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# 7 Angels, 7 Blessings

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The Ultimate Guide To Co-Creating Blessings  
For Your Life With The Archangels



By Pamela Dussault Runtagh

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*1st Edition* (image credit to Doreen Virtue PhD.)

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## The Ultimate Guide To Creating Blessings In Your Life With The Archangels

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(image credit to Doreen Virtue PhD.)

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# Introduction

This ebook is a compilation of a series of blogs that I have written (with the help of the individual Archangels) so that you, the reader, may utilize any or all of them to improve your life. The intention of this ebook is to provide an easy to read, all-in-one guide for you to work with the Archangels. By first defining what it is you'd like to improve in your life, you can then consult the Table of Contents and it will take you directly to the Archangel that can assist you. From there you will find the information to co-create blessings for that particular area of your life. I hope you find this ebook a productive tool as well as a comforting gift to reassure you of the Archangels' infinite love that is always surrounding you.

Enjoy co-creating your blessings!

## Chapter One

# Create Positive Change

## *With Archangel Michael*

Archangel Michael is the ultimate protector for each one of us who protects us from all types of harm - material, financial, physical, emotional, psychological/mental and energetic/psychic. He is the remover of illusion which reveals the truth of love in any situation and is considered the overseer of the Archangelic realm. He eliminates our fear and negative influences by our ego and this is depicted in many works of art which show him armed with his sword and shield (representing truth and love), stepping on the slain demon (representing ego and fear).

When we want to create positive change in our lives, Archangel Michael is present to help us eliminate our fears of moving into unknown territory. Sometimes changes appear daunting and we may lack confidence and belief in our ability to move forward. Archangel Michael is always ready to boost our confidence and lend us the courage we need. But we must ask him for his help as he cannot intervene without our permission due to our free will.

Archangel Michael is our personal guide and mentor and his presence is omnipotent in that he can be with each of us simultaneously should we call upon him.

Working with Archangel Michael is, in my opinion, essential to creating positive change in our lives. Here are some suggestions in how you can work with him for specific types of changes:

- **Material Changes** - Whether you need to make big changes like moving into a new place of residence or smaller changes like purchasing a new car, Archangel Michael can help protect you from choices that could harm you or your loved ones. Ask him to oversee by ensuring that all choices that come to your awareness only be loving, joyful and safe. Feel free to add further details as you desire. For instance, when I wanted to move, I asked that my loved ones and I would be in a home in a safe neighborhood surrounded by nature and filled with love. And it is!
- **Family Changes** - Archangel Michael can help give you the courage and confidence to change your family life such as moving out on your own for the first time, getting married, or starting a family of your own. Ask him to be by your side and to help you remain focused on love instead of fear as you venture into unknown territory.

- **Relationship Changes** - Just as with family changes, Archangel Michael can help give you the courage and confidence to make positive changes in any of your relationships. Sometimes these changes are called for when you want healthier relationships that support your self-esteem and growth. He will help you release these relationships so they can be healed or so they can end in a loving way.
- **Career Changes** - When I was ready to make a total career change, I knew I was going to need lots of help to make this transition. As a single mom of 3 at the time, I knew making this transition could pose great challenges financially for us so I called on Archangel Michael to help me do this in a way that would ensure uninterrupted financial flow. Because of his help, everything worked out smoother than I could have imagined! If you are considering a career change, call on him to eliminate fear-based decisions and choices and he will help move your awareness to love and joy so you can make your choices from that place instead.
- **Personal Changes** - In my opinion one of the most rewarding types of changes we can make are personal ones. Changing beliefs, patterns, habits, etc. that do not serve us so that we can experience a life that is in alignment with our deepest soul's desire is an ongoing process. Therefore, when we want to make personal changes in this way, Archangel Michael can be our guide, mentor and coach to help us every step of the way. I call on him to be by my side to help me with this in my daily practice and his assistance always comes exactly when I need it!

Archangel Michael can help you with virtually anything as he is the overseer of all the Archangelic realm. I have found that his specialty, however is helping us with the one thing in our lives that remains constant which is change. He encourages us to become empowered by working with change for our highest good and for the highest good of all.

## Chapter Two

# Create New Beginnings

## *With Archangel Gabriel*

Archangel Gabriel is known as the “messenger” angel as she announces the birth of something new in our lives. The birth can be that of a child but she also alerts us to the birth of new relationships or the beginning of a new career or project - especially if it involves writing and communication. Also, she will come to encourage and move you in a direction of a new area of study that will be beneficial to you.

Because she is the angel of births and new beginnings, she also offers powerful support regarding child conception and parenting. When I was a single mother of 3 children, I welcomed Archangel Gabriel’s support in my life. She connected me with the right people who would assist my children in their early childhood learning and development.

