

with complements

# with complements: simply angelic



"OUR MISSION IS TO ENLIGHTEN LIVES WITH THE HEALING TOUCH OF REIKI!"

## In her second article, Reiki master Donna Swan, recounts her experiences of this complementary therapy:

### Donna's journey starts one Monday night when she describes that the following events occurred:

*"Two Reiki Masters, Donna Swan and Caroline Sharp, were together for a healing share, as they had been every Monday evening for some 4 years. This amazing night they were blessed with a visit from a very Heavenly Being. During healing the room was filled with a brilliant light and this Light Being appeared and began to speak.*

*He introduced himself as Lord Kumika, he said he was one of 12 Ascended Masters who surround and protect our Planet Earth. He asked Donna and Caroline if they would bring his words to the planet and be a part of his mission to bring great healing to the world.*

*Lord Kumika gave to these two blessed healers an Ascension Attunement and the gift of blessing others with this attunement. This Ascended Master told Donna and Caroline that this attunement would clear their connection to the divine, and aid them in receiving more divine light energy for healing themselves and their lives. It would make the connection clearer between them and their divine guides and angels.*

*A week later Archangel Michael came to them, again in an amazing surge of Light. Donna and Caroline were blown away by the love and beauty of this healing energy and felt truly blessed and loved. Since those first few nights they have channelled messages and further attunements, from many other Archangels and Ascended Masters."*

Subsequently Donna and Caroline assert that they received Angelic Reiki Healing Attunements from the Divine Archangels. She continues that these attunements are a gift from the Archangels and connect us to their Divine Healing Energy. She says that one's hands fill with Angelic healing after receiving an Angelic attunement so if you are giving someone healing, or a massage or even a facial, the healing love of the Angels comes in and brings great peace and harmony.

Caroline and Donna continue to meet regularly to heal, clear and bring their lives closer to, as they describe, the Divine, ever increasing their connection to the Divine Light Energy. These healing attunements have brought much peace and happiness to both of their lives, and they claim, to the lives of many students who have received these Angelic Reiki or Ascension Reiki Healing Attunements.

There were 10 Archangels who in turn came and visited Caroline and Donna, see here listed below.

#### The Archangels

Giftng Angelic Reiki Healing Attunements

**Archangel Michael**

**Archangel Mary**

**Archangel Tzaphkiel**

**Archangel Gabriel**

**Archangel Satron**

**Archangel Jophiel**

**Archangel Metatron**

**Archangel Tzadkiel**

**Archangel Sachiel**

**Archangel Seraphiel**

#### Who are Archangels?

Donna outlines that the Archangels and Angels are Divine Beings of Light who can come to us from a place of a higher vibration. She says that they are Light Beings whose vibrations are extremely close to the Source of all existence, so they emit an intensely pure love that can amaze us, overwhelm us and help us to raise our own light vibration – bringing us greater happiness and a sense of peace and well-being.

She describes the Archangels as beings that are specifically working with us here on Earth and are omnipresent, this means they have no concept of time and can be everywhere at once. This means Archangel Michael can be with you and me at the same time even though we are in different places, Archangel Michael can be everywhere at the same time, bringing the same level of deep love and healing wherever people have invited him or pray to him.

Donna differentiates Archangels from Angels, stating that Archangels are beings who have impacted Earthly history - through our beliefs and religions in some way, their names are better known. Angels, apparently thousands of them, are available to be with us, support us, surround us with healing love and light, and they work with the Archangels to bring us help without their names being needed.

### What is an Angelic Reiki Healing Attunement?

Donna describes the Archangels as blessing us with Healing Rays, which Caroline Sharp and Donna Swan are able to connect to physical, spiritual and all other bodies through a method called an 'Attunement'.

To gift you with this attunement, Donna says that the Archangels need our help, they ask us to work with them to help you to raise your vibration so they can attach their healing ray to you, once the connection has been made the Archangels can work with you at any time without our assistance.

Each Healing Ray has a specific purpose, a particular area to help cleanse and clear, so once you have received all 12 Rays you will have the tools to completely transform your life, bringing yourself to a place of peace and acceptance.

After each attunement, Donna says that you will go through a period of cleansing and increasing in Vibration, this process can last up to 40 days and is a time when it is deeply beneficial for you to connect with the Archangels daily for support and healing love-light to aid you on your journey.

