

Angel Blessing for Vibrant Health



Find a peaceful time where you know you will not be interrupted. Turn off all telephones. You may want to record this blessing and play it back as you open yourself to the healing of the angels. Lie on the floor or on a comfortable piece of furniture. Say (or listen to) the following:

Angels, I open myself to your healing touch. I know that my natural state is one of vibrancy and energy. I ask that you help me to reclaim my natural state of vibrant, energetic health.

I ask that you take my fears about illness, poor health and dependency. I willingly give them to you now. I release them from my body and from my energy field. I ask that you take all my negative thought forms and release them to the light.

I release all thoughts of illness and infirmity. I release all fear. I release all negative energy within me that is holding me back in life.

I am willing to be healed. I want to be healed. I am ready to be healed.

I now claim the health that is naturally mine. I claim free motion in my joints. I claim a healthy heart and circulatory system. I claim my natural immunity from disease. I claim joy, fun and happiness. I claim a strong, healthy body free from pain. I claim an alert mind. I claim a healthy weight. (Add your other health desires here.)

I ask for peace. Peace in my mind and in my body. I ask for the peace of knowing that you are there for me. I ask for the peace of knowing that you care for my loved ones. I ask for the peace of knowing that you want what is best for me. I ask for the peace of knowing that all is well. Fill me with peace.

Thank you for all you do for me. And so it is.

(Remain lying quietly while the angels begin the healing process. You may feel them working with you. When their work feels complete you may get up. Repeat this meditation as needed.)