Archangel Gabriel also worked with me to guide me into a new career of providing messages from the divine to others through private sessions, teaching and writing. It was AA Gabriel that brought the Huffington Post to me to share my work with the world - not the other way around! She loves to work with those who express their creativity with communication.

Her gentle yet powerful energy awakens you to your innate gifts and creativity which in turn brings a wonderful sense of fulfillment and gratitude. All of which bring greater light to the world. When you are feeling a need for something new in your life, call on Archangel Gabriel and ask for her help to guide you on this journey. The following are some of the more common areas where she can offer her assistance:

- **New Relationships/Partnerships** - Archangel Gabriel can help bring the right people into our lives for whatever our needs may be. Romantic partners, friends, support groups, clients, collaborators, health care and education professionals - we can meet any of them with her help (but we must ask for her to intervene!)
- **Child Conception/Parenting** - In one of the more famous stories in the bible, “The Annunciation”, Archangel Gabriel plays a critical role in which she announces the forthcoming birth of Jesus Christ. Today, you can call on her to help you with all things related to new conception, adoption, parenting and such.

- **Writing** - Ranging from personal journaling to writing for the public, AA Gabriel can help you get started and complete a writing project. You don't need any formal education or experience to get started, she will support and encourage you (just as she has done with me). Of course if you are trained and experienced in this field, she will guide you to a new writing project or opportunity that will successfully display your gifts and talents.
- **Communication** - AA Gabriel is also known as the patron Saint of communication workers. It should not come as a surprise to know how she can help with creating new lines of communication as well as new forms of it. Call on her help for anything involving technology that enables communication (cell phones, computers, etc.) that may need to be replaced or upgraded. Additionally, she can help us learn new and healthier behaviors of communication that are expressed with love and compassion.
- **Career** - Whether you are looking for a new job within your current profession or considering changing careers all together, AA Gabriel is your go-to helper. She can gently but powerfully guide you in the direction that will fulfill your heart's desire. And if your unsure about what career or job your heart desires, she can help bring that enlightenment into your awareness. She is, after all, the sacred messenger who can see directly into the truth in your heart.
- **New Interests/Areas of Study** - AA Gabriel loves to support us in growing and developing on a personal and professional level. If we ask, she will bring us together with the right people and places that will support a new hobby, interest or area of study that we will love.
- **Teaching** - It has been said "When the student is ready, the teacher appears" and this truth is greatly enhanced with AA Gabriel on our side. Whether we are the student seeking the teacher or the teacher seeking the student, she will help bring the two together with grace and ease. And don't forget you can ask for this for any of your loved ones as well.

Archangel Gabriel will gently but powerfully guide and direct you with unconditional love and joy. She, like all of the divine, rejoice in your desire to awaken to new possibilities for your creative expression and positive expansion in your life.



## Chapter 3

# Create Health and Wellness *With Archangel Raphael*

Archangel Raphael whose name means “God Heals” is the archangel of all matters of healing. He governs whole health and wellbeing for each individual on this planet and even oversees all professionals who assist in bringing that goal to fruition.

Archangel Raphael’s intervention with our health and wellness comes in a few different ways. The first is by providing immediate relief from our pain or illness (be it physical, emotional, psychological/mental or spiritual) with his powerful energy. The second is that his powerful healing energy is given towards more gradual healing. This often occurs because there is something to be learned or understood about the nature of the pain/illness. And third, he will direct us to the right professional who will provide relief and healing for us. We would need to trust that there is a good reason for why he didn’t directly heal us and be open to that direction.

When Archangel Raphael first appeared in my life, I was suffering from heart ache and pain from loss. I didn't realize his presence at first as his energy was subtle. But I soon realized his power in my life was undeniable when synchronistic events placed me in the path of the healing arts - first for my own healing and then to learn how to heal others.

It is important to know that you CAN keep praying and asking for assistance until you receive it. It’s not that Archangel Raphael doesn’t hear you ask the first time, but just like a doctor, he works until you truly feel better.

There are various ways Archangel Raphael can help you create optimum health and wellbeing in your life.

- **Physical Healing** - Regardless of what needs healed in your body, you can relax knowing that when you call for AA Raphael’s assistance, you will receive it. He will intervene in one of the 3 ways listed above to either heal that aspect of your body or at the very least to provide pain reduction and/or management. Just know there is no aspect of your physical health that he can’t assist in making better.
- **Emotional Healing** - AA Raphael knows that painful and unbalanced emotions can affect our physical health as well as negatively impact our lives, our families, our professions/

careers and our finances. Therefore, he is also known as the “heart healer” who can provide relief from grief, depression and anxiety to name a few. As I mentioned above, he first appeared to me when I was grieving a loss and assisted me through a painful event.

