

Archangel Michael
(also known as 'Big Mike') Empowerment

Dearest One, simply call on me and I'll be there to help protect you,
guide you and yes even periodically wing slap you - just like any other
Big Brother who loves you
~ Archangel Michael



Archangel Michael is my, and soon to be yours, go to angel for 'in your face' empowerment as well as protection. Think of him as the best big brother you have ever had or will have. Big brothers not only tease, but protect and stand up for you. Teasing as in gently pulling your hair, pushing, prodding and at times kicking you out of your comfort zone to get you to do what you really desire to do and be. Protect as in Michael always has your back. All you have to do ask.

Michael's name is translated to mean, "Who Is As God." What a beautiful reminder for you; YOU a true reflection of God/Goddess. A beautiful being filled with love, light, joy and immense grace.

Michael is the most widely recognized angel in the world. He is honored in the Jewish, Christian as well as the Islamic faiths in addition to many others. He is one of the four that are mentioned in the bible; both old and new testaments. Yeah... he IS that famous.

Michael's light temple is located at Banff, near Lake Louise in Canada.

Light Temple? A light temple is an area, a physical area, that holds energy that is known to be strongly connected to a specific angel, Ascended Master or energy. While the location may be a true location on the map, do not expect to go to any light temple location and expect to see a physical temple dedicated to that angel. It is a temple in the figurative sense. It is where energy lines converge and become focused in their purpose. These lines are called Ley Lines. They are similar in theory to the longitude and latitude lines that cross the earth, but Ley Lines, while straight, go in all directions; horizontal, vertical and diagonal. This allows many to converge at one particular spot. This convergence creates a high powered energy center such as a light temple. These locations are filled with the purest of energies and are known to expand the human consciousness beyond comprehension. I'm sure you can think of several places throughout the world that are known to be high powered energy centers; Sedona, AZ, Glastonbury, England, Channel Islands, CA, etc.

If you live near a light temple or are drawn to the location of one, it may be interesting to observe if you have a stronger affinity to that angel as well as how their areas of speciality are mirrored in your life. Does their mission seem to be a life lesson for you? Does their mission seem to be one of the things you do best or feel called to participate in? Slip into observation mode and take note. It's just one way signs are given on a daily basis, most often going un-noticed.

Back to Michael. As you have noticed, Michael's symbol is a sword. He is the Commander In Chief of the entire angelic realm; the consummate warrior. He is often illustrated, sculpted, and painted carrying a sword. After all every warrior needs a sword, right? Michael's sword is often depicted in one of two ways; your typical sword; high quality metal while the other as a blue flame. The blue flame; is reminiscent of a bunsen burner; as it gives off heat at the highest level, it turns blue. Another image could be the Jedi's sword from Star Wars; it can and does cut through kaka with laser-like precision leaving only pureness in its wake.

Michael's sword can cut through the 'madness' that surrounds the human race. His sword cuts through those energetic cords that attach to you and at times, drain you. His sword also protects, thwarting those lower energies by either deflecting them or decimating them if they dare come closer. It is for this very reason he is guarding our home and property non-stop.

His planet is the sun and as a result one can feel quite warm when working with Michael. This can happen with those just getting accustomed to his energies as well as the most seasoned 'Chatterer'. This extra power boost is his way of showing you that he is indeed with you. The heat encountered is akin to a prolonged hot flash for those that have undergone 'The Change'. Unlike a hot flash, however, his signature heat typically starts in the solar plexus chakra and radiates outwardly and stays. It does not flash in and out. This is of course not a coincidence as Archangel Michael oversees the solar plexus chakra; the place of empowerment.

The place of divine power.

The place of comfort of self.

The place of safety in the here and now.

Michael also oversees another chakra; the throat chakra.

The place of divine communication.

The place of divine self expression.

Michael oversees two chakras; the solar plexus and throat.

The solar plexus is dazzling yellow and located in your abdominal region; slightly above your naval. It offers glimpses of wisdom on how you view yourself and your own personal power. Think to a time when you felt out of your element or threatened; most likely you crossed your arms across your body. This is a natural instinct that humans do to protect themselves. When this posture is held, the message is sent out: You cannot have my power! I am not giving it away! How smart you are to do this intuitively.

Your Solar Plexus Chakra illuminates mental power, vitality, confidence as well as intellectual activity, joy, laughter as well as anger. It all depends on how balanced it is. Remember, you can be very joyful in your power. Simply meaning that when in joy, you are not domineering or bossy. Being empowered is joyful. It becomes a life that is full of laughter, true possibilities while living with eyes wide open. You are simply being you; no hidden agenda.

Each chakra resonates with a musical note. The Solar Plexus attunes to “E” as you are sooooo EMPOWERED.

