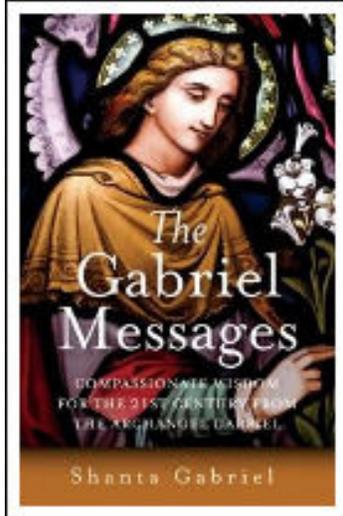


The **Gabriel** **Messages**

**Compassionate Wisdom for the 21st Century
from The Archangel Gabriel**

Shanta Gabriel



A book of timeless wisdom, open it anywhere to receive a message of personal guidance, understanding and truth that reaches deeply, to your very soul. This book of inspired communication from Archangel Gabriel, ignites the spark of hope in the heart of those seeking peace in their lives, empowering readers with compassionate words of understanding and healing during these changing times of the 21st century. Deeply personal as well as practical, each of the 56 messages in this book offers suggestions the reader can apply immediately in their lives to gain emotional and spiritual balance.

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The Purpose and Use of *The Gabriel Messages*

Today over six billion people walk the continents of this earth. Every day we face the traumatic and disturbing details of our news reports. Without an understanding of our world, we could easily lose sight of the possibility for human beings to live in peace, harmony and abundance.

If our goal is to this reality made manifest in our individual and collective lives, how might we contribute to achieving such an earthly paradise? I believe we can begin by looking beyond the outer shell of our human form to a Higher Power at work. Moving past the restricting thought-forms of the outer world, we can sense the inner pulse of life and know its purest nature.

The Infinite Intelligence that stands behind all creation has been called by many names. This omnipresent principle of light and wisdom shines through each of us regardless of our socioeconomic situation, level of understanding, or current place in our soul's journey. When we consciously seek clarity and the power of Divine awareness, we join in harmony with this ultimate Universal Presence.

Through the ages great philosophers have spoken of the benefits of group prayer and meditation. A critical mass of dedicated people uniting in prayer to bless the planet and bring heavenly Light into their lives cannot help but produce benevolent outcomes in the overall human experience. These blessings, and even miracles, multiply through Divine Love, and flow out to connect the body, mind and spirit of the prayer-giver with all of Life.

This earth is a manifestation of heavenly design and purpose, and I see our mission in physical life as being a bridge for helping to bring Heaven to Earth. Each day we have the opportunity to share in this glorious undertaking through the choices we make in thought, word and action. Seeking daily inspiration to help us make the optimal choices for our highest good is the first step.

You may find *The Gabriel Messages* a helpful focus for quiet prayer times and meditation. They are easy to understand and may be used in a variety of ways. Whenever a situation develops which requires an expanded perspective for resolution, hold the intention for clarity in your mind, and open the book anywhere. The message on the chosen page will guide your mind into a new, helpful direction. At times you may not be seeking a particular answer to a personal challenge, but may feel a need for heightened spiritual awareness. You may be worried about a loved one or a friend, or you may need to focus your energy on a specific task throughout a busy day. Whatever your need may

be, the message you choose can help bring the peace, comfort and tangible direction required in your current situation.

In order to bring more harmony to the earth as well as our individual lives it is important to find our own way to pray and meditate every day. In this way we can lift our spirits and be in touch with the Light and Love of God's Presence moving within our lives moment by moment. When our intention is only to receive that which is in the highest good for ourselves and all concerned, we will attract to us only what will best serve that purpose.

May those who read *The Gabriel Messages* be blessed by the Angels and held in wings of Divine Love. May all live in harmony, joy, peace and abundance. Through God's Grace may all beings achieve the highest good for all of Creation.

And so it is.

