



## **DAY 5 – I AM WORTHY WITH ARCHANGEL ARIEL AND ARCHANGEL RAPHAEL**

Self worth is a huge topic in everyone's lives, where we either have a lot of it, or nothing at all. It affects us in so many ways, from how safe we feel in the world, to the way we express ourselves to others.

And when we feel low in our own worth, we tend to see everything through that lens, and it makes everything a lot harder, and abundance is blocked.

As a baby, we are born with an infinite supply of abundance, self worth and joy, and with time a lot of that gets clouded by how we get brought up, conditioned in school and at home, and how we want others to approve of us or love us.

It gets to the point where we forget our worth and who we are, divine infinite beings of love who are always supported and loved by God and all the Angels. They are always here to guide us and remind us who we are and what we can be.

We just need to remind ourselves again that we are never alone or unworthy, and as soon as we start to believe it ourselves, the whole world will mirror that back to us. And once we start believing that, it changes everything and our whole world opens up to so many infinite possibilities. Archangel Ariel and Archangel Raphael is supporting this thread, and they want to help each one of you feel how totally worthy and loved you are.

How can you find your worth again?

## JOURNALING EXERCISE

Create a quiet time by yourself, and really connect to your inner being.

Feel Archangel Ariel and Archangel Raphael being present, and see yourself surrounded by Archangel Raphael's emerald green healing energy. As you breathe, breathe this healing energy in, and feel how you start to feel uplifted and strong in who you are. Feel how the untruths of who you are dissolve away.

When you feel ready, ask yourself, why am I worthy? Why do I deserve love and abundance? What have I accomplished in life that I am proud of? How much do I mean to myself and others? Which gifts do I have that I am using to make a difference in this world?

As you write each one down, feel how Archangel Ariel is supporting you in helping you see how worthy you are, and how you are here for a reason, and to fulfil your purpose as a beautiful being, who deserves abundance and love.

This energy of worthiness will be amplified by Archangel Ariel, and it will be fully anchored in, helping you to feel safe in being worthy, and then see how you start to live your life with an infinite stream of abundance, as you are so worthy!!

Read this list to yourself every day, and remind yourself how worthy you are.

### Affirmations

I am worthy of love and abundance

I am always worthy

My worth can never be extinguished

I love feeling worthy

