A DIGITAL, SELF-PACED COURSE

Guided by the Angels

The Seven Sacred Stages of Your Spiritual Growth

By Dimitri Moraitis

COURSE GUIDEBOOK

SPIRITUAL ARTS INSTITUTE
Helping Souls Grow

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YOUR COURSE AT A GLANCE

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WELCOME

Introduction

> For every blade of grass, there’s an angel bending over it saying, “Grow.”
> —The Talmud

Welcome! This guidebook is designed to help you apply the course material to deepen your connection to the angels. Accompanying each module are spiritual exercises to integrate the lessons given. These exercises work in conjunction with the video meditations.

Your relationship to the angels is one of the most magnificent experiences you will ever have in your spiritual life. The angels help in so many ways—from career and health to finances and relationships. In this course, the focus is on how the angels help you in your spiritual evolution. We will explore what it means to grow spiritually, so you can better orient yourself in this great spiritual journey. Like any journey, there are stages of development. Each stage is beautiful in its own way; each has its opportunities and challenges.

The angelic realm lovingly supports you through seven stages of unfolding your spiritual potential. These stages are:

1. Awakening – The Cherubs
2. Engagement – Joy Guides
3. Acclimating – Divine Energy Angels
4. Prioritizing – Guardian Angels
5. Training – Teaching Angels
6. Maturity – Choir Angels
7. Mastery – Great Divine Brotherhood Angels

There has never been more opportunity to grow spiritually than today. If you have had the spiritual calling, take advantage of this glorious spiritual opportunity. This course is a call to live your highest and best life. May the angels guide you onward and upward.

Light and love,
Dimitri

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TEACHER BIOGRAPHY

Dimitri Moraitis



Co-founder and director of Spiritual Arts Institute, Dimitri is an illumined metaphysical teacher, healer and co-author. He has been instrumental in bringing Spiritual Arts Institute to the place it is today as a premier metaphysical school. With Barbara, he co-authored the international bestseller Change Your Aura, Change Your Life, as well as Communing with the Divine, Karma and Reincarnation, The Healing Power of Your Aura, and Heaven and Your Spiritual Evolution. He is also the author of the children's book Martin and the Light Beams of Amalius.

Dimitri is an eloquent speaker on a wide variety of spiritual topics. He lectures across the country, including at Omega Institute, and has appeared on numerous podcasts and radio shows, including the nationally syndicated Coast to Coast AM. He is co-creator of the SAI programs and course curricula, and he leads the founder workshops and training classes offered at the Institute.

Originally trained in motion pictures and television, Dimitri was pursuing a promising career in directing and producing, having received an Academy Award nomination for his film short Don't Let It Bother You, when he had a profound spiritual awakening that changed his life. Soon after, he met Barbara and they began their remarkable collaboration. Together they have taught thousands of people how to better their lives by working with the aura and spiritual energy.

TEACHER BIOGRAPHY

Barbara Y. Martin



Affectionately known as the “Mozart of metaphysics” because of her numerous spiritual gifts, Barbara was born with the ability to see the aura in all its subtleties. One of the foremost clairvoyants and metaphysical teachers, she was one of the first to lecture in-depth on the human energy field.

Barbara was a metaphysical pioneer, teacher, healer, counselor and author for over 50 years, helping students understand the intricacies of the mystical path and accelerating their spiritual unfoldment. Always ready to lend a helping hand, she counseled privately on the aura and karma, and gave countless spiritual healings with extraordinary results. Throughout her career, she lectured extensively on a variety of spiritual topics. In 2005, she co-founded the renowned Spiritual Arts Institute, which offers a home for her encyclopedic wisdom of the aura, spiritual healing and metaphysics, as well as opening the door for new spiritual inspirations and insights.

Barbara passed into the Greater Life in 2024, leaving an incredible legacy of spiritual knowledge and teachings. Because of her remarkable leadership, the Institute continues to thrive and grow.