### How to perform Angelic Healing

Donna's top tips for trying this yourself are as follows: Allow yourself some time to connect with the Angels and Archangels. Find a nice quiet space, perhaps lie down on your bed or sit peacefully in a comfortable chair. If you like put on some relaxing music and perhaps light a candle, whatever makes this a special moment for you.

Donna says that the first time she felt an Angel, she remembers feeling very sceptical, but she had read somewhere that if she just sat on the sofa and asked an Angel to come it would do so.

### So try this one at home now:

Donna says to sit quietly where you will not be disturbed. Close your eyes, breathe deeply for a few moments, and relax. Ask Archangel Michael or an Angel to come and put their arms around you or to come and sit with you. Keep breathing deeply, and with your eyes closed have your senses open to notice what is going on around you.

At this time Donna says that you can at any time ask an Angel to help you, or to go and be with someone you care about to help them. You can ask them to come to you in times of stress or worry or fear. You can ask them to help you get through a difficult time in our life; to help bring resolution to problems.

Donna continues that you can also ask the Archangels and Angels to come to you before you go to sleep and bring healing to you during your sleep so that you can wake refreshed and cleansed in the morning. You can also ask them to give you guidance and inspiration during your sleep and communicate with you through your dreams.

There is no set method of how you should call in the Archangels and Angels but you must give them permission to work on and with you, as they cannot help you unless you ask them or give them permission.

### Here is Donna's example of a Meditation to do when calling in the Archangels and Angels.

*Archangel Michael Meditation.*

*Donna calls upon the Archangel Michael and other Archangels and Angels of the Divine Light, she asks these Divine Light Beings to bring her healing and guidance for my highest good.*

*She calls upon her own personal guides and ask them to bring in any other Divine Light Beings that may be able to help her at this time.*

*She calls upon my higher self and give him/her permission to cleanse her being on all levels, giving her love and support and reminding her of her Divine Mission and life purpose.*

*She thanks them for all their guidance, love and support.*

#### Breathe deeply

*Become conscious of your breathing and allow your breath to deepen reaching into the core of your being.*

#### Breathe deeply

*Slowly become aware of the energy around you.*

*Relax remember you are safe. These are Divine Light Beings who love you so very much.*

#### Breathe deeper

*Invite the Archangels into your very core so they can bring light to your darkest areas and peace to your confusion, your frustration, your fear or doubt.*

*Talk to the Archangels, tell them how you are feeling, let them know if anything is feeling uncomfortable and unsafe and let them help you.*

*Keep breathing and relaxing.*

*Give attention to RELEASING.*

*RELEASING Physical Tiredness,*

*RELEASING Mental Stress,*

*RELEASING Emotional Issues*

*Feel yourself releasing freely from your body, and see it/feel it as it frees from your body, mind, soul and your spirit.*

*Each time we feel stressful or irritated, unhappy, we have an opportunity to learn about ourselves and our innermost traits. The deeper traits that sit under our stress or pain are wounded traits. They are not making us happy or keeping us in a place of joy. At these times Donna believes that it is a good idea to call upon the Archangels so that with their love and support we can identify and release these old patterns, buried insecurities and become more joyfully content.*

#### KEEP RELEASING

*I release anything that stops me feeling calm, comfortable, happy with myself, on all levels, physical, emotional, mental, and spiritual.*

*RELEASE, and keep releasing, allowing Archangel Michael to help you until you feel there is only pure light and love left.*

#### I LOVE MYSELF KNOW THAT YOU ARE LOVED, BELIEVE THAT YOU ARE LOVED

*Feel your body releasing, unwinding,*

*Feel the layers being gently stripped away leaving pure, happy, light, energy.*

*Surrender yourself to the Angelic healing.*

#### TRUST.

*Donna recommends taking 20 minutes per day at any time during the day or before you go to sleep to ask the Archangels to come to you and heal you. She says that you will notice a lovely change in your life as you gently heal and connect with Angelic healing Energy and concludes "remember you are worth it."*

Check out the Ascending Angels website

[www.ascendingangels.com](http://www.ascendingangels.com)

If you would like to come to a workshop or know more please contact Donna or Caroline on [info@ascendingangels.com](mailto:info@ascendingangels.com).