When in balance, you feel confident, energized, strong, you can conquer anything in your path or put your mind to! When out of alignment, you can become domineering, aggressive, or overly sensitive and display self deprecating tendencies. Physical ailments can include diabetes, chronic fatigue and ulcers. Such a powerful chakra (excuse the pun).

Foods that can help power up your personal power center are:

- * Any yellow foods; squash, lemon, peppers, corn, etc.
- * Healthy carbohydrates as in whole grains
- * High fiber foods such as seeds and nuts

Foods to avoid include:

- * The Whites - white flour, white sugar, white veggies.
- * Artificial sweeteners of any kind. They are called *artificial* for a reason. How can something called artificial be beneficial for anyone?
- * Any food that leaves YOU sluggish after consuming. Yes, this is a power lesson here and one to be taken on a case by case basis. What is best for YOU?

The second chakra that Michael oversees is the Throat Chakra. This chakra is a beautiful blue; akin to blue sapphire and SINGS to the note of “G”. “G” as in GLORIOUS wisdom is shared every time you communicate, for you take your time and share from the heart.

When your Throat Chakra is in balance, you freely express your desires, you are optimistic, spontaneous, and full of awe. It helps to strengthen the connection between your heart chakras and your intuitive center. You don’t hold back when expressing yourself. You do so with great joy, wisdom and love. It’s not that you don’t care what other people think, but you really don’t care what other people think. You know that what you have to share has value and not everyone is part of your tribe so it’s A-ok if everyone doesn’t ‘get it’.

When your Throat Chakra is off kilter, you become shy, untruthful, introverted and suspicious of the world around you. You can become snide, judgmental sounding; although this tends to be a defense mechanism to protect yourself. Much like the class clown from school who would quickly make themselves known, but it wasn’t the real person showing up. It’s all a diversionary tactic, a facade, that works most times. These are the folks that are often the most sensitive to the energies around them and have found a variety of ways to isolate and protect themselves.

A great way to clear the energies of your throat chakra is by singing! Who hasn’t sung in the shower or belted one out while driving? Don’t you feel more energized after doing so? Don’t you feel more centered and alive? Try it more often.

If the throat chakra is more closed, the proverbial and literal lump in the throat exists, as can laryngitis, strep throats, thyroid and gum issues. If the throat is imbalanced in the open sense, non-stop chatter in an effort to ‘keep busy’, overly authoritative, and/or a raised voice.

Foods that support your throat chakra include:

- * Liquids in general: water, fruit juices, herbal teas
- * Tart or tangy fruits: lemons, limes, grapefruit, kiwi

- * Other tree growing fruits: apples, pears, plums, peaches, apricots, etc.
- * Spices: salt, lemon grass

Notice the absence of dairy products. Dairy is well known to create mucus which will certainly not assist in keeping your throat chakra clear and assisting in speaking your truth.

When you put the two chakras and missions together, you have empowered communication. One's sense of self is strong and can communicate their truth with inner knowing without sounding bitchy, a 'know-it-all' or condescending. Or just the opposite, staying mute, a wall flower and 'inconsequential'.

Really?

First step ~ clear out the truly unwanted, unused, and undesirable stuff. Here's a bit of clutter advice:

Love it, Use it or Lose it!

In other words, if you don't love it, or use it, it's time to LOSE IT! Donate, give, or throw out. It doesn't matter. What matters is that you clear the way for more of YOU to jump on in and join the party. By the time we get to Archangel Gabriel, you will be ready for those creative juices to start flowing and your place will begin to reflect the truest beauty of you. For now, chat with Michael to cut through the web of clutter so you can begin taking your power back.

As previously mentioned, Michael is the protector of the angelic realm. Therefore, whenever, repeat whenever you feel insecure, threatened or uneasy, call on him. This does include clearing out the clutter. He can help you make those tough decorating decisions by cutting through what is holding you back. Remember, he can and IS anywhere in the entire universe at the same exact moment. He wishes to convey this message:

You are extremely worthy of having his presence in every part of your life.

As universal energies continue to shift higher, the lower energies become more annoyed. As you begin to accelerate upward on your spiritual path, lower energies will do their best to keep you stuck. Those snarky lower energies love nothing better than to keep all in a place of fear and through that fear in a place of inability to move forward into their brilliance. Therefore, as the amazing spiritual soul that you are, please call on Archangel Michael prior to any intimate practice. This includes having a luxurious mani/pedi, massage, receiving an energy treatment, getting your hair cut, etc. The reasoning holds true as the above paragraph; you can better relax and receive all the well deserved pampering. Those lower energies can no longer sneak in and create havoc.

Likewise, if you are an energy worker, healer, reader, anything in the metaphysical world, that has you working with the public, ask Michael and his legions to stand guard as you work. By calling on Michael prior to any client work, you not only protect yourself, but protect your client as well. THAT is just one of the things that will set you apart from others; your clients feel safe while with you. You don't have to tell them, just do it. This also holds true for any remote sessions you may conduct. If your schedule is quite busy, call upon him each morning to keep your space sacred and joyous.

