



## Archangel Raphael

Do not be afraid of the changes in your world today. The energy of who you are and who you will become in the future is changing rapidly.

The heavy energy of fear, anxiety and anger which has built up around you, not only in this decade but stretching back over many lifetimes, is ready to be stripped away, if you will allow it. Keep your heart and mind open to the love energy.

The love energy of total truth, truth from the heart and truth of the mind. Open your eyes wide and see who you really are now, living with this heavy energy. Ask yourself are you at peace do you have freedom in your life or are you bound by your own thoughts in negativity and fear.

Rise up and change your thinking work to bring peace, love and truth into your life. Open yourself fully to the knowledge that earth is not only inhabited by you on the three dimensional plane, there are many other levels of souls all working through love to help you in your times of difficulties.

Ask for our help, we are all from the same source energy but are unable to assist you unless you acknowledge we are truly all as one.

Allow communication to flow between us and you will find everything is possible. We are moving forward hand in hand.

Through Janet Handley