

Elevated Help 101

Archangels

Archangel Ariel — The Archangel who oversees nature and the natural world. She can work with Archangel Raphael to heal humans and animals. She can also assist in manifestation, prosperity and abundance.

Archangel Azrael — Known as the “angel of death” who guides souls who are crossing over, Azrael can also be called upon by those who are grieving the loss of a loved one.

Archangel Chamuel — He helps to find the strength to face adversity when you feel you have nothing left, and can help find items that are lost. This is also the Archangel who can help with finding life purpose, a love relationship, a new job, supportive friendships or solutions to problems. Chamuel can also assist with healing anxiety, and repairing relationships and misunderstandings.

Archangel Gabriel — She assists in all communication. She is the messenger angel and can help writers, teachers and artists convey their messages. She also helps to overcome fear and procrastination in communication. Gabriel can also be called upon in anything related to children, including conception, pregnancy, childbirth and parenting, and is especially good to call on for sensitive children.

Archangel Haniel — Appears in female form more than male, and assists with new beginnings, aligning with luck and creating positive change. She can assist you in staying centered no matter what is going on in your life. She can dive into heavy energy and emotions you are carrying and cleanse and transmit all worry and lower energy vibration into love using her blue orb of healing light. She can also be helpful for those looking to develop intuition, or with women's issues.

Archangel Jeremiel — Helps you develop clairvoyance, understand the meaning of dreams, and can help you see the patterns in your life that have led to your current emotional state. He often works with souls who have crossed over for their life review, but can help you understand things in your life now — helping you to see blessings in your past experiences.

Archangel Jophiel — She can help you quickly shift from a negative to a positive mindset, and help you hold more positive thoughts. She can also be called upon to heal misunderstandings between people, and her mission is to bring beauty into all aspects of life. She can even help with hair, makeup and wardrobe! She is known as the “feng shui angel” and can help you reduce clutter and organize your environment.

Archangel Metatron — He is the teacher of all things esoteric and metaphysical. Call on Archangel Metatron if you need help acclimating to the ascension changes on your spiritual path, balancing your aura, adjusting to big energetic shifts in your life, and opening your psychic and spiritual gifts. He can also help you with taking on your life purpose and overall spiritual growth. Known to oversee the Akashic Records (where every thought, action, from every life is stored), he can help you understand why situations are occurring your life, and works with sensitive children and adults. He also can work to help you release what no longer serves you.

Archangel Michael — Known as the angel of protection and the leader in the angelic realm. He will assist in situations where you are afraid, confused or concerned for your safety. He can also help you release fear and doubt and help you make life changes, and can be called up to he fix mechanical, technology and electrical problems.

Archangel Raguel — Known for healing arguments and bringing harmony to situations. He is also helpful in attracting positive new friends and harmonious relationships.

Archangel Raphael — His name means God Heals, and he is the one to help with both physical and emotional healing. He is also one to assist healers in their healing practices, and can help with addictions, food cravings, injuries and more. Call upon him when traveling for a safe journey. He also works in conjunction with Archangel Michael to clear fear and stress that may be affecting your health.

Archangel Raziel — Assists in healing from painful memories or past traumas, and can also help you acquire knowledge from past lives or “vows” made in past lives that are affecting you today, such as a “vow of poverty.” He can also help in gaining prosperity.

Archangel Uriel — Uriel can assist with information, ideas, epiphanies and insights, and is helpful to call upon when you need a solution, whether in business and career, or through study and testing. He is helpful with all intellectual pursuits.

Ascended Masters, Gods, Goddesses, Saints

NOTE: I don't believe you need to be of a certain religion to call upon a god, goddess or saint. Religion only exists in the physical world. In Spirit, we are all one. As such, we can all call upon these Spirits and souls for help in various areas of our lives.

Buddha — Buddha incarnated on Earth as Siddhartha Gautama in 563 B.C., and for 45 years, he walked throughout India devoting his life to ending suffering, and determined moderation was the way. As a master, he will help you find balance and maintain your inner peace in the midst of difficulties.

Eros — The Greek god of love, Eros can help you open up your heart chakra and heal more deeply.

Ganesh — Known for his elephant head, he is from the Hindu religion is the remover of obstacles. He can also offer good luck and success.

Goddess Kali — She is the goddess of endings and new beginnings. She can give you strength to face confrontation that is unavoidable.

Goddess Parvati — Mother of Ganesh, she can be called on to conceive or protect pregnant women, or when you need to call on your inner mother.

Goddess Saraswati — If you need more creativity in your life or help with a creative project, you can call upon Saraswati, who is the goddess of music, wisdom and all forms of knowledge.

Isis — Ascended Master Isis was the Egyptian goddess of Motherhood and fertility. She helps with feminine strength and power and can help you find time to enjoy all aspects of life.

Kuan Yin — A buddhist goddess, Kuan Yin is a master of unconditional love. She'll comfort you with compassion, help you forgive, and answer your prayers. She can be called upon when you're struggling with emotional baggage.

Lao Tzu — As the father of Taosim, he is a master of wisdom, joy and lightness of being. He can remind us to embrace simple joys.

Lakshmi — The Hindu goddess of prosperity, wealth and fortune. Call upon her for any financial worries.

Serapis Bey — An Egyptian god of ascension, Serapis Bey can help you find self-discipline necessary for all personal and spiritual growth.

Vishnu — As one of the main Hindu gods, Vishnu is called the preserver and works to keep the world safe. He can bring about harmony and provide protection and mercy.

Saint Anthony — The patron saint of lost things, call upon Saint Anthony when you have lost something and need to find it.

Saint Germain — A count from France, St. Germain was known as the Wonderman of Europe during his lifetime in the 1700s. He is a master with magical abilities and helps bring about integrity and peace.

Saint Joseph — The patron saint of a happy death (grace at the moment of death) and also can be called on by fathers and workers.

Saint Jude — The patron saint of hopeless causes or impossible situation. He can be called on to help in all situations where you feel helpless and hopeless

Jesus — Jesus works with the energies of teaching, unconditional love, joy, forgiveness and devotion to your higher self. He helps anyone who calls on him with healing emotionally, physically or spiritually.

Mother Mary — As the mother of Jesus, Mother Mary is known for helping children and people who work with children. She's also a strong master of unconditional love and compassion.

Great Authors/Teachers & Inventors

Albert Einstein — Call upon him for anything related to new ideas, science, physics and inventions.

Ben Franklin — Known for his involvement in politics (including his role in the Declaration of Independence), and also a scientist and inventor. Also a successful businessman. Call on him for help with inventions, new ideas, business and success.

Louise Hay — Founder of Hay House, and expert in self-healing, self-love and the use of affirmations. You can also call upon her for help with publishing a book or operating a spiritual business.

Napoleon Hill — Bestselling author of “Think and Grow Rich,” he can assist with all aspects of the law of attraction and the attraction of money. Call on him for business help, to change your thinking to positive and to attract money.

Neville Goddard — Bestselling author who wrote and taught on all things regarding the law of attraction and conscious creation. Call on him to help you master manifestation and the power of positive thought.

Steve Jobs — Founder of Apple, call on him for anything related to business, technology or entrepreneurship.

W. Clement Stone — A brilliant and successful businessman who built a successful insurance company, and also practiced and taught the law of attraction and manifestation. Call on him for all business pursuits, sales and manifestation.

Wayne Dyer — Bestselling author on topics including intention, manifestation, meditation and all things spirituality and love. Call on him for help in any spiritual pursuit, for manifestation of desires, and to come from a place of love in situations you face.