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## Archangel Raguel

B114 - Mid Tone Coral/Deep Magenta

Born 11:11am GMT on November 11<sup>th</sup>, 2015

The primary focus of B114 is human relations, the way we relate to one another. There are so few who can just let one another be. Perhaps this is because so often we don't let ourselves be so it becomes difficult not to have expectations of one another. In this sense we can rely on Raguel to be a mediator, aiding or restoring harmony where there has been dis harmony.

In the Judaic tradition, Raguel is referred to as the Archangel of harmony and fairness, known for healing arguments or misunderstandings. Raguel manages the relationships between angels and humans. It has been expressed that Raguel is an Archangel that oversees the work and dominion of other Archangels.

As it is with plants or animals, so too our relationships need care, attention and nurturing. Putting our love in the little things increases the love in the way that we relate to others.

It is not always about having the same opinion or perspective as our friend. It is as much as how we can



listen as a friend and attempt to understand another's perspective as we do our own. Archangel Raguel brings forgiveness, peace and calm between people and heals misunderstandings. Raguel may help us to come to a new awareness in all our relationships.

The more worthy we feel within ourselves, the less we feel a sense of lack in our relationships with others. To be able to see both sides of a situation helps to bring balance in any ensuing action. There is also a strong non-judgmental quality with Raguel. As we bring the possibility of non-judgmental awareness to ourselves it also helps us not to judge others. This is the rescuing of the coral.

We may feel ill-treated or not respected at times. Can we then imagine that starts within ourselves, not outside of ourselves? With the use of Raguel we may come to a new confidence, a new sense of worth.

The 114 is also like a doorway to letting go in the solar plexus that we may progress on the journey of individuation. (turquoise the complimentary opposite of the coral). The 1 is our physical rescue. It always helps to integrate at the physical level and it is doubly emphasised in Raguel with the earthing and grounding of the 4.

When sharing the Essentials Instructors training in Japan some days ago, it was the physical rescue of the 14 that came to me very strongly. This could be a real opportunity to relate to the star not from above or from the outside but to become the star you are.

The coral rescue invites us to go beyond judgement to allow and to nurture the very core of our being, to be able to relate with confidence from this place within ourselves. As we realise aspects of ourselves we may find it difficult to simply observe them and not be opinionated about them. Raguel asks of us to be the best we can be moment to moment. Being caring and gentle with ourselves improves the quality in all our relationships with others.

Raguel can help us to go beyond comparison. It is important for us to know that we need to honour our path. In the same way it is also important to honour the path of another. We can each be part of the solution if we honour each other, so to suspend comparison can be very helpful. One of the main crystal energies in Raguel is Aquamarine, assisting us to be in integrity with ourselves and to speak our truth

from the heart; it also assists us in alignment with the core values of our soul.

The deep magenta is always to remind us about how we might put the care and warmth in the little things, those things that we ordinarily do automatically or unconsciously. Specifically here in relation to the mid tone coral, Archangel Raguel, attempting to rescue our awareness that we might be more aware in all we do, to be present or mindful in all our actions. There is a correlation in the purpose of Raguel and the Master Lady Portia.

Raguel is about justice and harmony in relation particularly in human interactions. In situations where we offer uninvited advice or opinions it can be disruptive to another and here Raguel supports us to wait until we are asked, to actually practice a tenet of Aura-Soma. 'non intrusion' Raguel offers non judgemental awareness to be give someone the space to come to their own insight or truth rather than to impose anything.

I feel this especially important at this time. Often advice is given when it is uninvited and this is not helpful. Often it's done in the name of caring or love but the effect is opposite. Raguel may help us to truly practice non intrusion, to offer a supportive space that those we relate to can find their own truth, or come to their own understanding.

One of the reasons Raguel contains a seed change in the system of Aura-Soma is because this Archangel helps us to return in harmony, to our core values or principals. When we suspend judgement and just cultivate awareness, it is possible to see more, to have more clarity, this is part of what Raguel offers us at this time.

When Enoch visited the mortal world it was Raguel who transported him between worlds. As the friend of God, Archangel Raguel reminds us of that we urgently need to remember.

Where we have begun to forget, Raguel reminds us to be alert and mindful and put the attention on what's happening or what we are doing now.

With Love, as ever



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