

Being a Human Angel

by Cathelijne Filippo



SOME PEOPLE HAVE VERY SPECIAL ANGEL ENCOUNTERS, WHERE AN angel shows itself as a human and then disappears. This usually happens in cases of emergencies and leaves a lasting impact on the person experiencing it. Yet when we speak of human angels or earth angels, we are talking about something else altogether. Human angels are indeed very human. They are not angels, as they do have free will. But their soul origin is of angelic descent. They are Lightworkers and have a big heart, sending out lots of unconditional love to those around them and to the planet.

Are you an Earth Angel?

Do you often feel as if you have been dropped off on this planet and wonder when you can go back home? Do you yearn for light and harmony? Do you wish to see the good in all and do you want to help those who seem lost? Is it your deep wish to leave this beautiful planet in a better state than you found it? Then you may very well be a human angel.

Doreen Virtue has written about this phenomenon in her book *Earth Angels* and has found many different sub-types of Earth Angels, such as incarnated angels, incarnated elementals, wise-ones, star-people and mer-people to name but a few. No matter what kind of earth angel you are, all earth angels have one thing in common. They not only have one or more personal goals in life, they also have a world mission to fulfil. All have beautiful gifts to share with others and as such to bring about more Light and spiritual evolution on Earth.

Human Angel Dilemmas

Being a human angel does not make us better than others, nor are we guaranteed to be free of ego traps. We can step into the same pitfalls as everyone else, though Human Angels have some special pitfalls of their own. As they want to help everyone and try to see the best in others, this may cause co-dependency in relationships and lack of assertiveness. There may be too much giving, which in turn can lead to lack of energy, and bodily problems such as Chronic Fatigue Syndrome, as I have personally experienced. Earth Angels can also be prone to addiction to dull the harshness of earthly reality. My personal one is chocolate, as many other Human Angels may recognise within themselves as well.

Yet as our higher purpose is to bring Light to this world,

we are called to transform these tendencies. Not so much by resisting things, for what we resist persists. But by welcoming it, embracing it into our heart for transformation.

Exercise: the transforming heart

One of the ways Lightworkers and human angels can contribute to increasing the vibration on the planet is by healing all aspects of themselves that no longer serve them, such as those mentioned above. You can do so by using your heart as the alchemical cauldron that it is. You can use this exercise for sending healing to areas of unrest on Earth as well, and this is the second way human angels can help the Earth.

1. Sit comfortably with your feet firmly on the floor. Ground yourself and take some nice, deep breaths.
2. Ask Archangel Michael to protect you during your self healing.
3. Now fold your hands over your heart. And imagine breathing through your heart. You may breathe in Light and breathe out Love.
4. Then on the in-breath, ask Archangel Zadkiel to fill your heart with the golden, silver, violet flame.
5. Place the difficulty you are experiencing within your heart. And breathe through it, letting the flame transform and transmute the issue completely.
6. Feel your heart expanding and let a sense of peace fill you.
7. You can then send the violet flame from your heart to others who may need it or to areas of conflict on Earth.
8. When you feel you are done, thank Archangel Michael and Archangel Zadkiel for their help and bring your attention back to where you started this meditation.
9. Take some deep breaths and ground yourself.

My experiences as a Human Angel

Reading Doreen's book many years ago truly resonated within me. I knew I was of Angelic origin and recognised many of the pitfalls Doreen described. It was a great explanation of some of my experiences earlier in life and as such it helped me understand myself better. After that, I simply filed the thought

of being an Earth Angel away, not to think about it anymore till June last year.

Around that time I participated in a Soul Body Fusion® workshop. I had been telling other participants about my work with the angels, including the angel essences and angel sculptures I make. As we had a little walk at lunch, a participant who was new to spiritual workshops asked me if I was an angel. I told her angels are multidimensional beings of Light and I was (still) very human. But the question did make me smile.

After the lunch break I was to undergo a Soul Body Fusion session. During this process one's soul essence is invited to merge with their physical body. During life we often lose our connection through traumas and other challenges. The process brings more Light energy into your body.

As I sat down to receive, I heard the high frequency tone I always hear when working with the angels and when doing Angelic Reiki. I remember thinking the energy coming in felt exactly as Angelic Vibration. It made me smile and made me think all healing modalities must channel the same vibration, though looking back I realise many other healing modalities I have experienced did not bring in this exact energy.

Soon it became clear why I felt such strong Angelic Vibration. Together with the high frequency sound, came tingling around my shoulder blades, something I have always identified as Angelic energy and what I call Angel Bumps (instead of goose bumps). As the Soul Body Fusion progressed it was like a powerful blast of energy went through my body and out popped two Angel Wings! I could see them with my inner sight and they were radiating beautiful blue hues. They were the exact colour of the orb I had received back in 2010 from Archangel Michael when visiting one of his churches in Italy. I felt so vibrant and happy afterwards, and I told several clairvoyant friends about the wings without mentioning the colour; immediately they said they saw blue wings in my aura. It re-affirmed that I am in truth a Human Angel.

Meditation

This meditation will help you open up to the true essence of your soul. As such it may give you insights to the origin of your soul, be it angelic or not.

1. Sit down comfortably. Take some lovely, deep breaths and ground yourself. Call in Archangel Michael for protection.

2. Then call in your Soul. All you really need to do is invite your soul energy into your life and being through heart-focused intention.

3. Imagine how it moves towards you from high up above. It looks like a star or perhaps a speck of Light or an orb. It radiates like a prism and you may not recognise all of its colours. Some are of other-worldly beauty.

4. As it moves down, it merges with your Higher Self. And then your Higher Self floats down as you invite it to merge with you.

5. Have a look at your Higher Self. It may look like a

silhouette, a being of Light. Does it have a certain shape or colour? Does it have wings? If so, what do they look like? They may be angelic, or look like faery wings or something else altogether.

6. Simply sit and observe as you realise this is a Higher Aspect of you, here to guide and support you.

7. Then open up to it and feel it merge with you as a lightness, yet power, flows through you. Feel it raising your vibration.

8. You may now sit and enjoy being merged with your Higher Self and soul energy. You may ask it about your personal and global mission if you so wish.

9. If you have certain dreams or intentions, focus on them whilst in this state of Higher vibration.

10. Then give your Higher Self permission to overlight you in your daily life, so that you can walk your Highest path.

11. Thank your Higher Self and Archangel Michael.

12. Then bring your attention back to where you are, to your body, to where you started this meditation.

13. Take some deep breaths, feel your connection to the Earth beneath you and stretch your body.

14. You may want to write down any insights gained during meditation.

You can repeat this meditation as often as you like and will find it will help you live from your Higher Self instead of ego, more and more. This in turn will help you live your highest potential as a Human Angel.



Cathelijne Filippo is an angel artist, coach, healer and author. Her greatest joy is channelling Angelic Vibration through angel sculptures called Healing Heart Angels, intuitive angel drawings, writing and making Crystal Angel Essences. She has also created the Dragon Oracle. She is currently organising an Earth Angel Fair in the Netherlands with a colleague.

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