



DAY 3 – CLEARING FEAR WITH ARCHANGEL MICHAEL

Archangel Michael is the Archangel who helps us with courage and strength when we feel fear or overwhelm. When we experience a lot of fear, we tend to feel paralyzed and we are not able to think ahead on how to make new decisions and move forward.

With Archangel Michael's support, you will be able to overcome any fears that you might have, and by facing them head on, you are able to see that they are not as big as you thought they once were.

JOURNALING EXERCISE

Sit down with a pen and a piece of paper and start writing down what you feel your biggest challenges are. As you write them down, feel how Archangel Michael is standing behind you, and surrounding you with a beautiful deep blue energy, and get a sense of calm and peace, where you feel supported and strengthened.

Next, feel how he is clearing away all of your fears and anxieties by clearing it out from all around you. Allow yourself to let go of all these fears and thank Archangel Michael for his love and support.

Feel how you become hopeful with a new found confidence and ready to take any necessary action to move ahead with your plans.