MODULE 1 · SUMMARY & SPIRITUAL EXERCISES

The Angels and Your Spiritual Unfoldment

Summary

Of all the help we receive from the Divine, day to day we receive the most from the angels. Angels are part of a grand order of celestial beings—the spiritual hierarchy. The spiritual hierarchy is the administrator of God's divine plan. These Holy Ones have been on the spiritual path for eons and have evolved enormously. They work to uplift humanity and form the evolutionary link connecting us to God. These exalted beings work on different levels of unfoldment, which is why it's called a hierarchy. Together, they form the evolutionary chain that links all life from the simplest ameba to the most radiant archangel. They are the means through which you achieve your life's purpose and reach your highest spiritual potential. They are working with you regardless of your awareness of them, but when you work in harmony with them, you greatly amplify their ability to help you.

The angels support you in your spiritual evolution. Soul growth is the enlightening of your aura and the gradual majestic process of evolving through the many spiritual dimensions of life. As you build up your auric power and evolve through these dimensions, you unfold all the glories of the soul's potential—great compassion, expansion of awareness, mystic clairvoyance, inner peace, strong character and boundless creativity.

Spiritual Exercises

Pure White Light Meditation: Building Your Connection with the Angels

- When the angels connect with you, they often come in with the pure white light. In this video meditation, open your consciousness to tune out of the earthly vibrations and tune into your own divine nature and the presence of the angelic beings. In doing this meditation, feel grounded and centered yet uplifted and inspired at the same time. The white light helps you "equalize, align, center and attune" each of the chakras and your consciousness to the Divine.
- Reflect on where you are in your spiritual growth and how high a priority it is in your life. Feel empowered that you are in the driver's seat in your own evolution, yet are open to divine inspiration and guidance.

MODULE 2 · SUMMARY

Communicating with the Angels

Summary

The ability to communicate with the Holy Ones is one of the most sacred acts. There are two basic types of spiritual interactions: the astral/psychic and the etheric/mystical. When we receive impressions from the astral world while in the physical body, we call that being psychic. But the psychic is NOT the Divine. When the angels are communicating with you, they are connecting with the mystical part of you. It becomes your job to build the bridge of awareness between your physical and mystical self, so you become more aware of the Divine while you are in a physical body.

These psychic and mystical interactions work on several levels. Psychic mediumship is a type of astral telepathy with spirits from the other side. The challenge with mediumship is that you are not dealing with the celestial realm directly. You are picking up thoughts from the astral, which is mixed and unreliable. Psychic clairvoyance is being able to pick up astral sensory experiences. If you find you are having psychic visions, that is wonderful, but be careful not to base your judgment on those experiences. Rising up and balancing the psychic part of you is one of the most important things you can do on your spiritual path.

Etheric mediatorship is a form of mystical telepathy with the Divine. This is the method of communication with the Holy Ones. All the great prophets, sages, and mystics commune with the Higher through etheric mediatorship. During the mediatorship experience, you are actually in the consciousness of the Holy One for the time they are sending you their enlightened thoughts. Mediatorship takes longer to develop than mediumship. The aspirant must go through many levels of development. Mystic clairvoyance is being able to pick up etheric sensory experiences. The angels work primarily through the mystical part of your nature, because this is the part they can identify with and relate to. As you continue to develop yourself spiritually, you will eventually build the conscious bridge to your etheric nature and your communion with the Divine will reach a marvelous plateau.

MODULE 2 · CONTINUED

Communicating with the Angels

You build the etheric connection by developing your powers of intuition and inspiration. Intuition is a mystical perceptual prompting. Even though your spiritual senses are not yet open, they are still active. Inspiration is a mystical mental prompting. When inspired or intuitive, you are making a connection with the Divine through the etheric channels, but you haven't yet opened direct awareness.

How do you know if you're communicating with the angels? You don't know for sure until you apply the intuitive and inspirational promptings you are getting. Avoid making declarative statements such as, "The angels told me to do this." Instead, if you feel a spiritual prompting, take personal responsibility. Through application, if things work out, you know it was a spiritual prompting. If they don't, you're still ahead because you tried and you will learn from the experience. Intuition and inspiration get better with practice.