This is why he is always the first angel I introduce to people. By being acquainted with Archangel Michael first, you begin to allow that protection and safety to become part of the normal way of life. This is not only a safety precaution, but an empowering tool.

You may take it a step further and ask that he be ever present in your home, office, dorm room, car, etc. The process is quite easy:

Sit quietly and comfortably. Call on Archangel Michael. Continue breathing slowly as you feel his presence build within your room. You may sense the room get more crowded. You may feel the temperature build. You may even hear him enter! Know that he is with you. Ask that he stand guard over your chosen space from this moment forward until you no longer desire his presence. Envision his feet going through the foundation of the building (it does not matter if you are living in a high rise or chicken coop or something in between), he will continue to grow in stature and go through the roof with his sword drawn high. Continue to breathe. From this moment forward, lower energies will either be decimated if they dare to enter, or go elsewhere in fear of Michael and his legions. This leaves your home a sacred space. This shield is permanent. You may even leave it intact if you move as a gift for future home owners.

Feel free to invite Archangel Michael into any space you frequent; work, dorm room, car, etc. This is very poignant if you are a construction worker and can instill him in each location that you work. All you are doing is simply offering protection and safety for all. No hidden agenda except to allow all to shine their own light brightly in complete safety.

Note: The only time Michael will step aside is when you invite lower energies in. For example, if you have a seance, or host a psychic evening, play with a Ouiji Board, etc. You have just invited unseen energies in. You have free will and while he may not 'approve' of what you are doing, he steps aside and respects your choice. You can however, chat with him prior to the event. Tell him of your intent, why you are conducting it and ask him to remain ever vigilant.

Following is a true story of what can and does happen when you call on Michael:

A woman learned of his existence one morning while at work from a colleague. She learned how he protects and guards all. That evening, as she left work and was walking through the garage, she noticed an incident manifesting ahead of her; it appeared that two men were harassing another and it sounded nasty. She wished to retreat. However, the elevator had already shut. She couldn't. She promptly called on Michael and asked for his protection and quickened her steps to get to her car. The two men noticed her and approached. Just as they were about to speak, They stopped. Their eyes widened. They turned around and took off running. She hastened to her car, locked it and called the police. The men were quickly apprehended and when asked why they didn't attack the woman, they retorted with, "Man are you kidding me? There was a huge, I mean HUGE angel standing right behind her. There was no way I was going to mess with her!"

Enough said? Call on him whenever you feel threatened. He will be there before you can finish your plea.

If you are drawn to the crystal kingdom, Michael's favorite crystals are lapis lazuli and blue kyanite. Lapis Lazuli greatly helps with communication; true communication. It is also known to assist in alleviating stress, which can easily segue into true inner peace. It is great for business situations; entrepreneurs, goddesspreneurs, executives, etc because it helps to make better judgments, initiate creative ideas (which can include solutions) and any kind of analytical work. Lapis Lazuli can easily be found in raw form as well as in jewelry settings as well as carvings.

Lastly, blue kyanite is a lovely stone that constantly clears energies near it. It can be found more commonly in its raw state; and is becoming more available in jewelry form as well. Kyanite never requires attendance from you to clear and/or charge as it is very self-sufficient. This stone was always underneath my healing table when I saw clients for energy work. It made my job so much easier because it began assisting my clients as soon as their body got on the table by 'fluffing' and clearing their energies that were ready to release. It continued its work until they were off the table feeling quite refreshed, centered and grounded. Blue Kyanite is known to assist in helping one speak their truth with love, helps folks get back on track with their life and clear all energy fields and at times, quite rapidly!

Here are some of my favorite scents that associate with Michael and why

- * Rosemary ~ clears away past trauma; not only in this life, but in lives past.
- * Hyssop ~ offers protection and consecration of ritual objects - be forewarned - do NOT use during pregnancy
- * Anise Star ~ Use during consecration and purification rituals. Use to purify an area or when dedicating/consecrating an article of high importance.
- * Rosemary, Cedarwood and Oakmoss ~ all very earthy and allows self to be more grounded in their power.

Since Michael is about empowerment and safety, here are two Askfirmations™ that connect to him:

Why is it so easy for me to walk and talk in my power?

Why is it so easy for me to connect with Archangel Michael?

Michael Fun Fact: Did you know his tears formed the realm known as the cherubim?

Did you further know that he is the patron saint of the police force in the United States?

Archangel Michael
Table of Information

Chakra	solar plexus AND throat
Name	Who is as God
Crystal	Lapis Lazuli
Light Temple	Banff, near Lake Louise, Canada
Planet	Sun and Venus
Physical	throat, thyroid, weight, jaws, skull
Specialty	Empowerment, protection, strength, truth
Day of Week	Sunday
Zodiac	Leo
Color	Sapphire blue, Yellow