

Healing with the Archangels

Prediction's **Alexandra Wenman** meets the Archangels at Sabi Hilmi's inspirational one-day Angel Healing Workshop

When I arrive at Mysteries, (Mind, Body, Spirit centre in London) for Sabi Hilmi's one-day Angel Healing Workshop, I'm running late. But as I walk tentatively into the room full of people, Sabi flashes me a reassuring smile before continuing on with her introduction.

As an angel healer and Angelic Reiki Master, I already work with the angels, but there are many people here who've come to learn about these divine light beings for the first time. Luckily, Sabi's course caters for all levels of experience.

Sabi asks us to set our own personal intention for today's workshop. I set mine for self-forgiveness and a clearer sense of my true life purpose. We then select an angel card from one of Sabi's many packs - I pull out three cards and get 'playfulness', 'trust' and 'Guardian Angel', which all seem rather fitting considering the themes for the day!

Meeting our Guardian Angels

The first part of the morning is dedicated to meeting our Guardian Angels. Sabi explains that we can each have more than one Guardian Angel, but we have one main one who travels through all our lifetimes with us and their purpose is to love, guide and protect us. Because we have free will, however, the angels can only come to our assistance if we ask for their help. The only exception to this rule is a life or death situation when it's not yet our time to 'go'. Then they can step in - and many people have had angelic experiences of this nature.

However, Sabi says that there may be times when we do ask our angels for



Sabi (right) shows me how simple techniques to connect with the angels help you to achieve deep healing

“Because we have free will, the angels can only come to our assistance if we ask them to”

help and feel like they aren't listening. But she reassures us that they might not intervene in a situation if we are meant to learn a specific lesson from it - but they are always there to support and comfort us through difficult times.

Sabi tells us that, unlike spirit guides, who have - at some point - lived a human existence, angels are beings of pure light and you connect to them through your heart chakra. Ask your angels to give you a sign that they are with you - try it, you may find a white feather in your path - a sure sign your

Guardian Angel is listening to you.

Next, Sabi leads us in a guided meditation to meet our Guardian Angels. As I relax and breathe deeply, I'm taken into a deep meditative state and Sabi's words soon fade into the background. I become aware of a giant column of light in the room, connecting to each member of the group through their forehead or 'third eye' chakra. Suddenly, I make out the outline of a huge white angel standing behind each member of the group. And I can feel a heavy yet comforting energy down

Tried and tested

my back. In my mind, I ask if there are any messages for me and I hear the words: 'forgiveness', 'peace', 'strength' and 'leadership'. I feel tension in my jaw and sense that this has something to do with speaking up for myself or holding something back.

Following the meditation, Sabi leads us in a group share of our experiences and I find that some people had similar visualisations and others could see nothing yet felt strong emotions. One lady in our group is quite disappointed that she didn't 'see' anything during her meditation, but Sabi told us that every person's journey is different. Some people visualise things more easily and some people hear, feel or just intuitively 'know' things. But she says that every angel healing is perfect.

Next, we pair up to try our hand at giving a Guardian Angel reading. My partner is a lovely guy who has never done any meditation before, but he is spot on with my reading and tells me the angels want me to add more fun to my life - the same message as one of the angel cards I'd chosen earlier.

Michael cuts the cords

After a tea break, we are introduced to the Archangels, starting with Michael - the protector. As 'the policeman' Archangel, one of the ways Michael helps us is to use his sword to cut any negative cords that tie us to unhappy relationships or events. Sabi tells us that thoughts are powerful things and that a person can unwittingly send us negative energy and create these restrictive cords with their thoughts. During the meditation to connect with Michael, I am shown that a painful past relationship needs cutting away and Michael makes me aware that it is not my ex-boyfriend keeping these cords in place, but the strong emotions of a meddlesome friend. As the negative ties dissolve, the sense of release is huge and I see blue sparkles in front of my eyes - a well-known sign that Michael is around.

Soul retrieval with Raphael

Next up is Raphael, who's role is to assist in healing - both physical and emotional. Sabi explains that a powerful exercise to do when you invoke Raphael is soul fragment retrieval. Through trauma, such as a car accident or having your heart broken, parts of your soul can be left behind or rub off on another person. This can leave you feeling 'incomplete' or 'lost'. Raphael can locate these lost fragments,

cleanse them and return them to you. As Sabi leads us through this exercise, this time there are no visualisations. Instead, I drift right off and wake up to Sabi's voice telling us it's time to break for lunch. I have no memory of what has just taken place, but a second before I come to, I glimpse a vision of a hideous gremlin-like creature hiding in a darkened closet...

During lunch I feel quite introverted and, as I wander aimlessly about Covent Garden, this feeling grows into loneliness and then isolation or rejection. When I come back into the



Sabi explains how, when you work with angels, you tap into the energy of pure unconditional love



Angel cards are a fun way to receive personal messages and insight from your angels - instantly!



Working in pairs, we give each other readings - it's surprisingly very easy to channel angelic guidance



Sabi's Purely Angels one-day Angel Healing Workshops cost £50 per person. To read more about Sabi and find out about future workshops, visit purely-angels.com

room, I'm quite tearful. But I know intuitively that whatever has been stirred up will be cleared in our meeting with Chamuel: the angel of love.

Chamuel's heart healing

Chamuel helps us to love ourselves unconditionally, so we can pass this love on to others. She clears you of unforgiveness and guilt and heals your broken heart. As these are exactly the sorts of emotions I'm feeling, I know a deep release is about to occur and I am relieved as Sabi begins the meditation to connect with Chamuel. I am now taken into a beautiful meditation where Chamuel, in the form of a huge pale pink and orange being of light, holds a mirror up to my face and shows me a beam of light pouring from the sky through my head and out through my forehead towards my reflection and back again in a continuous figure-eight formation. I get the message loud and clear: "Love yourself!" As Sabi brings the meditation to a close, I gingerly peek back into that darkened closet and, to my surprise, the hideous gremlin has been replaced by a white-gold unicorn. Chamuel has done the trick!

Gabriel's life guidance

Next, we meet Archangel Gabriel - the messenger. Along with Michael, Gabriel is probably the most famous angel as he appears in many religious texts. Sabi says that Gabriel's role is to help you find your true calling in life. He purifies the body and mind to enhance Divine communication and awaken your life's mission within you.

During the meditation I get messages about writing, working with children and leadership. As one of my goals is to write children's books and teach angel workshops, this makes perfect sense.

Sabi explains that when your passion becomes what you do for a living, you attract abundance and opportunities into your life. She is clearly sending out positive vibes and tells us that, off the back of a one-line mention of her services in a newspaper, she has now been approached by a book publisher.

"Me and the angels have a thing going on," she says. "I promote them and they promote me [laughs]."

It's been a thoroughly enjoyable day and I am blown away by how many lovely and like-minded people I've met. After saying my goodbyes, I'm ready to step out into reality - armed with the knowledge that the angels are keeping pace alongside me. ☺