

— SACRED WISDOM —

Archangel Raphael
Wings of the
Heart



A Handbook for the New Consciousness

Margaret Ann Wild

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CHANNELLED BY

Margaret Ann Wild

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A Journey of the Heart

Margaret Ann Wild

Welcome to *Wings of the Heart: A Handbook for the New Consciousness*.

My journey with the Radiant One, Archangel Raphael, has been one of pure joy. He had been present at our very first Inspired Wisdom Gathering in Adelaide, December 2005, and often came in as an honoured guest after that time to support our monthly groups. In November 2009 he invited me to work with him intensively and so I then began to channel him regularly with a particular focus.

Raphael was clear that he wanted to bring through teachings of Sacred Wisdom to support humans to free our hearts in this time of unprecedented transformation to prepare us to embody a clear, radiant and luminous consciousness: the Christ Consciousness.

Together we offered a series of what Raphael called 'Masterclasses' titled *Wings of the Heart* for those who wanted to experience these teachings in person. Session by session he took us through ways to liberate our Hearts and become more available to hear the voice of our Souls. Breath by breath he gave us ways to nourish our Hearts daily and fortify our whole Selves.

Each '*Wings of the Heart*' session was recorded and transcribed to form the foundation of the book you now hold in your hands. Sometimes Raphael would also speak at our Monthly Inspired Wisdom Gatherings, and these channels have been included at his request together with one occasion when he came through in written form (see Chapter 4 "True Love").

This '*Handbook for the New Consciousness*' has been created by Raphael and is intended to be a 'workbook', so that You can receive his teachings through direct participation just as if you are in a Masterclass session. It contains all the love, energy and consciousness of each individual session, as well as creating a new consciousness by gathering the teachings together. You will probably find it most supportive to be in a place where you won't be disturbed so that you can be fully present to all the different dimensions of his message. Raphael also asks us to lie down on the floor, so you may like to

choose a place where you can easily and comfortably do this, or at least sit in a comfortable chair with your feet touching the ground.

Raphael invites us to draw, write and create artwork after we receive his wisdom, to support us to ground these energies here on Earth and to provide a reference point for later contemplation. You may want to have art materials at hand as you open to the experience of each channel.

As you read this book you will find that so much more is imparted than just words. Each space *between* the words holds its own resonant energy and consciousness, and often the impact is felt much later when the book has been put down.

If you find yourself having strong feelings in response to any of the practices offered here by Raphael, please make sure you stop and breathe deeply for several minutes into your belly and through your heart. This will support you to return to balance in the moment.

Raphael is also clear how important it is for us to care for our bodies and indeed our whole beings, through plenty of conscious breathing, rest, water, good food, and time alone. So, as you journey with these teachings, ensure that you take

breaks in between the channels, just as you would if you were attending a series of workshops in person.

Above all, listen to, and be guided by your own Heart.

With my love and blessings,

Margaret



1

The Opening

I am Raphael of the Angelic Realm.

Some of you know me as Archangel Raphael.

I am here because the time is ripe for us to be together in this way.

You know me, and I know You.

Let me come close now and stand beside you.

Let me hold your hand.

Breathe me in and feel my frequency of light.

I am known to you as you are to me.

Some of you have felt me near and believed I am a feminine being.

I am neither masculine nor feminine.

I am Raphael, the perfect balance of the masculine and feminine.

I am Raphael of the House of Raphael

Listen for my song.

It is not a single note, but a symphony of sounds more sweet than you can ever imagine hearing.

And each one of you is *Cara* to me.

Cara is an Angelic word meaning 'Of the Heart' or 'Dear One' and you are loved beyond all human understanding.

And so, *Cara*, today I'm going to invite you to Breathe through your Heart. Breathing into your belly is wonderful, and you can simply expand this practice to include your Heart. Just imagine that a window has been flung open in your Heart, and draw a deep breath from the fresh air you can now feel.

Breathing through your Heart, *Cara*, will truly enable you to feel in balance more often. It will allow you to anoint yourself daily with the most sacred of unctions. It will truly illuminate your Heart and your whole Being with love and Self Remembrance.

Cara, each one of you is Sovereign and so you do not need to believe anything I say. I will not try to persuade you that what I say is right. You can simply receive it or leave it: that is up to you.

You are Sovereign.

I, Raphael, have long been associated with Healing: a word that has been infused with wounds and pain. Let's take that meaning away right now, Cara. Healing really means bringing back into balance, and You are all healers.

As you well know, Cara, your world is changing: things are not as they once were, and that includes You. Your world is changing as the consciousness of humanity changes.

Everything is interconnected.

Everything is One with All.

The relationship between molecules of matter is changing. Pi is changing. Gravity is changing.

Humans have what we call 'gravity consciousness': and you know, Cara, this *can* be released. All of you know you can fly and levitate. Some of you have even felt the earth move beneath you recently, or a shift of some indescribable plane within your reality. There are scientists in laboratories

working right now to understand what is happening. Quantum physics will help them to a point, but beyond that they will need new ways of understanding what is happening. For example: $E=mc^2$ works... only sometimes.