Shanta Gabriel

The Balanced Breath

Developing a place of silence within yourself, a peaceful center where you are aware of the Presence of God, is the most important and useful gift you can give yourself in these changing times. The easiest way to become centered is to use the breath as a focusing tool. Your breath is your connection to the Divine Source, so never belittle the simplicity of breathing in a focused, conscious manner.

Many of the messages in this book contain Practices that refer to the balanced breathe. Balanced breathing is simply breathing in for the same number of counts that you breathe out. If you can hold your breath for the same number of counts, between breathing in and out, this will help increase the effectiveness. It is said that God lives in this space between the breaths.

Choose a number that is easy for you, such as four or seven. Breathe in for four counts, hold for four counts, exhale for four counts, and hold out for four counts. This seems very simple, and yet you will find yourself becoming calm and peaceful as you do this practice. It is important to begin with an intention or a prayer to connect deeply with God, and to have a conscious connection with your Higher Self. This sets energy in motion so you will receive good results.

While you are sitting quietly and breathing, you can use your imagination to gain awareness of Divine Love waiting to fill you up with the living life-force energy. As you inhale, imagine that every cell in your being is filled with God's light, and is radiantly alive. Imagine, on your exhalation, that you are releasing everything within you that is not in harmony with your greater good. Your imagination is the first step in creating what you want in your life and is a very powerful tool.

If you would like to have a peaceful place to come to whenever you wish to be centered, with your imagination you can create a garden, a beautiful room or a place in nature for your special meditation space. With practice, you can come to this place in your mind on your first breath and stay there until you feel more calm and relaxed.

It is also important to create a connection between Heaven and Earth, so that you can bring back this new, centered awareness to your daily life. One way to accomplish this is to imagine a huge pillar of golden light bringing God's love into your body and then through you into the earth. You can use this visualization whenever you start to feel off-center during the day. It will help to bring you back to that peaceful place you have developed within you through the use of the balanced breath technique.

The Power of Intention

There are moments in our lives when declaring our intention becomes life defining. It is different than reciting our material goals. Intention draws to us the qualities we want manifested in our lives. It has been said that we can know our intentions by the results we see around us. The power of intention works whether it is conscious or not. During this time of accelerated growth and planting of seeds, making a conscious statement about what qualities we are choosing for our lives is paramount.

Many years ago I was taught an ancient statement called the *Diamond Covenant of Moses* which states to the Universe, "I will do whatever is impressed upon me without a shadow of a doubt." It calls to our Angels to bring messages about our lives into a stronger statement of being. This means asking for clarity and strength in the inner guidance we are receiving all the time.

When we can direct our intention into a greater level of planetary service, or into qualities such as Wisdom, Joy and Peace, the vibrational frequency around us quickens. This not only enriches our lives directly, it affects the amount of Light on the planet from moment to moment.

Once we make a statement of Intention to the Universe, this clarity of focus is released. It begins to work in the energy around us and manifest directly in our world. An intention is like the arrow sent directly to the Creator of our lives. When we create a powerful statement, it is doing our part as if pulling back the string of the bow and releasing our arrow to manifest the creative solutions we are truly capable of.

Never before has there been a time when the Power of Intention is so strong. Know in your heart that all your needs are met with grace and ease. Be very clear about what you willing to give back to a Universe for a life filled with Good.

Do not forget the grace that comes with gratitude. Remember to give thanks for the wondrous gift of life. All that you give is blessed and returned to you multiplied. Clarify your intentions. Make a covenant with God now. The Angels await your call to action.

The Gabriel Messages #1

Gently and with love, honor yourself.

Dear One,

You are sometimes kinder to total strangers than you are to yourself. You are a magnificent being of light. Honor and remember this for it is not easy to be in an earth body. There are many demands on you. You can be so involved with day-to-day struggles that you do not feel you have time to remember your spirit. And yet it is the focus on your spirit that will make your earth-walk easier.

