIGHTS RESERVED. This book contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without express written permission from the publisher.

Table of Contents

Archangels and the Chakras	5
Archangel Zadkiel and the Crown Chakra	7
Archangel Uriel and the Third Eye Chakra	10
Archangel Sandalphon and the Throat Chakra.....	12
Archangel Raphael and the Heart Chakra	15
Archangel Michael and the Solar Plexus Chakra	18
Archangel Gabriel and the Sacral Chakra	21
Archangel Ariel and the Root Chakra.....	24
About the Author.....	27

Archangels and the Chakras

There are seven major chakras within our energetic bodies, and as Reiki practitioners, it is helpful to learn about the chakras. As we practice Reiki more and more, we can receive impressions about our clients' energy patterns. We may intuit where the energy is depleted, abundant, or blocked. We know where to keep our hands longer, or when it is time to move our hand positions closer to another chakra.



We also learn other methods for building energies in each chakra. There are gems and stones associated with each chakra; colors; tones and chants; yoga poses – the list goes on. **There are Archangels associated with each of the chakras too.** As my third eye chakra grew in sensitivity, and I started to “see” spiritual beings for my clients, I noticed the same Archangel appeared when clients were dealing with issues associated with a certain chakra. So, I did some research and found out many other Reiki practitioners and energy workers were having similar experiences.

The angels are not unlike us, as energies and characteristics are unique to that particular angel. For example, a person may be characterized as being very generous and giving. This does not mean that person is weak in other characteristics, such as strength or intellect. But, the generosity of their spirit is especially strong. The angels are similar; some are recognized for healing, while others are more connected to authentic power, or to nature. Each angel demonstrates some aspect of the Divine; all Archangels and angels love unconditionally.

Many religions believe there are different hierarchies of angels, and the Archangels are among the highest level of angels. The phrase “archi” means “first, principle, or chief”; and the phrase “angelos” refers to “messenger of God.” Archangels are often the primary messengers between God and people on earth, and they are very powerful.

As friendships grow and develop, certain things have to happen. Each person shares information, accepts the other’s strengths and vulnerabilities – there is a familiarity and acceptance that is comfortable and giving. **We can become friends with the Archangels too.** The more we learn about each specific one, and the more familiar they become, it becomes easier to communicate with them.

As we learn about the characteristics of each one, and they work alongside us during a Reiki session, we will be able to intuit the messages they have for the client. Because each of us have unique intuitive abilities, their forms of communication can be different for each of us. If you have clairvoyant abilities, you may see the angels in your third eye vision. Or, if you are clairaudient, you may hear a voice. And, the clairsentient practitioners will have a sense of knowing what the messages are.

Archangel Zadkiel and the Crown Chakra

As mentioned in my previous article, we will be examining seven Archangels, associated with the seven major chakras. As we learn information about each one, we will become familiar with their characteristics, making it easier to call upon a certain Archangel, for the benefit of our clients, and our own spiritual paths.

Archangel Zadkiel is associated with the seventh chakra, the Crown chakra.



The Crown chakra is where our physical and spiritual selves connect. It is where Perfect Healing Energy comes into a physical body to realign and balance all the chakras. Zadkiel works with the Violet Flame of Transformation, familiar to Reiki practitioners.

The name Zadkiel literally means “**The Righteousness of God**”. When a person acts in a righteous way, it means the person is virtuous and just, living a life in truth. It is believed that Zadkiel is the angel that stopped Abraham from killing his son Isaac, as directed by God. Often, he is depicted as a male angel (although angels do not have a gender) holding a knife or dagger.

Zadkiel is known as the Angel of Mercy. Zadkiel encourages people to seek the forgiveness that is always available from the Divine. Likewise, people are encouraged to forgive others who have hurt them. Forgiveness is always a necessary step in the spiritual journey. When we hold onto pain and hurts, and are unable to forgive others, or ourselves, it is difficult to be open to the spiritual realms. Often, people think forgiveness is akin to forgetting the wrong's committed against them. This is an incorrect understanding of forgiveness! **Forgiveness is an act within our hearts.** The action is not erased in our memories, but rather it loses its emotional potency when we forgive. Then, the healing can begin within our beings.

