



DAY 1 – CLEARING HOPELESSNESS WITH ARCHANGEL ARIEL

When we have a feeling of hopelessness within us, we feel like giving up and we think that nothing is working out for us. When we are in this state of mind, we feel stuck and we cannot see our way out of it.

It is almost always accompanied with a feeling of not being worthy of receiving what we want, along with beating ourselves up because we did not do enough, which leaves us feeling powerless.

We all go through this feeling in our life sometimes, but we do not need to accept it as our fate!

Archangel Ariel is here to help you to be free from this feeling and to restore your faith and hope in yourself and your life again. This helps you to start seeing new opportunities and solutions, and a new way of moving forward in your life.

JOURNALING EXERCISE

Start to think about all the topics where you feel hopeless and unworthy.

As you start writing, feel Archangel Ariel sitting next to you, and helping you with this exercise.

Be totally honest with yourself, and take your time.

As you write, feel how your heart becomes lighter, and feel Archangel Ariel surround you with a beautiful orange and purple energy.

Feel how this feeling of hopelessness gets lifted away, and replaced with a sense of worthiness and strength.

Also feel how she is reminding you that you did your best, and that you do not need to punish yourself any longer. As you let go of these deep feelings of guilt, shame and fear, know that a space is created for new solutions to enter.