Honor yourself in gentleness and love. You are not alone. The Infinite Presence has not placed you onto the earth plane without a way of receiving assistance when you most need it. That is why there are Angels. Angels are messengers from God who are here to assist in making your earthly life more effortless, to bring light into the darkness, and to remind you that you are incredibly loved.

We know of your struggle, and we know that you are making a valiant effort. We bless you and honor you for all that you have done and are doing. But more than that, we honor you for who you are deep inside. We honor that part of you which is the essence of the light of Spirit. We see within you a spark of incredible goodness and love. This we bless and honor and we urge you to do the same. The more you bless and honor this Divine Light within you, the more it grows. The more this light grows, the more love you feel and the more energy you have. The more love you feel within you, the more you want to give to others. In this way the world is served and more light is brought to your beautiful planet, which is in need of great blessings at this time.

We ask you to be gentle with yourself, to be as kind to yourself as you are to others. Without love and encouragement a little child cannot grow to be a healthy adult. Yet you never outgrow your need for love and remember, it is important to give yourself this love first, before you can fully give it to others.

Practice

How does one love oneself? You can start with the small things. Say, "I love you" to yourself whenever you look into a mirror. Remember to give yourself daily acknowledgment for how hard you work, for how much effort you give to another, for how caring you are to your children. For whatever you can think of, acknowledge yourself. If you cannot think of anything, simply acknowledge yourself for getting through another day on earth and doing the best you can do. As simple as this may seem, it is very powerful.

The most important way you can love and honor yourself is by remembering who you are deep inside - a radiant spirit of light growing stronger and more whole every day. This is the truth of you. You can love yourself by eating in healthy ways and doing all that you know serves your body, but true loving and honoring begins with your thoughts about yourself. You are here on earth to express spirit in form and to learn to be loving, joyful and peaceful. It does no good to berate yourself because you are not yet perfectly expressing these qualities. You were not given a manual for life on earth, so the only way you can learn is through trial and error, and by often painful experiences which encourage you to grow through the choices you make. You are doing just fine. Please honor this.

There are many ways you can gently love and honor yourself. We ask you to give yourself kindness and compassion, to do the best you can with all aspects of your life, and to call on a Higher Power to assist you at all times, no matter how mundane the situation. The Angels are Divine messengers here to help you, bless you and most of all, love you. Receive love and remember to:

gently and with love, honor yourself.

What Readers Say...

“The Gabriel Messages are an eloquent journey into spirit and a beautiful way for seeing the world of spirit as it applies to your life.”

–**LYNN ANDREWS**, teacher and author of *The Medicine Woman Series*

“Shanta Gabriel is a gifted, inspired and utterly authentic healer of the heart. In her presence, I experienced the reality of the Divine. I deeply salute the immense contribution she is making. Shanta is a true blessing, and she will touch her soul.”

–**ALAN COHEN**, author, lecturer, and teacher

“Uplifting and timely guidance from Archangel Gabriel for this new century of rapid change and spiritual enlightenment. Shanta Gabriel has created a lovely book of daily messages to live a full, loving, guided life.”

–**DEVRA ANN JACOBS**, public relations, literary agent, editor of *Kinetics Magazine*

“The Gabriel Messages encourage us to see life from an expanded perspective. From this place we remember we are never alone, and there is assistance to choose a life of abundant peace and happiness.”

–**WALLY AMOS**, cookie maker, lecturer, children’s literacy advocate

“Like a comforting whisper in the dark during a fearful moment, these messages soothe and support the heart and soul – and serve as a powerful reminder that we are held by a force of love that is greater than anything we might ever imagine.”

–**ANDREA GIRMAN, M.D., M.P.H.**

“The Gabriel Messages codified for me all the spiritual lessons I have learned in the last twenty years. It is such a useful tool.”

–**ANN FARRIS**, author, lecturer

“The Gabriel Messages offer a wonderful array of angelic inspiration and purposeful practices for those seeking to bring balance and light into their lives!

–**HEIDI HOLLIS**, author, lecturer

Learn more at [The Gabriel Messages.com](http://TheGabrielMessages.com)