- **Diet and Exercise** - These are two factors that go hand-in-hand with whole health and wellbeing. If you need guidance and/or motivation, keep asking AA Raphael for his assistance and you will find a combination that not only will work for you but one that you will love. He will help alleviate any sense of deprivation by ensuring you are matched with a combination in this way.
- **Addiction Healing** - Addiction is a result of the avoidance of pain in any and all of its forms. AA Raphael knows that physical, emotional, mental/psychological and spiritual suffering are vulnerable to “quick fixes” that temporarily make you forget about your pain but never really get to the core of the issue. Chemical, drug and alcohol dependencies aren’t the only addiction he can heal. Addictions to unhealthy relationships and unhealthy behaviors such as eating disorders, gambling and excessive video gaming can be broken with his assistance as well.

Archangel Raphael can always assist in helping someone other than yourself, however please understand he cannot intervene without their permission. Everyone has free will and they must choose to be healed for him to work his powerful healing magic. Whatever health and/or wellness condition you’d like to create, know that Archangel Raphael is the one to call upon for assistance.

# Create Harmony Through Understanding

## *With Archangel Uriel*

Archangel Uriel is dubbed the “A-Ha! Angel” because his power can evoke an instantaneous understanding about a perplexing situation or relationship. His name actually means “The Light of God” so it is no surprise that when called upon for assistance, he will bring clarity by “shining a light” on what needs to be illuminated. His main objective is to bring harmony and balance to ourselves and thus, our planet.

Archangel Uriel is boldly intense in his wisdom and intellect. He is most definitely a strong teacher in spirit who will illuminate the truth that you most need for your highest good. Often he will walk beside you through challenging and sometimes painful karmic lessons so that you can emerge strong as your authentic and divine self while allowing your false ego-self to dissolve away. When I need clarity, Archangel Uriel comes to me with wisdom and teachings about my connection with the divine, about karma and about forgiveness to name a few. His presence is powerful like a burst of strong wind and in fact, it was when my front door blew open letting in a gush of air, that he had first made his presence known to me!

When your life is confusing and chaotic, call on Archangel Uriel to assist you in creating harmony through understanding. He will illuminate:

- **Relationships** - Being in a relationship of any kind, particularly challenging ones, put you in a spiritual classroom with AA Uriel. It is here that we learn the most important lessons about ourselves and about our views about others and about life. Therefore when you are experiencing ongoing discord, disharmony and lack of understanding with a particular person or group, ask AA Uriel to help you understand, just as you would a teacher. Whatever it is you need to know, he will shine his light upon the answer.
- **Situations** - When you find yourself in a situation that leaves you wondering, “Why are you here?” and “How did you get here?”, ask AA Uriel for the answer. He will show you where you may have missed the mark or overlooked something crucial that put you in that predicament. In doing so, he will help you understand in a loving and compassionate way

so you can integrate the lesson and correct whatever thought or behavior needs to be corrected.

- **Ego Lessons** - AA Uriel oversees our transformation from fear to love - both on an individual and global scale. He aligns your heart chakra (the energy center of love and fulfillment), your solar-plexus chakra (the energy center of personal power and will), and your throat chakra (the energy center of authentic, truthful expression) in a manner that brings your ego-based thoughts and behaviors to your conscious awareness so you can correct them. AA Uriel presents you with question, "What will you get out of this?" and proceeds to lovingly assist you in truthfully answering that from your heart and soul.
- **Karmic Lessons** - Karma, being the law of cause and effect is the result of the choices you make - i.e. "you reap what you sow". AA Uriel will assist you in learning to sow love instead of fear. Often, however, we aren't always aware of when we choose or act out of fear, which results in suffering and pain. Therefore, AA Uriel helps to balance this out when you are willing to forgive - both yourself and others who may have acted out of fear themselves. Forgiveness is the key to healing karma and integrating that lesson.

As you can see, the creation of harmony often involves learning something deeper about yourself and others and about love and fear. Unfortunately, in certain life situations there is no magic wand that is waved and Poof!, all problems are gone. However, with Archangel Uriel's help, you can actually experience the blessing in disguise that comes from learning something new and from integrating that lesson into your life - and gain true harmony in the process.