The Crown chakra also holds our memories, and Zadkiel is also known as the **Archangel of Memory.** The connection between painful memories and forgiveness is obvious. Through this Archangel's support, we can grow in compassion and mercy towards other people. He helps us to release any negative thoughts, and he helps us to send Love and Light to all people, even those who have hurt us deeply. Zadkiel helps us to remember this Truth – **the Divine Spirit exists in all people.** We are called to participate in living this Truth. As we recognize the Divinity within others, and ourselves, we become more compassionate and loving in our thoughts, and our actions.



Zadkiel can be called upon, when the loss of memory becomes an issue, due to disease or cognitive impairment from an accident. Sending Reiki to the Crown chakra may slow down, or decrease, this difficulty.

Zadkiel reminds us daily that we are unconditionally loved, and we are called to love others in the same manner. The natural outcome of this core belief is that we, and others, are worthy of being healed.

Zadkiel is an Archangel that all Reiki practitioners should get to know well! Because we are human beings with so many distractions, living in a complex world of conflicting values, we would benefit from focusing on more important realities. **Zadkiel teaches us the importance of spiritual connectedness, blessed with unconditional love and mercy.** When we meditate on the Violet Flame, we will be blessed in extraordinary ways.

Archangel Uriel and the Third Eye Chakra

The word “Uriel” literally means, “The Light of God”. Archangel Uriel is often drawn as a man wearing dark blue, holding a lantern emitting light, surrounded by darkness. This is the perfect depiction of the **Third Eye Chakra**. We live in a world with much darkness, and our third eye aids us in connecting to the light.

All energy practitioners, psychic mediums, spiritual leaders, and other light workers must connect to the Universal Life Force energy, in the ways we were trained and practice, to bring Light and Love into the world.

Whenever we practice Reiki, we are using our Third Eye Chakra (whether we are aware of it, or not!). By setting an intention, drawing our symbols and placing ourselves to be the facilitators for bringing the healing energies to another person, we invite this unique connection to the Light.



One of the special tasks that Archangel Uriel performs is to aid us in this process. He opens this Chakra and only allows positive energies to work with us. He helps us to grow in our understanding of metaphysical realities, and in our own intuitive abilities.

The **Third Eye Chakra** is also the energy center for our cognitive, rational minds. The energies of this Chakra affect our intelligence and its accumulated knowledge. But, if we lived in our thinking minds only, we have missed the beauty of the esoteric world.

We are spiritual beings living in a physical body, although many people forget, or even deny, the spiritual aspect of themselves. A life fully lived integrates all the aspects of our beings – physical, mental/emotional and spiritual. There can be no separation, or compartmentalization, of these components of ourselves. **The Third Eye Chakra is the center for this perfect integration.**

Archangel Uriel brings illumination into our minds, and into the world. Some of the esoteric, or spiritual teachings, may be difficult to understand. For example, a person may decide it is time to read the scriptures of her religion. However, when she embarks upon this venture, she finds ancient writings are difficult to understand and wonders if it is worth the effort. But, her wisdom tells her there are important lessons within these scriptures that will bring her deeper levels of spiritual wisdom. She can call upon Archangel Uriel for help. He may give her inspirational thoughts; lead her to another book that explains, in today's language, what the scripture's meanings are; he may lead her to an appropriate discussion group – the possibilities are endless. Trusting the process of connecting to Archangels and other spirit beings is essential in our discovery of spiritual growth.

There are many instances when we can call upon Archangel Uriel for his guidance and support.

- If you want to grow in intuitive abilities, ask for his help.
- If you feel confused by conflicting thoughts and beliefs, especially in your spiritual or religious beliefs, call upon him for guidance.
- If you want to feel more connected to the Light, state this intention.

Wonderful and miraculous events will occur. Archangel Uriel will bring light into your being.

