



Introducing the 7 Archangels

by Sunny Dawn Johnston

How Do I Connect with the Archangels?

A FOUR STEP PROCESS

There is a simple four-step process that will assist you in connecting with the Archangels.

1. Ask - Begin by asking for assistance: For the angels to help in any area of your life, you must first “ask” for their assistance. There is no right or wrong way to do this. A simple intention works just as well as a verbal expression or a telepathic conversation. Simply saying, “Angels, please help me,” is enough. Asking in a way that feels appropriate to you will ensure that the Angels will answer your call and stand by your side. The important step is to recognize that you are in need of support, guidance, direction, encouragement, etc., and be willing to ask for it.
2. Allow - Release the need to control the situation and be open to receive: Allowing is as easy as “getting out of your own way.” When you release the need to control situations, people, and emotions and just allow the flow and the laws of the Universe to work on your behalf, then you open up room for all of the good to come into your life. Allowing frees up your energy to do the things that make you happy and to receive the abundance that is innately yours. Your Angels always see your life from the perspective of allowing. They support that vision “for you” and “within you” until you are able to feel it for yourself. The sooner you learn to let go of resistance and start affirming what you desire, the sooner you will come into alignment with what you are asking for. Once the asking and allowing are in alignment with one another, then you are well on your way to believing.

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3. Believe - Trust that the Angels will guide you in perfect divine time: Trust can be one of the most difficult attitudes to adopt, especially when you do not have any evidence that you will receive what you desire. Trusting typically requires you to be vulnerable with others and, in this case, with the Angels. I made a decision a long time ago when I started working with the angelic realm, and that decision was to give up “suspicions.” I made a conscious choice to be optimistic rather than pessimistic, and that choice proved to be instrumental in my working relationship with my Archangels. So it is your choice to trust that you are being guided in the perfect divine time. If you are feeling a desire from your heart, trust that the Angels will guide you in the perfect way for your highest good.

4. Receive - Listen to your intuitive guidance and give thanks: You’ve asked, allowed, and believed. The last step is to now receive. Your Archangels and guides will send you many messages. It could be a song on the radio, the flicker of a light, a sign on a bus, the letters on a license plate. Messages come in many ways and many forms, and I ask that you be open to receiving them in ways that may be new or different to you. As the messages and signs appear, you will find that they will validate that you are on the right path. And, finally, remember to give thanks for the abundance, joy, happiness, and love that are presently in your life. Don’t give up five minutes before the miracle happens. Stay open to receive all that is yours.

Archangel Michael

PRONOUNCED MY-KUHL, IT MEANS “HE WHO IS LIKE GOD.” MICHAEL IS THE ARCHANGEL OF PROTECTION, GUIDANCE, AND STRENGTH.


Helps with: Protection, direction, self-esteem, motivation, courage, commitment, faith, energy, vitality, life’s purpose, and releasing fear.

Color Vibration: Brilliant Blue

Gemstone: Lapis Lazuli

Invocation: I invoke the blue light of Archangel Michael to surround me and protect me from any negative energy or entities, seen or unseen. I ask that I be a channel of divine love and healing to everyone I cross paths with. I ask for courage, strength, and faith so that I may walk this earth with an open heart and an open mind. Thank you for the true and perfect guidance that surrounds me each and every moment . . . and so it is!

As I invoke Archangel Michael, I visualize a blue bubble—like an energy field around me—and imagine that I can see, hear, feel, and know that his energy of protection surrounds me on all levels.



"Angels transcend every religion, every philosophy, every creed. In fact angels have no religion as we know it . . . their existence precedes every religious system that has ever existed on earth."

– St. Thomas Aquinas

Archangel Jophiel

PRONOUNCED JOE-FEE-EL, IT MEANS “BEAUTY OF GOD.” JOPHIEL IS THE ARCHANGEL OF CREATIVITY, BEAUTY, AND ART.

Helps with: Manifesting more beauty in our lives through our thoughts, supporting artists and artistic projects, interior design and decorating, releasing prejudice and ignorance, awakening, self-awareness, inspiration, hope, and joy. Helps those who feel spiritually lost, depressed, or in despair.

Color Vibration: Golden Yellow

Gemstone: Citrine

Invocation: I invoke the golden-yellow light of Archangel Jophiel. Help me to manifest beauty within and around me. Jophiel, I know that I am a creative being, and I ask that you help me to use that creative power in every aspect of my life. Please help me to remember that whatever I focus on is manifested through the vibration of my own thoughts. Help me to align my thoughts with who I really am and to see the beauty in all that crosses my path. Allow me to remain open-minded and be guided by the light within. With your help and creative power, I can and will manifest the beautiful life of my dreams . . . and so it is!