## Chapter Five

# Create Soul Alignment

## *With Archangel Raziel*

Archangel Raziel is the angel of metaphysics and magic. His name means “Secrets of God”. He is a rainbow wizard (think Merlin or Gandalf the Grey) who is the keeper of Divine Mysteries and the knowledge of the soul. He lifts the veil of illusion so that we may become aware of the infinitude of life as it truly is. When your heart is pure and you are spiritual aligned, he will teach you the secrets of the Cosmos, sacred geometry and spiritual magic to be used for the greater good. He knows all about our past lives and those misaligned limitations that have been brought forward to be healed in this lifetime. With his assistance, these restrictions that keep our soul fragmented will be lifted. This will allow us to experience wholeness and step into alignment with our higher spiritual truth and purpose - that of our soul’s infinite power.

Archangel Raziel’s appearance in my life occurs every 7 years when great changes are destined to occur in my spiritual practice and evolution of my soul’s expression. His rainbow light, intense in power, flickers and shines around me. When I see that, I know it’s time to sit with him and ask for his assistance and await any instructions on what I can do to align myself with wholeness, my soul’s expression and the higher spiritual truth of my Divine essence.

Archangel Raziel and I realize all this sounds deep and complex, but creating alignment with your soul can be simplified by breaking it down into a few “building blocks” that can be applied towards a spiritual understanding of the whole for you. Therefore, with Archangel Raziel’s assistance, you can create alignment with your soul by asking for him to help you with:

- **Psychic Abilities** - We all possess the ability for psychic insight and intuition, it’s hard-wired into our being. However, we don’t always access it regularly and thus, it lies dormant. AA Raziel will help you access those innate abilities so that you may see, hear, feel and know spiritual information pertaining to your soul’s advancement and evolution in a easy-to-learn manner.
- **Esoteric Knowledge** - Spiritual, esoteric information is vast. From mysticism to sacred geometry, there is so much to learn! AA Raziel will teach you and help you understand

their principles, meanings and use. It is important to note that Divine timing plays a role here and therefore you will be presented with bits and pieces when the time is right.

- **Past Life Awareness** - The connections that lie in our souls knowledge are often brought into a new lifetime for learning, growth, healing and expansion. We have connections with people and situations, both good and bad, that are destined to be remembered for those purposes. Experiences in which we meet someone for the first time yet feel as though we've known them for many years are one example. Another is the feeling that you've been in a current situation before and yet, you haven't. Specific knowledge about a historical event where there is no way you could have known, is yet another example. These remembrances happen all the time. Ask AA Raziel for his assistance with past life information when you feel you need it.
- **Divine Magic/Alchemy** - AA Raziel is the angelic master of transmuting unwanted or unnecessary energies. "That which no longer serves you", whether it is a pattern, behavior or even a relationship can be transformed with his help. Transformation can be rapid or slow depending on what will best serve you and others. Trust that AA Raziel knows what is best.

When asking for Archangel Raziel's help, be sure to only work with one issue at a time and allow him to answer that request before moving onto another. This way, you won't become overwhelmed with the information and subsequent changes coming to you.

## Chapter Six

# Create Music and Pleasure

## *With Archangel Sandalphon*

The definition of music has been described as “an art of sound in time that expresses ideas and emotions in significant forms through the elements of rhythm, melody, harmony, and color”. Similarly, musical pleasure can be described as “appreciation of or responsiveness to musical sound or harmonies”. But Archangel Sandalphon, who is the patron angel of music and the deliverer of answered prayers, says that music actually brings pleasure to all our senses in significant ways. Music has the ability to evoke physical and emotional responses that allow us to experience both our humanity and our spirituality. These responses and experiences blend to form an arrangement that is your own personal musical creation.

Pleasure in and of itself is healing. The human side of ourselves must have experiences of joy and gratification from time to time to ensure balance in our physical, emotional, mental and spiritual aspects. Archangel Sandalphon will support our need for pleasure in healthy doses by answering our prayers for that which we desire. Having once been a mortal man, Archangel Sandalphon knows of the need to blend the “material” with the “spiritual” in order to be whole.

My experience with Archangel Sandalphon is palpable. When he is around, I will often see a hawk or an eagle (I literally just saw an eagle flying outside my window as I am writing this!) which lets me know my prayers are being answered.

If you are wanting to create music and/or pleasure, Archangel Sandalphon can assist you with:

- **Writing Music** - I believe some of the greatest composers of our time had AA Sandalphon’s inspirational energy helping them out. It doesn’t matter what type of music you are writing, he will be next to you in an instant to assist you if you ask.
- **Playing/Performing Music** - AA Sandalphon will help you play and perform perfectly if you ask. His gentle energy relaxes you and soothes any self-doubts you may have. He can also aid in eliminating stage fright.