Archangel Sandalphon and the Throat Chakra

The Archangel most associated with the Throat chakra is Sandalphon. Although he is not as familiar to many of us as some of the other archangels, he is a very powerful and helpful archangel. He is usually depicted as being tall, symbolizing his role in connecting us to the Divine. Often, he is called the “**angel of prayer**” as he acts as an intercessor, taking our prayers to the heavens.

Sandalphon also helps us with practical manners, especially in relationships with other people. He can be helpful with those who work with people, whether it be health care workers, or customer service representatives. He can assist us in saying the right thing at the right time. He delivers messages from the esoteric to the practical and is seen as funneling spiritual experience and metaphysical knowledge to humans on earth. Our Throat chakra is the center for communication, and he is always available to provide assistance in receiving and expressing words and thoughts.



Sandalphon’s name, which literally means “**Brother Together**”, is also interesting to consider. Like Metatron, his name ends in “on”. Often, these two archangels are perceived as spiritual twins, or brothers, serving complementary roles. Some scholars believe these two archangels lived on earth. Metatron was Enoch, and Sandalphon was the prophet Elijah, who did

not die a natural death, but rather ascended when his earthly life ended. Other scholars, however, believe neither archangel ever lived in a physical body.

Sandalphon is also known as the angel of musicians. He will provide help with anything musical, with your request. If you are struggling in learning to play a musical instrument or writing lyrics for a song, ask for his help. Likewise, he assists singers and other performers to stay calm and play well. Have you ever been “transported” by an exceptionally poignant musical experience? Most people can identify one or two times in their lives when they had a musical experience they will never forget. One can surmise that Sandalphon may have contributed mystical energies to create that miraculous experience. Beautiful music is certainly one way to experience heavenly energies on earth.



As a Reiki Master, I have been asked what chakras are often the weakest, or have the most blocks, for clients. My answer has always been the Throat chakra. It seems too many of us have been told that we should not speak up, or speak out, or tap into our creative energies. Or, when we tried, we were criticized, or our opinions were ignored. The Spirit World definitely encourages us to speak truth, working with our authentic power, centered in our Solar Plexus chakra. If you have had negative experiences when you

spoke up in the past, ask Archangel Sandalphon to heal those memories. Combining his energies with Reiki will certainly manifest healing in your Throat chakra, as well as other related chakras.

No matter where you need to find your “voice”, or your creativity, call upon Sandalphon. He will support you – and give you inspirational thoughts and ideas – to assist you in manifesting what your soul (and the world) needs. Indeed, Archangel Sandalphon is always ready and willing to help you. All you have to do is ask.

Archangel Raphael and the Heart Chakra

The importance of the Heart Chakra cannot be overstated! It is the middle one of the major chakras, with the three lower chakras associated with physical manifestations on earth, and the three upper chakras associated with our connections to the Spirit World. This chakra's energies connect to love, healing, and harmony. It is no surprise that an especially powerful Archangel – **Raphael** – works with this chakra.

Raphael works with all kinds of healers, such as physicians, nurses, other disciplines in the medical and mental health fields, and those of us who work in the metaphysical healing arenas. He also supports and guides anyone who is providing caregiving to others, such as caring for an elderly parent, or a sick child. He is often depicted holding a caduceus in one hand, and a bowl filled with healing balm in the other.



Many people believe he has a special connection to people who are blind, and the chronically and terminally ill. If a person is facing a health crisis and asks for assistance from Archangel Raphael, s/he may be led to the most appropriate physician, to specific information on the Internet or in a book, or to a Reiki practitioner.

The Heart chakra is also the center for compassion, for others and for ourselves. It is common for us to find it easier to find compassion for others than for ourselves. We can be harsh in our self-criticism and self-judgment. If that is an area of needed healing, call upon Archangel Raphael for guidance. He is sometimes referred to as the **“Angel of Truth”**. Certainly, a truth that each of us needs to embrace is this: **“I am worthy of Divine Love”**. When our hearts connect to this universal truth, healing has occurred.