As I invoke Archangel Jophiel, I visualize a golden-yellow light entering the top of my head and moving down my entire body. This vibrating light encases me in a safe and comfortable energy field. I see, hear, feel, and know that the energy of creativity and manifestation surrounds me and dwells within me at all times.

Guardian Angel Prayer

Guardian Angel from heaven so bright,
Watching beside me to lead me aright,
Fold thy wings 'round me, and guard me with love,
Softly sing songs to me of heaven above.
Amen

Archangel Chamuel

PRONOUNCED SHAM-YOU-EL, IT MEANS “HE WHO SEES OR SEEKS GOD.” CHAMUEL IS THE ARCHANGEL OF UNCONDITIONAL LOVE AND ADORATION.

Helps with: Career, life purpose, finding lost items, building and strengthening relationships, world peace, and seeking soul mates.

Color Vibration: Pink

Gemstone: Rose Quartz, Rhodochrosite, Pink Rhodonite

Invocation: I invoke the unconditional love and light of Archangel Chamuel. Please heal any and all emotional wounds or pain that hold me back from truly loving myself as the divine Spirit that I am. Archangel Chamuel, please help me to open my heart to the beauty within me as well as around me. Allow me to see myself through your angelic vibration and feel love as I release any and all resentments, fears, and pain. I ask to experience forgiveness, self-acceptance, and unconditional self-love. Thank you for helping me attract positive, kind, gentle, and nonjudgmental love into myself and my life . . . and so it is!



As I invoke Archangel Chamuel, I imagine a vibrant pink energy surrounding my entire physical being. As I breathe in, I see that pink energy moving into my heart and filling me with unconditional love and the gentle energy of Archangel Chamuel.

Native American Prayer for Peace

Let us know peace. For as long as the moon shall rise,
for as long as the rivers shall flow,
For as long as the sun shall shine, for as long as the
grass shall grow, let us know peace.

Archangel Gabriel

PRONOUNCED GAY-BREE-UHL, IT MEANS “GOD IS MY STRENGTH.” GABRIEL IS THE ARCHANGEL OF COMMUNICATION AND IS KNOWN AS THE MESSENGER ANGEL.

Helps with: Communication in any area, TV and radio work, adoption, child conception and fertility, journalism and writing.

Color Vibration: White

Gemstone: Moonstone, Clear Quartz

Invocation: I now invoke the mighty and powerful Archangel Gabriel and his energy of communication and strength. Please bring me insight and awareness so that I may always speak my truth. Remove all doubts and fears, and allow me to express myself in a loving way through body, mind, and Spirit. Please help me to share my words in a way that is gentle, kind, and loving. Please help me to communicate from my heart. Thank you . . . and so it is.

As I invoke Archangel Gabriel's energy, I visualize the white light of Gabriel coming down from the heavens and entering my body through my head. As I sit in this energy, I feel clarity about communication in my throat area, and I say thank you, out loud, to allow that clear communication to move completely through me.

White Light Prayer

I call on the Archangels, Ascended Masters, Spirit Guides, and helpers to surround me in white light and to guide me and protect me. I ask that you work through me to clear any anger, fear, judgment, or guilt. I ask that my Spirit be an open and clear channel to provide the highest good for all concerned. Thank you for surrounding me. I am filled with the Spirit of love and light, always and in all ways . . . and so it is.

Archangel Raphael


PRONOUNCED RAH-FEE-UHL, IT MEANS "GOD HEALS" OR "GOD HAS HEALED." RAPHAEL IS THE ARCHANGEL OF HEALING. RAPHAEL HEALS PHYSICAL BODIES AS WELL AS MENTAL, EMOTIONAL, AND SPIRITUAL BODIES.

Helps with: Eliminating or reducing addictions and cravings, healing on all levels, guidance and support for healers, physical and spiritual eyesight, clairvoyance, and finding lost pets.

Color Vibration: Green

Gemstone: Jade, Aventurine

Invocation: I ask Archangel Raphael to surround me in his healing vibration of emerald green light. I am in need of healing at this time, and I ask that you infuse me with your healing energy. Please surround me and fill me with health, well-being, and wholeness. Help me to heal any wounds physical, mental, emotional, or spiritual from the past or present. Heal and restore every aspect of my being for the highest good of all . . . and so it is!