Spiritual Exercises

Silver Light Meditation: Transcending the Psychic

Gold Light Meditation: Strengthening Intuitive and Inspirational Powers

- As you do the silver light meditation, sense and feel anywhere you might be getting caught in psychic/astral influences. If you have had psychic experiences, honor them as part of the spiritual journey, but gently let go anywhere you might be looking to the psychic for your spiritual growth. As you do the gold light meditation, feel the connection with your etheric/mystical nature and the strengthening of the etheric aspects of your mind and senses.
- How well do you listen to your inner nature? Reflect on times when you received promptings that turned out to be inspired or intuitive. Did you follow through on those promptings or did you put them aside? If you have psychic abilities, are you willing to put them in their place to put time and effort into building your mystical nature?

MODULE 3 · SUMMARY

Your Divine Partners: The Angelic Teachers

Summary

Angelic teachers have a dual role in your evolutionary life. They are part of the fifth stage of your spiritual development. At the same time, they're overseers throughout the journey of your incarnated life. Of all the help you get from the angelic kingdom, you get the most help from the angelic teachers. Angelic teachers are assigned to you. They know what you are meant to accomplish in your life, as well as your karmic credits and debts. Every day they're helping you to reach your highest potential. Some teachers stay with you for a long time. Others change, depending on what you're going through. Generally, most people will have two or three teachers assigned to them.

As their name implies, the angelic teachers teach you the ways of the mystical life. The dedicated, focused spiritual training begins at the fifth stage of spiritual unfoldment. This is the phase where they start teaching you mystical truths and inspire you to take bigger steps in your spiritual unfoldment. Many spiritual revelations come during this time, which deepen your appreciation of the divine life and you start showing the skills of a more developed soul.

There is much to learn about the life of spirit. Unlocking the secrets of such knowledge requires dedicated training. Angelic teachers help attract a qualified earth-based teacher when the time is right. As the expression goes, "When the student is ready, the teacher appears." When you're under the tutelage of a qualified, earth-based teacher, angelic teachers support the training that you're getting to inspire you with insight and understanding. If you're not yet working with a physical spiritual teacher, the angelic teachers will inspire you to read certain spiritual texts, or go to certain places, or study certain things to start picking up your knowledge. And then they will help you implement that knowledge.

MODULE 3 · CONTINUED

Your Divine Partners: The Angelic Teachers

You are not meant to accept metaphysical teachings at face value. You are meant to put them to the test in your life to determine their value. The process can be outlined in five steps.

1. Receive knowledge, instruction, inspiration.
2. Understand instruction on its own terms without making a judgment.
3. Apply instruction on its own terms without mixing processes.
4. Based on experience and contemplation, evaluate worth.
5. If valuable, incorporate in personal, spiritual life.

Spiritual Exercises

Gold Light Meditation: Strengthening the Connection to Your Angelic Teachers

- As you do the gold light meditation, feel your consciousness strongly in your Higher Self and the connection with your angelic teachers. Express gratitude for all they do for you.
- As a follow-up or as a separate meditation, practice the Exercise to Commune with Your Angelic Teachers, which is part of Module 3 and outlined in the Meditating with the Angels section of this guidebook.
- Reflect on the spiritual material and education you are currently receiving. What is the source of these teachings, psychic or mystical? Are you accepting these teachings at face value or are you putting them to the test?

MODULE 4 · SUMMARY

The Ascent Begins: Awakening and Engagement

Summary

Every soul is part of a spiritual pilgrimage, whether they're aware of that or not. We are all immortal souls going through this schoolhouse Earth. If you have had the spiritual awakening, that is the divine knocking on your door. It means you are meant to take the accelerated spiritual path upward. The spiritual awakening happens for people in different ways. Sometimes the awakening is slow and gradual. Other times, it's sudden and dramatic.

With this awakening comes a decision. It's up to you to decide if you are going to follow through on your spiritual awakening and the metaphysical path it leads to, or if you are going to stay where you are in your intellectual/material consciousness. This transformational time is sometimes called division and decision. The Divine inspires and guides, but it's up to you to walk the path of Divine Light.