- **Singing/Dancing** - You don't have to be a stage performer to have AA Sandalphon's help, however. He will help anyone who asks! Singing and dancing are beautiful (and fun) forms of musical expression that bring joy. He will help arrange opportunities for these expression's any time you want.
- **Celebration/Entertainment** - AA Sandalphon can be your own personal guide towards the perfect restaurant, play, show, concert or movie when you need some balance. He loves to celebrate in luxurious ways so don't worry about your request being too big. Even if you are worried you can't afford it, he will arrange the "puzzle pieces" like he can arrange a beautiful musical piece so that the end result is pure joy. And if it is a quiet, romantic night at home with your partner that you prefer, he can help make that fulfilling for you as well.

Archangel Sandalphon can also help musicians, singers, dancers and other music-related engineers, technicians, etc., gain employment opportunities for their talents and skills. Similarly, he can help save musical programs within our education system in order for music to be accessible to our children.



## Chapter Seven

# Create Prosperity

## *With Archangel Ariel*

Archangel Ariel, whose name means “Lioness of God”, is the keeper of the natural environment. She is the protector of animals, birds, fish, the land, the waters and the air. She works closely with nature spirits, elementals and fairies as well as those whose home is immersed within nature itself. She is the angelic embodiment of Mother Nature. You may be wondering, “That’s nice, but what does this have to do with prosperity?”

When Archangel Ariel appeared to me several years after I began working with AA Michael and AA Raphael, she expressed how she wanted to work with me to strengthen my connection to nature and to the natural abundance available on Mother Earth. I received this message one day while I was walking in nature, enjoying the sunshine and warmth it was giving. Suddenly a gust of wind swirled some leaves in a tiny tornado-like fashion in front of me. There was no wind anywhere else to be felt! I knew this was a sign from the angelic realm, so I stopped and listened to her message.

She showed me how in nature, there is an abundant supply of food and shelter for all of life. She pointed out the unlimited beauty nature contains as well. She continued to show me that as we align with that truth, we can align with the infinite supply of abundance and prosperity that is available at every moment, because we too are a part of nature. This message resonated with me as I always give appreciation and thanks to Mother Earth for all she provides.

Some of the ways Archangel Ariel can assist us in stepping into the flow of abundance and prosperity are by:

- **Sacred Reciprocity (Ayni)** - Sacred reciprocity or Ayni is an indigenous Andean cultural practice of balanced giving and receiving. Many of us live in a culture of “What can I get out of this” in order to have our needs met as opposed to “What can I give?”. If you can shift your focus to Ayni in alignment with sacred service while putting your faith and trust in the Universe, you will find that your needs will be met in unexpected ways. Not to mention the abundance of friends and supporters you will make along the way!
- **Give Back To Nature** - AA Ariel’s specialty is to protect and heal all of nature - trees, animals, waters, etc.. She says when you can give of your time and effort to do the same, no matter how little or how small, you will reap the reward of prosperity. While she won’t

exclude your needs if you don't, she knows that giving back will put you in the flow of infinite supply simply because of how open your heart will become to receiving in return.

- **Follow Your Heart** - AA Ariel has beautiful pink energy, the color of unconditional love, which she will use to open your heart enough so you can listen to its wise guidance - especially when it comes to prosperity. When you follow your heart, you emit a sense of authenticity and people are attracted to that. To follow your heart is to be genuine. And to be genuine is to embody abundance. Thus, like attracts like.
- **Ask And You Shall Receive** - AA Ariel says to simply ask her and the Divine for what you need. Then become receptive while having faith and trust that you will receive what you need, when you need it. Hint: Once you ask, remain in a passive state of allowance. If you ask then become forceful in "getting" then you put yourself into a endless cycle of lack.

Archangel Ariel cautions you to remain open and receptive to receiving something different from what you might be expecting. Many times we think money is the answer but it isn't always. For instance, if you are hoping for more money to go on a trip, instead be open to receiving a paid vacation!

# Epilogue

Co-Creating with the Archangels is not difficult and it strengthens your connection with them in many different ways. Even though they love you unconditionally and are NOT looking for anything in return, be sure you recognize and appreciate their availability to you. This simply opens you up to receiving even more, perhaps unexpected, blessings in your life.

I have created an entire webinar series of connecting and working with all 15 Archangels and each one includes a special guided meditation with that particular Archangel. These webinars have been recorded for you to watch and listen anytime you wish. You may view the listing by clicking on this link:

[https://wellnessuniverse.learnitlive.com/see-all.php?type=classes&user\\_id=54689](https://wellnessuniverse.learnitlive.com/see-all.php?type=classes&user_id=54689)

Thank you for reading,

Pamela Dussault Runtagh

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