



Angel Messages – Stephanie Ryan

Saturday, October 24, 2015

Archangel Michael: Tolerance. Do you truly have tolerance for others? Do you always have to be right? We the angels would prefer you choose to be happy over being right. There is wisdom in being the fool. Doesn't the fool seem carefree? The fool is willing to laugh at his mistakes and even share his stories with others for their entertainment. You need to be willing to be the fool. You must be willing to make mistakes so that you grow into your full potential. Take a risk. You might fall on your face, but you will learn so much! Life is worth savoring, but if you play it safe, you are only sampling one flavor. To us, life is very short. So why not enjoy, discover, learn?

Archangel Chamuel: Within each of you contains a bud. For some of you, that bud has been slowly opening. This is your true self. It is human nature to keep that part hidden and protected. But we all know how beautiful a flower is in full bloom. This beauty exists in every one of you, dear children, but it is up to you to let others see it. I encourage you to be brave and embrace who you are. Even if you cannot show your true self to others, take time to learn whom you really are. Take time to be peaceful and listen. Go for a walk. Remove yourself from the external noise. Find that quiet voice within. Love yourself, so that you can love others.

Archangel Jophiel: I would like to speak to you today about suffering. Know this, dear ones. We do not want any of you to suffer. Our hearts weep with you. We love you completely and unconditionally. But many times we see that you choose to suffer instead of letting go. Do you see how a person can choose to suffer? Often, you suffer when you are not living in the present moment. You dwell on what used to be. You don't see the beauty that surrounds you, or the kindness of your loved ones. Give your sorrows to me, dear ones. And then think upon what is good in the world. There are cruelties in the world, but there is goodness too. You have the power to choose where you want to place your focus.

Archangel Raphael: I am concerned about the health of all of you. We angels watch you run yourselves ragged. Many times you put yourself last. Please consider doing less. One less obligation, one less meeting. Do you not owe it to yourself to make a little time for you? It is perfectly okay to say no sometimes. Being busy, feeling stressed causes you to make a series of poor decisions. Make it a priority to schedule a little time for you most days of the week. Even a few minutes if that is all you can spare.

Your body is a part of who you are. Take care of it taking time to move every day. Taking a walk, yoga, or any stretching routine is beneficial. Slow and relaxed movements are good for physical and mental health. Also be aware of what you are eating. Savor each bite. I know that each of you has an idea of what foods make you feel good. Make sure you are incorporating those foods into your meals. When you take care of your body, your mental and spiritual health will also improve. Your mind will sharpen and you will feel more peace.

Archangel Gabriel: Darling children, I want to begin by wrapping my wings around you. I feel your hurts and pain. It's been a tough few months for many of you. Change isn't always easy for you, I know. Know that I am always here, lending comfort and support. Know that there is a place of infinite love and peace for each one of you. Also know that change can be gentle or it can be abrasive. When change happens in your life, surrender to it. It is the resistance that causes the most pain.

I want to see all of you fly. Embrace your passions and zeal for life. Allow yourself to love. Go on an adventure. Try something new. Get more education. You always have the power of choice. You can choose where you want to place your attention.

Archangel Uriel: There is a lot of chatter in your heads, dear ones. Do you shy away from meditation because you fail at silencing this chatter? It's foolish to believe that you fail if a stray thought arises during meditation. Meditation is an exercise designed to learn how to hear your intuition and guides in spite of the chatter. It forces you to listen, to be open to receiving. And you may not receive the answer during meditation. It may come much later, but you will know it's your answer when you have a moment of clarity, of inspiration. We want to help you, dear ones, but you have to be open to receiving our guidance. This is why meditation is so important. Please consider trying meditation for just 5 minutes a day. It will improve your well-being in all areas of your life.

Archangel Zadkiel: You are all multi-faceted diamonds, children. Each facet reflecting light. But as brilliant as you are, you must also think about what face you show the world. Are you being your true, authentic self, or simply reflecting back what someone else wants you to be? I've seen your authentic self. It's as radiant as the sun. Please don't hide away that brilliance to please someone else. Be willing to be the sun, let everyone feel your warmth caress his or her face.

Many of you have numerous faces: mother, father, sibling, co-worker, boss, caretaker, student. Each role consists of expectations of how you are to behave. Know that these roles are just that-they do not define who you are. Think of yourself as, "I am" because that is a complete sentence. You are enough. You don't have to be anything else.

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