Encouraging you after you have had your spiritual awakening are the delightful cherubs, the angelic babies! Cherubs are just starting their journey in the angelic kingdom. Cherubs are born with self-awareness of God. They come around when you're new on the spiritual path to bring that sense of wonder and awe. They come around other times as well. When we're desperate or sad, these beautiful cherubs will come around us exuding their own glory. There's a magnificent sparkle to the cherubs.

Engagement and the Angelic Joy Guides

After your spiritual awakening comes the second phase of the journey—engagement. Once you are aware there is a higher life and you have made the choice to pursue that life, now you are engaging in the great spiritual quest. You become the spiritual truth seeker. This initial phase is sometimes called the spiritual honeymoon period. You're not training yet; you are exploring. This is a time of spiritual play, of having fun in your spiritual journey. This is a very important time when you are now starting to explore the spiritual life. You're in that wide-eyed wonder stage. You may not fully understand what's going on. But it's that time of seeking the answers. This seeking will happen to the degree that you have the desire to pursue the spiritual path. One of the most important things to develop is your desire for the higher life.

MODULE 4 · CONTINUED

The Ascent Begins: Awakening and Engagement

During this period of engagement, the delightful angelic joy guides come around you. These are the children of the angelic world. They appear like ten-year-olds, but taller. They bring mirth and laughter. They are a reminder to take time for play and fun. They help make the journey exciting, fresh, and new. The spiritual life is one of steady renewal, creativity, and blessings. Their goal is to keep a smile on your face, and to keep you engaged in the spiritual life. Each soul has two of these delightful joy guides assigned to it at a given time. Anytime you're falling into gloom-and-doom thinking and feeling, call on the joy guides.

In all the wonder of awakening and pursuing the spiritual path, there is a cautionary note. Like anything, not everything labeled spiritual is in fact spiritual. Sometimes in our wide-eyed wonder, we can be too accepting of spiritual ideas without first evaluating. One of the very first things to balance in the excitement of the spiritual quest is discernment. As explored in Module 3, take time to evaluate spiritual teachings that are being presented to you. Desire propels you on this journey. Discernment helps you navigate through the many different twists and turns and avoid the pitfalls on the path.

Spiritual Exercises

Purple Ray Meditation: Connecting with the Cherubs

Deep Rose-Pink Ray Meditation: Loving Presence of the Angelic Joy Guides

- As you meditate with the purple ray of peace to connect with the cherubs, feel a sense of deep peace. Still your consciousness to receive a blessing from the angelic cherubs that you may receive their wonder and hope and be quickened with the radiance of new beginnings.
- In meditating with the deep rose-pink light to feel the loving presence of the joy guides, join in the joy of spirit that they bring. Let go of worry and anxiety. Ask that these angels bring "joy and vitalizing exuberance encouraging me to keep a smile on my face and a song in my heart. Help me to enhance my loving expression of joy and fun."
- As you are exploring the spiritual path, take time to discern the spiritual principles you are studying. Recognize that not everything labeled spiritual is in fact spiritual or beneficial. Recognize you are in the driver's seat of your evolution and refuse to let anyone steer you in a direction you are not comfortable with.

MODULE 5 · SUMMARY

Acclimating and Prioritizing: Divine Energy Angels and Guardian Angels

Summary

Acclimating to the Divine life means learning to bring the divine life and powers into the life you know. Helping you through this third stage are the divine energy angels. These angels are the embodiment of the Divine Light. These magnificent beings work with souls at every stage and evolutionary level. Divine energy angels infuse your aura with divine power to raise your consciousness into a higher state of awareness and gently acclimate you to the higher life.

All angels are channels of light and energy, but these angels take on specific attributes based on their own talents and skills. One divine light angel may be the embodiment of the loving powers, while another may be an angel of balance and adept at embodying the powers of the emerald green ray of harmony and stability. For every attribute of the Divine Light, there are attending angels who are the embodiment of these powers and administer those powers to uplift us.