When Archangel Raphael is present, many report seeing bright green lights. Reiki practitioners report a “power surge” – when the Reiki energies become more powerful, as hands are placed on certain areas on the body. These areas require more healing and Raphael adds these extra-strong energies.



As Raphael also brings harmony into our lives, he can be called upon for healing relationships with others. These relationships can encompass conflicts with family members, romantic relationships, difficulties with co-workers – any kind of human relationship. Likewise, he can facilitate our relationships with others in the angelic realms or spirit world. At the center of all relationships is the energies of our hearts – the special place of connectedness.

As Reiki practitioners, we work closely with the healing spirits. Archangel Raphael is always available to work alongside us. All we need to do is ask!

Several years ago, I read the following statement, and it changed how I view the healing process. Doreen Virtue, who has worked with angels for many years, reports this: During a meditation, Raphael told her that rather than

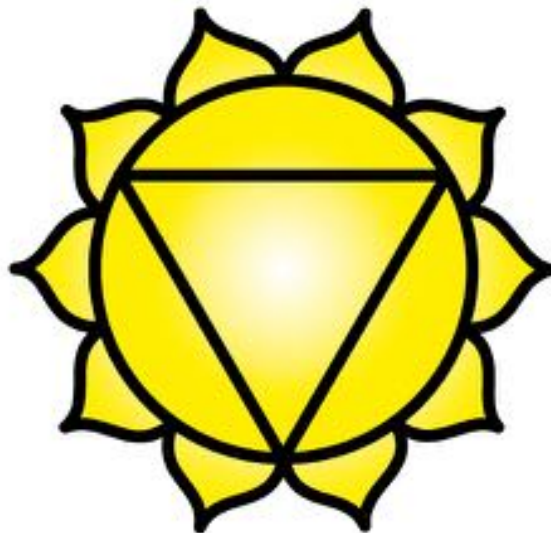
healing, **his role is to reveal the healed body/state that God created for each person.**

A wonderful thought for our meditations, and for our Reiki practice!

Archangel Michael and the Solar Plexus Chakra

The main function of the Solar Plexus Chakra is to grow into the truth of our authentic power. We become strengthened, and empowered, to expand into our fullest potential. We rediscover our soul's purpose and are able to create peaceful, harmonious lives. Archangel Michael, whose name literally means "He Who is Like God," is our greatest ally in this endeavor. He blesses us with his power and protection when we ask for his assistance.

Archangel Michael is probably the most familiar archangel among all people, as he is recognized in many cultures and religions. He is usually depicted as a strong, muscular soldier, with a sword, standing on a serpent. Other artists have visualized him with a sword, fighting a dragon. The sword image is symbolic of the protective qualities of this archangel, as he aids us in combatting negative energies, whether they are from within, or outside of, ourselves. The serpent or dragon represents the dangers surrounding us.



When we examine the many functions of the Solar Plexus Chakra, **we understand our thoughts and emotions are based either in love, or in fear.** Fear may be a longstanding part of our lives – from being a child with critical, or anxious, parents; to working in an unsupportive environment; to living in current-day, fear-based societies. It seems fear and anxiety have

become a way of life in the modern day, and these can strip away any feelings of empowerment that we have forged over the years. But, we can grow in our understanding of how energies associated with fear can be healed through Reiki and other modalities.



Archangel Michael is the patron for all persons who work in risk-filled professions, such as police officers, prison wardens, or rescue workers. He protects our bodies from harm, as well as from negative thoughts projected towards us, and from harmful spiritual darkness.

During one Reiki session, Archangel Michael, through my third eye vision, showed me how he protects the client. In her workplace, he stands behind her with his sword, cutting away the hateful thoughts a coworker projects towards her. After the session, I described this scene, and the client quickly affirmed she knew exactly who this contentious person was. I encouraged her to remember to ask Archangel Michael for protection every morning and to give gratitude for his loving support.