As I invoke Archangel Raphael's energy, I see the emerald green energy completely surrounding my body. I feel this energy moving within me, and I affirm that I am healthy and whole and that well-being is my divine birthright.

"Angels have no philosophy, but love."

- Terri Guillemets

Archangel Uriel

PRONOUNCED YOO-REE-UHL, IT MEANS “GOD IS LIGHT” OR “GOD’S LIGHT.” URIEL IS THE ARCHANGEL THAT ILLUMINATES SITUATIONS, GIVES PROPHETIC INFORMATION, AND OFFERS TRANSMUTATION.

Helps with: Insight, clarity, peace, vision, problem solving, writing, new ideas, study, and tests.

Color Vibration: Ruby Red

Gemstone: Amber, Ruby

Invocation: I invoke the wise and peaceful energy of Archangel Uriel to completely surround my physical and energetic body. Please help soothe all conflict in my life and replace it with peace, clarity, and insight. I ask you to help me release any mental or emotional patterns that keep me stuck in my fears. I ask that you fill me with the knowingness of who I really am. Please help me to trust my experiences, so I may see the greater vision, understand the value of each, and grow in a way that serves all. I am blessed to be on this journey of life, and I thank you, Uriel, for your continued guidance, wisdom, and vision . . . and so it is!

As I invoke Archangel Uriel’s energy of wisdom, I imagine or visualize myself completely enveloped in the color red. I take a deep breath in and see, hear, feel, and know that Archangel Uriel is guiding me throughout my physical journey.

*"Angels are all around us, all the time,
in the very air we breathe."*

- Eileen Elias Freeman

Archangel Zadkiel

PRONOUNCED ZAHN-KEY-EL, IT MEANS "RIGHTEOUSNESS OF GOD." ZADKIEL IS THE ARCHANGEL OF FORGIVENESS, MERCY, AND BENEVOLENCE.


Helps with: Forgiveness of self and others, emotional healing, compassion, freedom, finding lost objects, and memory.

Color Vibration: Violet

Gemstone: Amethyst

Invocation: I invoke the energy of Archangel Zadkiel. I ask you to surround me in your light of forgiveness and mercy. Please help me to soften my heart so that I may forgive myself and help support me in releasing my pain, bitterness, and negativity. Help me remove any and all obstacles that stand in the way of my connection to the deeper love I know I have within me . . . and so it is!

As I invoke Archangel Zadkiel, I visualize a violet flame just above my head. I imagine this flame absorbing all of the negative thoughts, feelings, and emotions that hold me back from forgiving myself and others. I allow all of the lower vibrational energies to be absorbed by Zadkiel's loving violet energy.



"Angels are spirits, but it is not because they are spirits that they are angels. They become angels when they are sent. For the name angel refers to their office, not their nature. You ask the name of this nature, it is spirit; you ask its office, it is that of an Angel, which is a messenger."

- St. Augustine

Sunny Dawn Johnston

Author, Speaker, Teacher, Spiritual Biz Mentor



Sunny Dawn Johnston is an acclaimed transformational thought leader, changemaker and psychic medium. She is the author of twenty books, including her flagship bestsellers, *Invoking the Archangels* and *The Love Never Ends*, which have become the cornerstones for many of her keynote topics such as intuition, mediumship, and the angelic realm.

Through her courses, private sessions, and live events, Sunny has grown and cultivated a diverse global community. Whether in-person or online, her strong mentorship encourages thousands of students to connect with their heart and the core of their being and guides them to experience life in a newer, more positive light.

Sunny is also the creator of the *ELEV8 Your Life* membership site, a virtual community focused on designing a high-vibrational life bursting with abundance, self-love, and joy. Leading the *ELEV8 Your Life* community, Sunny focuses on accountability, support, and guidance as the solid foundation of intentional and lasting transformation. All are welcome to join *ELEV8 Your Life*, where members have exclusive access to 20+ years of her knowledge and teachings.

Sunny's latest endeavor, *My Spiritual Biz*, is a community for heart based entrepreneurs. Sunny's 30 years of business experience and her multi-million dollar generating team guide and mentor members who are starting, building, or growing a spirit based business. Sunny and her team of experts provide the bridge between envisioning and actualizing your entrepreneurial dreams.

Sunny resides in Glendale, Arizona with her loving family and a strong network of friends. A firm believer in work-life balance, she focuses on family, service, hard work, and friendship to encourage harmony in all areas of life.

“Ask. Allow. Believe. Receive”
~ Sunny Dawn Johnston