When working with these angelic beings, it’s important to understand the relationship of consciousness and the Divine Light. Divine Light is the conduit of consciousness. Through the spiritual light, various attributes of the divine life reach us. For example, when calling on the deep rose-pink ray of spiritual love, the divine attribute or consciousness of that love is placed in the Light, giving it its pink hue. That spiritual power then projects that consciousness of love to us.

Guardian Angels and Prioritizing

At a certain point, you are ready for the fourth stage in your spiritual work – prioritizing. This is when, with more conscious intent, you start adjusting your life, so it is in better harmony with your unfolding spiritual awareness. The angelic beings who play an important part in this prioritizing of your spiritual life are the guardian angels.

The guardian angels play an important role in turning your earthly understanding of life into the mirror of your spiritual life. This means putting the spiritual first; then your earth life will naturally fall into rhythm. This can be difficult to do. The conditions in your life will not always want to cooperate with your spiritual aspirations. As you steadily pursue the divine life, the momentum builds in your favor.

MODULE 5 · CONTINUED

Acclimating and Prioritizing: Divine Energy Angels and Guardian Angels

Many have interpreted the guardian angels as sort of spiritual bodyguards. While they partly serve this function, in fact, they are guardians in the sense that it is their job to maintain the divine connections of the people they are helping. When the soul incarnates in physical life, there are many spiritual connections that support the soul through its physical experience.

Some have wondered: If everyone has guardian angels, why do bad things happen?

They protect us in so many ways that we don’t recognize, but it is the job of the Holy Ones to help us in our spiritual journey, not to interfere in the affairs of free will. Many times, the angels have to patiently stand by as we make our mistakes, sometimes big mistakes. Otherwise, we could not learn and grow. Of course, there are many acts of grace that the Holy Ones do for us. They have tremendous compassion and love us dearly.

Spiritual Exercises

Bright Orange Ray Meditation: Welcoming in the Higher Life

Silver Ray Meditation: Prioritizing Your Spiritual Life with the Guardian Angels

- As you do the meditation with the bright orange ray of motivation, feel this enthusiastic power stimulating you to welcome the divine energy angels and the Higher life in you. Sense the excitement of being part of the cosmic process of life.
- As you do the silver ray meditation with the guardian angels, feel the divine intelligence of this ray waking you up to greater spiritual perceptions helping you to reorganize your life, so the Divine is more center stage, yet at the same time taking care of your earthly responsibilities. Thank the guardian angels for all they do to protect you and to maintain your spiritual connections to the celestial hierarchy.
- Contemplate areas of your life where you feel the Divine Light needs to be stronger. Ask yourself what you can do today to make your spiritual life more pronounced in your active life. Set a simple goal that is straightforward (e.g., my relationship with a co-worker is tense and not cooperative and I would like to have a better working relationship with this co-worker).

MODULE 6 · SUMMARY

Maturity and Mastery: Choir Angels and Great Divine Brotherhood Angels

Summary

As you continue to pursue your deepening divine awareness, you enter the sixth phase of spiritual unfoldment—maturity. The initial joyful exuberance of finding the spiritual path matures into a deeper, sustaining love of the higher life. Now, you learn to gradually drop the dominance of the lower nature to truly embody your higher, divine self.

It is at this stage you receive profound support from the choir angels to help you temper your lower nature to mirror the divine life. Devotion, discipline, sacrifice, dedication and surrender are key themes at this stage of development. There are nine stages of angelic development within this level, a hierarchy within a hierarchy, reflecting the intricacies of angelic growth at this stage and reflecting the intricacies of dropping the dominance of the lower nature or persona. Passing through this stage is one of the most difficult yet rewarding parts of your entire spiritual journey. It’s something that is greatly supported by the Higher, but only you can do.

In this journey of self-awareness, weaknesses of character are going to come to the fore. You may be impatient, quick to judgment, or fearful. Those are things you’re meant to work through. These great angels can help you strengthen character. To reach the place of direct communion, the soul must be purified, released of the things that are inhibiting it from reaching its highest spiritual potential.