In the same way, all of us can ask for his protection. Imagine a large cone of light surrounding you, or a shield of light around your body. Archangel Michael can also be called upon to cleanse us of harmful energies after they have entered our being, negating any long-term, or permanent effects.

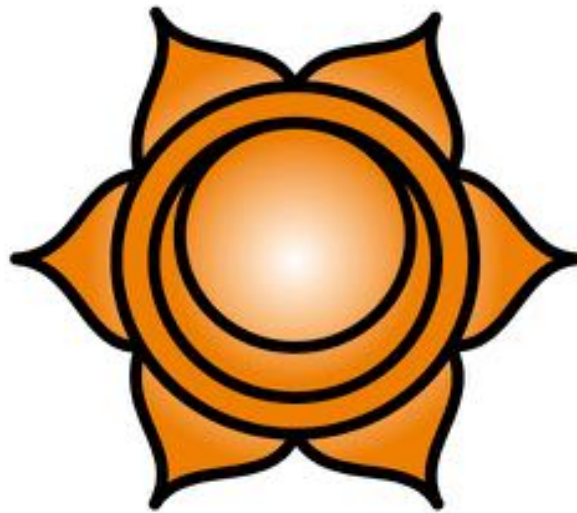
Discovering our authentic selves can be a life-long adventure. From the time of our births, we receive messages from the people around us, about

who we should be, how we should act, what we should say, etc. These messages may be encouraging and supportive; others may be critical or demeaning.

Archangel Michael is the great protector for each of us. He can protect us from the fears on earth – and the fears in our own minds. Call upon Archangel Michael to lead us out of the dark and into the place of Light and Love. And then, call upon him to help us stay in the beautiful energies of Light and Love. Always send him gratitude for his loving protection and empowerment.

Archangel Gabriel and the Sacral Chakra

As we approach the holiday season, the Archangel we see depicted most often is Archangel Gabriel. He (although angels are genderless) is usually shown with a copper halo and a large copper trumpet, bringing the good news to the world. He usually has long, curly hair, and has feminine, nurturing energies. In the Christian Bible, he appeared to Mary, announcing the birth of Jesus. In the Muslim faith, he revealed the Koran to Muhammed. One of his main functions is to be a messenger from the Divine Source to people on earth.



He is always available to be our personal messenger – whether it is to receive guidance from the Divine Source or to send out messages to another person, or to a group of people. Gabriel can provide practical assistance to professional speakers, writers, actors, teachers and others who use communication as their primary function. In the same way, we can call upon Gabriel for his help when we have an important email, phone call or conversation.

Often, in our Reiki practices, or other work situations, we may feel at a loss for words. Someone may challenge us with a difficult question, or ask for our

help. Ask for Gabriel to give you the right words, to give a beneficial and supportive response. It always works!

The Sacral Chakra is the center of communication and creativity, and the connection to the main characteristics of this Archangel is obvious. In the area of personal relationships, Gabriel can be a most valuable ally. Lacks of communication, misunderstandings, or incorrect perceptions are generally the root cause of relationship problems. Gabriel can aid us in stating our true intentions and feelings, and he can aid the other person to listen, and perceive the true message of what is being expressed. He helps both individuals to understand what is in each other's hearts.



Gabriel can also aid us in all areas where creativity is essential – from creating a piece of art, to writing lyrics of a song. Artists of all types have an inspirational thought, an idea, something that needs to be expressed in the physical world. Sometimes, bringing this thought into physical reality can be challenging – or sometimes, frustrating. Ask for Archangel Gabriel's assistance, and soon it will feel easy.

Gabriel is the Archangel of Children, and he can be called upon if a couple is experiencing infertility problems. Additionally, he is very protective of sensitive children, and children with some type of limitation, whether it be physical, or cognitive. He also reminds us to see life through the eyes of a child. Play more, approach our beautiful world with wonder, and find the joy in everyday activities and treats. Laugh more often!

