



## Angel Messages – Stephanie Ryan

Sunday, August 9, 2015

**Archangel Michael:** Now is the time, dear ones, to be brave. There is a forward momentum that is pushing you to change and grow. In order to do that, you must be willing to let go of what is holding you back. And the more you cling, the more it will hurt you. We do not like to watch you suffer, dearest ones, especially when it isn't necessary. Pay attention right now to your desires of the heart. If possible, spend some time each day in quiet contemplation. Only you know your true desires. This is a time of surrender. Surrender to your desires. Surrender to the unknown. Surrender to change. You may feel that we are asking a lot of you. We promise that the transformation will be worth it.

**Archangel Chamuel:** Be free. Do you worry about what other people think? Do you worry about EVERYTHING? I am asking you what will happen if you stop worrying for one moment? Do you think it would be peaceful? Stop. Know that you can resume worrying at any time; it's there whenever you want it. See how long you can be present-not thinking about the future or the past. Enjoy, savor each moment. Life is glorious! If you are unable to do this yourself, spend some time with children. They do not dwell on the past or the future. It's all about the now! Be a child. Delight in all 5 senses. Simply take time to be.

**Archangel Jophiel:** I would like to speak to you today about the great mysteries of life. Don't those mysteries make life so much more interesting? Be willing to question and continue learning. You will know truth because it will resonate within you. If you haven't already done so, I implore you to adopt a crystal. Each crystal has secrets to tell if you listen. Just like pets, they are waiting to go to good homes. In fact, we angels can talk to you more easily with the aid of crystals.

Look deep within and keep no secrets from yourself. They will only hold you back. Although you may find dark within, you will also find brilliant light! You are all divine beings, children, capable of anything and everything! Understand this each and every day. Don't be afraid to shine!

**Archangel Raphael:** Your health and well-being are incredibly important to me, dear ones. You must strive for balance in your life between physical, mental, and spiritual health. You each know what area or areas you are neglecting. Call on me for help. I will be happy to guide you in the right direction. Set daily goals for yourself. Achievement of these small goals lead to big successes! I ask you today to think of one small goal you can do. Perhaps 5 minutes in meditation? Stimulating your mind with a good book? Taking a 15 minute walk? I promise you, you will be happy with the results of completing these goals!

The words live, love, laugh may seem overused, but these words represent the fullness you can experience with a balanced life. You achieve the physical, mental, and spiritual stamina to face obstacles with strength and grace. And you also can appreciate the moments that make life so rich and worth living.

**Archangel Gabriel:** Now is the time to stand up for what you believe in. Don't be complacent. You will find that this is the time for truth. Truth about yourself, truth about the world. Lies will be discovered. You are an infinitely powerful being capable of seeing the truth. Be willing to express your emotions. Be willing to tell someone you love them. Also be willing to set healthy boundaries. Be your mouthpiece for positive change.

I would also like to speak to you about your vibration. If you have a higher vibration, you will find it easier to attract what you want into your life. We angels are a higher vibration. If you raise your vibration, it is easier for us to communicate with you. It is quite easy to raise your vibration. Singing, physical activity, meditation, writing, creating art, cooking, and laughing are just some of the ways you can raise your vibration. It is equally easy to protect yourself from lower vibrations that you frequently encounter in public places, especially places that serve alcohol. Simply imagine yourself in a beautiful ball of golden light. The light lets in the good, but anything negative cannot penetrate this beautiful light. Put on this protection like you do your clothes each morning. You may also call upon any of us angels for protection. We cannot help you unless you ask.

**Archangel Uriel:** True wisdom comes from multiple sources. You may have received information in the third eye, but the information should also resonate deep within you, in your gut. The body retains knowledge and is a wonderful communicator if you are paying attention.

**Archangel Zadkiel:** When you are in need of comfort, we are there, spreading our angel wings around you. We are proud to see you try new things. It doesn't matter to us whether you succeed or fail. What is important is the lessons you learned along the way. Failure usually leads to immeasurable personal growth. Strive for greatness, dear ones, and be willing to fail. You are capable of so much more than you can possibly dream.