MODULE 6 · CONTINUED

Maturity and Mastery

Mastery and The Great Divine Brotherhood

The seventh and most dramatic phase of your majestic path of unfoldment is mastery. Here is where you pull together the many facets of your spiritual life into one great whole. Helping you are the most advanced beings in the angelic realm—the great divine brotherhood angels. Mastery in any field of endeavor partly comes from connection with these celestial beings. Yet these angels are especially important as part of your spiritual mastery. The job of these angelic beings is to help you reach the pinnacle of the metaphysical journey.

The Great Divine Brotherhood is the elite of the angelic world. The angels of this order are the most developed and advanced of all in the angelic kingdom. They are the administrators of the other angelic orders and are a guiding force in humanity’s development.

This seventh stage is when the soul awakens etheric mediatorship, the mystic clairvoyance. Through many trials and tests, you learn to awaken your mystical powers. As you awaken your inner spiritual gifts, you are heading to the bloom of your spiritual journey—enlightenment. What is enlightenment? It is the unfoldment of the God within. Once you know yourself, once you understand who you are, then you can truly understand who God is and the root of life itself. This is the great goal to aspire to. Whether in this or in a future life, the goal is to know God from your own internal direct experience.

MODULE 6 · SPIRITUAL EXERCISES & CONCLUSION

Maturity and Mastery

Spiritual Exercises

Emerald Green Ray Meditation: Tempering the Lower Nature with the Choir Angels

Carnation Red Ray Meditation: The Great Divine Brotherhood Angels and Blessing the Road to Enlightenment

- As you do the emerald green ray meditation asking to connect with the choir angels, feel the balancing and harmonizing power of the emerald green ray steadying you in the tempering of the lower nature. Ask the choir angels to “help me to release the negative energies of my lower nature and grant me the spiritual power to ascend to my immortal self. Help me to live to my highest potential in every facet of my life.”
- As you do the carnation red ray meditation to be blessed by the Great Divine Brotherhood angels, feel the energizing and vitalizing power of the carnation red ray stimulating you to aspire to greater spiritual heights. Ask “to receive the power to grow in the light and to help awaken me in Thy Divine consciousness leading me to my enlightenment.”
- Think about some part of your character that needs improvement. Maybe you are impatient, frustrated, or angry. Make it a goal to improve this character trait with the help of the angels.
- A good way to understand where the character blemishes are is to look at the things that can upset you, the things that can push your buttons, the things you strongly react to that can make you feel indignant, sad, or mad. Try to recall a recent event where somebody “pushed your buttons” and caused you to react to something negatively. These are the things you have to work on.
- Reflect on your relationship with God. Regardless of past experiences, this is a direct relationship, the most intimate of all.

Conclusion

In completing this course, take the time to review each of the seven stages of spiritual development; doing so gives you a grand picture of the evolutionary plan. Then see what quality of a particular stage resonates with you and focus on that for a time until you feel the connections and blessings being made. It will not always be clear where you are in the spiritual journey, what stage of development, but go by your intuition. It will also not always be clear which angelic being is working with you. They have their own way of organizing their support and our meditative prayers are requests. Follow the guidelines given, and when you’re not sure who to ask help from, start with your angelic teachers and ask Divine Intelligence to guide you.

MEDITATION · FOUNDATIONS

Meditating with the Angels

Throughout this course, video meditations are offered to commune with the angels. The meditation practice used is called the Higher Self meditation[1]. It is a technique to access your Higher Self to draw in Divine Light into your auric field. Through your Higher Self, the angelic beings send spiritual energy and inspiration to you. The Higher Self meditation is one of the most comprehensive spiritual practices to access your divine nature and accelerate your spiritual growth.

In meditating with Divine Light, the Light reaches you through the chakras or energy centers in your aura. These are the energy centers you will be working with.

The Higher Self Point

The Higher Self Point is a perfected part of your consciousness that does not embody itself in physical form. It remains connected to the divine source and acts as a link between God, the Holy Ones and your evolving soul. It is this spiritual counterpart that the spiritual hierarchy can relate to and work with to support you. This point is twenty-four inches above the physical head and is the emissary for all the light and inspiration flowing from the divine source. It can be thought of as an eighth spiritual center and appears like a golden sun. All spiritual energy passes through the Higher Self to reach you.