Water is the earth element most associated with the Sacral Chakra. Water symbolizes the flow of life – and Archangel Gabriel helps to connect us with the extraordinary aspects of life. Take a minute and think of the best things in your life. **Appreciate the relationships in your life – your spouse, partner, children, family, and friends. These are your precious treasures on earth.**

Let us learn how to express ourselves so that the relationships will blossom, not wither and disappear from our lives. Let us always express gratitude for the help we can receive from Archangel Gabriel and other spirits who can assist us during this journey on earth.

Archangel Ariel and the Root Chakra

Archangel Ariel, whose name means “**The Lion or Lioness of God**”, is strongly connected to the functions of the Root chakra. The Root chakra is where we ground ourselves in security and stability. The energies of this chakra become an anchor for us, as we constantly balance spiritual and earthly concerns. To survive in the physical world, we have to navigate real-life issues, finding ways to meet our bodies’ basic needs for shelter and food. When basic needs are no longer a major concern, we seek stability in our relationships and our careers.



Many of our needs are rooted in the bountiful resources available to us from our earth, such as clean water, and hearty plants and trees. Archangel Ariel is the overseer of nature. She watches over the physical universe, including the sun, moon, stars, and planets. She also looks after all the birds, fish and animals on the earth, and often assists in their survival. She also oversees the trees, plants, rocks and other wonders of nature. She can also help us to see, and work with, fairies and other spirits found in the natural world.

Currently, the earth’s environment is in need of repair and restoration. Ariel is often connected with the energies of Archangel Raphael, the healing angel, to bring healing energies to Mother Earth. Ariel can assist each of us to find

ways to conserve and live simpler lives, if we make that request to her. It can be as easy as asking for new ways to conserve energy in your own home. Ask for her assistance, and soon you will find an article online, or a friend will share something she has done in her own home, or you will remember something you read several months previously. As with all the angels, all we have to do is ask – and then take action on the information imparted to us.

Another aspect of Archangel Ariel is one that may be less familiar to many of us. She also oversees the underworld, which holds the dark aspects and energies of the earth. Because of free will, there is a dark side to our world, and to each one of us. As individuals, these energies are often called the **shadow self**.



It is important we recognize, and work to heal, these unhealthy and detrimental parts of ourselves. It is where our negative thoughts and feelings are created. Ariel and Raphael can bring healing energies into our lives. They can help us to recognize we are always unconditionally loved, and we can create harmonious and peaceful lives. As each of us becomes more loving, these positive energies will aid in healing the dark energies on earth.

In a similar manner, we can recognize how each one of us plays a role in keeping our earth in its unhealthy state. Although we may not have had the power and money to create damaging industries, we have contributed to the harm by the choices we make in purchasing food, or other items. We can now

take a proactive role to bring healing to Mother Earth – whether it is growing our own gardens, driving less miles each week, or participating in peaceful, environmentally-based protests. The possibilities are endless – and necessary.

This is the last article in a series about the Archangels and Chakras. There are a few themes that have been apparent in each one.

First, **the Archangels always love us, unconditionally.** They want only the highest good for each of us individually, and to all of us as a people on earth.

Second, they are action-filled spirit beings. They truly can intervene in our lives; they are able to act with us, and among us. All we have to do is ask – it is that simple.

Calling upon specific Archangels – by name – reverberates very strong energies. We acknowledge each one's unique qualities and powers; it shows our willingness and efforts to get to know each one individually. Let us always remember these powerful and loving beings – and let us always invite them into our lives!

About the Author



Deborah Lloyd is a Usui and Karuna® Reiki Master and certified holistic therapy practitioner, providing Reiki sessions and training in Asheville, NC. Deborah is the author of two books, *22 Messages from the Archangels*; and, *Believe and it is True: A Story of Healing and Life Lessons*. She is also one of the co-authors of *Reiki 101: 101 Answers for Your Reiki Questions*.

Reach Deborah at

<http://www.deblloydhealing.com/>, deb@deblloydhealing.com

and at *Deb Lloyd Healing* on Facebook
(<https://www.facebook.com/deblloydhealing>).