And so, Cara, you have already witnessed the dissolution of certain structures like the money market: soon physical structures will also collapse for no apparent reason. I do not wish to bring in fear Cara, for you would only be near or on one of these structures if you have chosen this.

So, Cara let us talk for a moment about sacred geometry. This is something many of you feel very attracted to, very connected with and I want to explore it further with you, to expand with you your understanding of it in a new way.

So, take a deep breath, Cara, right into your heart and feel into the shape of a circle, square or a pyramid. As you form this shape with your imagination you have a certain acceptance that energy is contained within its boundary. Like a vessel.

But this is not so, Cara.

You have felt a kind of certainty about this containment, and yet the energy is not *contained*, because you see it moves: from above and below, in and out. Until now, Cara, you have been

limiting your understanding of the way energy works by accepting that it can be contained.

So, Cara, breathe into your heart now and experience the energy of the shape as it moves to show you its expression in a new way. See the form of the energy flowing and moving in and out, above and below and also through the centre.

Notice how the energy is flowing simultaneously in different directions, creating myriad shapes and forms, spinning and weaving through different realms and dimensions. Remember this.

Cara, as we work together, I am going to invite you to bring your experiences of our time together into this Earth plane through drawing or writing. This type of artwork will support you to ground the energies of our times together and create a portfolio of expression for you to come back to, time and time again. This artwork will nourish you and create an opening for further understandings to unfold as you are ready to receive them.

And so, Cara, I invite you to draw this expression of the sacred geometry, and any other images which spontaneously arise from our time together and use these drawings to

ponder, for they will bring a continuing stream of revelations for you on many levels.

I come close now to give you my blessing.

I am Raphael,

And you are Cara to me.



And so here we are once again, Cara.

Breathe into your hearts, and let us begin.

Cara, you must nurture your human body. Eating three meals a day is no longer rhythmic, but rather gentle amounts often.

You may find now that animal products, particularly flesh, don't assimilate very easily, and you may wish to eat less of these or remove them completely from your diet. Fruit, vegetables, juices, water, teas, especially herbal teas are all very soothing, nourishing and supportive. Soups and broths also. Smaller amounts often.

Be intuitive with your food combinations, Cara. It's time to allow Angelic food symphonies to come and play! Throw out the rule books! You will find different combinations of energies harmonise in unexpected ways.

Cara, this principle applies on all levels. For example, those of you who express through artistic creations: allow your imaginations to soar when creating your pieces in the world. The most unusual combinations of materials will join together harmoniously if they are not impeded by the energetic of 'doubt' from your minds. Allow yourselves to be conduits for new material bonding and relationships by listening within and trusting each moment to unfold in perfect new expression.

Differently combining energies will manifest in all spheres to the surprise, delight and puzzlement of many humans.

Politics is an arena in which previously opposing forces will come into a changed and more harmonious relationship.

Music will discover new notes and possibilities unheard before. There will be a new wave of musical appreciation and connection as people open to the unlimited range of sounds previously closed to them. Groups will gather to experiment and bring new sounds into the world.

All of these expressions, Cara, are, and will be, supported by us in the Angelic Realm.

The very presence of newly combined energies on Earth will open pathways for more to come through. Each time different combinations of food, music, art, politics and even love are expressed here on Earth, the aggregate total changes and a shift, or opening occurs, allowing for more potentials to then be realised.

And so, Cara, in all ways as you step away from 'the known' and its limitations, greater and greater freedom becomes a way of life.

Heart's Breath is central to all of this play of energies. It continually reaffirms the relationship between the Heart and the Soul while allowing you, dear human angels, to honour your bodies and your being on all levels.

The Breath is food for you! It brings the nourishment you often seek from the food you eat. Bringing the Breath through conscious awareness into the Heart immediately restores balance, not only to that sacred organ, but to your very Soul. It supports the beautiful dance of the Human and the Soul Selves. It will strengthen you in the face of fear and ultimately create resistance to this unconsciously intrusive energy.

So breathe right now into your hearts, Cara.

In these days to come, really **feel** into your heart through the breath.

I Raphael come close now to give you my blessing.

For you are Cara to me.



*'The Luminosity of the Heart transcends
all human understanding.
It is Golden and Radiant, Soul Filled and
exquisitely compassionate and brave.
There is truly nothing braver than your own
Golden Heart. This is where you will discover
courage unlimited to transform your daily
endeavours into feats of effortless grace
and unlimited abundance in every way.'*

(ARCHANGEL RAPHAEL)

With profound love, the Radiant One,
Archangel Raphael shines the light of his Sacred Wisdom
to illuminate our daily journey during these
times of remarkable transformation.

This *'Handbook for the New Consciousness'*
has been created so that You can personally receive
Raphael's teachings through direct participation.
Each page breathes New Life and Light into
ways of liberating our Hearts and
nourishing our Souls.

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