[1] For a comprehensive explanation of this meditation, you can pick up our book or take our course, Change Your Aura, Change Your Life.

MEDITATION · SPIRITUAL ANATOMY

The Four Key Spiritual Centers

There are seven spiritual centers or chakras that are part of our spiritual anatomy. In meditating with spiritual energy, four of these chakras are key in your spiritual light work. They look like golden spheres of light deep inside the body with beautiful light rays moving out of them.

1. **The mental center:** Located in the middle of the forehead, this is the nucleus of your conscious thinking self.
2. **The throat center:** Located in the middle of the throat, this center is the nucleus of your creative tone.
3. **The Hermetic center:** Located in the middle of the chest, this center is the nucleus of your personal affairs. All that is going on in your life is making an energetic connection here.
4. **The emotional center:** Located in the solar plexus area where the navel is, this is the energetic nucleus of your emotional nature.

MEDITATION · PRACTICE

Receiving Divine Light

In beginning your Divine Light meditations, follow along with the guided meditations. Once you get the feel of how the Higher Self meditation works, you can call on the Divine Light on your own. Here is an outline of six steps to receive spiritual energy:

1. **Relax:** Do not begin meditation in a highly agitated state. Do your best to let go of your worries.
2. **Establish protection:** Place a golden bubble of protection around you before beginning your meditation.
3. **Check your spiritual centers:** Close your eyes and put your attention on each of the four key chakras starting with the emotional center. Envision white light going to each of the chakras and making sure the spiritual centers are spinning clockwise, as if you are the clock. This helps to receive the Light accurately in these chakras.
4. **Connect with your Higher Self:** Put your attention on the golden sun above your head and feel that you are in the divine presence. As you do this, recite the Divine Light invocation.

> **Invocation**
>
> Heavenly Father, Holy Mother God, I raise my consciousness into Thy consciousness where I become One with Thee. I ask to receive that which I need and that which I need to know, now.

1. **Down-ray the Divine Light:** Once in your Higher Self, envision the Divine Light flowing in from your Higher Self point to each of the chakras blessing you.
2. **Ground yourself:** After receiving Divine Light, give your thanks and let the light equalize throughout your body and consciousness before ending your meditation.

MEDITATION · ANGELIC TEACHERS

Exercise to Commune with Your Angelic Teachers

Here is the exercise to start meditating with your angelic teachers presented in Module 3.

- Sit upright in a comfortable chair, legs uncrossed.
- Envision a golden bubble of protective light around you. Take a couple of deep breaths and relax.
- Envision your Higher Self point above your head about two feet. Recite the invocation to raise your consciousness.

> **Invocation**
>
> Heavenly Father, Holy Mother God, I raise my consciousness into Thy consciousness where I become One with Thee. I ask to receive that which I need and that which I need to know, now.

- As you do this, place your attention on your Higher Self point. Sense that it is filled with divine awareness. Feel your consciousness elevating, and your cares and concerns dropping away. You are in a sacred place of divine knowing.
- Keeping your attention at your Higher Self point, recite this meditative prayer to connect with your angelic teachers.

> **Meditative Prayer to Work with Angelic Teachers**
>
> I ask for a blessing from my assigned Angelic Teachers. I thank you for all you do to guide me on the spiritual path and help me to fulfill my Tapestry of Life. Inspire me with Thy guidance, healing and inspiration. Thank you for connecting me to the entire spiritual hierarchy.

- Envision a beautiful ray of deep rose-pink light showering from your Higher Self point. As this Divine Light comes down, feel a tremendous amount of unconditional love. This loving light blesses your mind, body and soul. Feel thrilled, healed, exhilarated in this holy power. As you receive this power, you sense that you are not alone. A magnificent angelic teacher is near you and is sending love to you. You feel very close to this divine being. You know you are loved and supported. You feel enormously grateful for the blessing.
- Hold in the silence for a few minutes to fully receive this blessing.

- Once again your attention goes to the golden sun above your head. Feel and sense the beauty and power of the Higher Self even more deeply. Sense your angelic teacher is near you and sending the pure white light to you. This white light is extraordinarily brilliant yet not blinding in the least. Feel the angelic power coming on with their white light. This white light blesses all levels of your consciousness: your thoughts, feelings, words and actions. Every cell of your body is receiving this white light. You feel elevated and united with the Divine.
- In this mystical union, you feel safe and keenly alert. You open your heart and place a request, question, concern, desire on the divine altar, asking that your angelic teacher bless, guide and inspire you.
- Hold in the silence for a few minutes to wait for a response.
- Give your thanks for all that you have been blessed with. If you received an answer or blessing, do your best to implement what you received. If not, then hold to the knowing that your answer is forthcoming and remain receptive.
- Return to your earth consciousness feeling very grounded. Once again envision the golden bubble of protection around you.

When meditating, give yourself time. It is recommended that you meditate at least 20 minutes a day. This gives these powers time to work, gives the angelic beings time to commune with you, and gives you time to get into their vibration.

Even if you’re not seeing them or directly aware of them, if you’re coming to them with a sincere heart and you’re doing this work sincerely, you will be making a connection. They’re already working with you. The goal is to get more directly involved with them.

THE JOURNEY CONTINUES

A Community of Spiritual Travelers

If you enjoyed this course and would like to dive into the world of metaphysics further, we invite you to explore what Spiritual Arts Institute has to offer you. www.spiritualarts.org.

Founded by Barbara Y. Martin and Dimitri Moraitis, Spiritual Arts Institute is the premier metaphysical school for the aura, healing and spiritual growth. We are a nonprofit educational corporation located in Encinitas, CA, with a global online student community. The mission of the Institute is to help people accelerate their spiritual evolution. The Institute's programs are developed from the inspired, experienced teachings of Barbara and Dimitri. Supported by trained faculty and a dedicated staff, the Institute offers certification programs in personal spiritual development, Divine Light healing and metaphysical teaching.

Here is an overview of our courses and programs. In addition, we offer workshops and other special events.

Change Your Aura, Change Your Life Course

Based on the bestselling book and built on 50 years of clairvoyant research, this course is a stand-alone training and the gateway to the programs offered at the Institute.

Discover the most effective, comprehensive meditation to enrich any aspect of your life.

The Seven Spiritual Arts Program

As the seven liberal arts were designed to prepare the soul for the intellectual rigors of life, these seven mystical arts offer essential Divine Light principles that build an enduring foundation of spiritual skills which you can apply in any aspect of life from career, finances and relationships to helping you accelerate your own spiritual growth.

Direct Divine Light Healing Program

Building on the Seven Spiritual Arts Program, this three-year certification program deepens your spiritual growth and helps others heal through a full-spectrum auric therapy. Delve deep into the sacred art of administering Divine Light to others.

Kingdom of Light Teacher Program

For those who want to continue life-long learning in the spiritual arts, the Kingdom of Light Teacher Program is an advanced training in the inner mysteries that offers students the opportunity to continue in their spiritual studies and develop their full spiritual potential through the Institute.

EXPLORE FURTHER

Books by Barbara Y. Martin and Dimitri Moraitis

Communing with the Divine

A Clairvoyant’s Guide to the Angels, Archangels, and the Spiritual Hierarchy

Change Your Aura, Change Your Life

A Step-by-Step Guide to Unfolding Your Spiritual Power

Heaven and Your Spiritual Evolution

A Mystic’s Guide to the Afterlife and Reaching Your Highest Potential

Karma and Reincarnation

Unlocking Your 800 Lives to Enlightenment

The Healing Power of Your Aura

How to Use Spiritual Energy for Physical Health and Well-Being

Martin and the Light Beams of Amalius

(by Dimitri Moraitis)

Animals of Love

A Book of Children’s Poems
(by Barbara Y. Martin)

Audio

Meditating with Your Aura