

**The  
Inner Beauty  
Attunement  
of Archangel Haniel**



[www.wingstherapies.com](http://www.wingstherapies.com) [steve@wingstherapies.com](mailto:steve@wingstherapies.com)

## **Inner Beauty attunement of Archangel Haniel**

Each of us is a shining light that collectively helps to raise the vibration of the earth and lead us to a common goal of happiness and love. Sometimes we fail to see our own inner beauty and light and often we cannot see the light and beauty that is present in everyone around us. How often do we judge someone by the way they look, dress or act? How often do we just see qualities that prevent us from seeing into the real person and discovering that inner beauty that resides in us all?

We are exposed daily to less than peaceful situations and happenings – wars within and between countries, violence and crime to name but a few. We may feel that our inner light is not burning as brightly as it should be – this connection will help to re-ignite the inner light and beauty that is within us all and help us to see more clearly the good in others.

This connection is not a healing system as such but is more of a focus and a tool to enable us to shine radiantly throughout each day.

This connection brings forth the energies of Archangel Haniel and helps to bring beauty, love and peace into your life to assist you in strengthening your inner light.

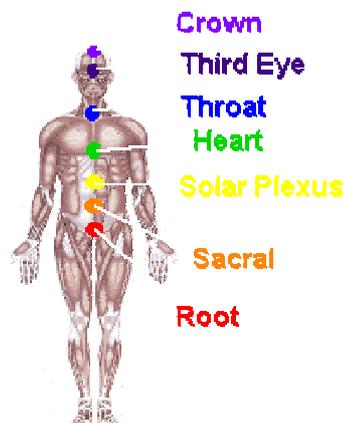
Archangel Haniel represents beauty, love and friendships and is able to fill gaps in your life that were previously empty. Times of sadness and emptiness can be turned into times of love and joy. Haniel can also help us to stop looking outside for inner happiness and find the answers to these problems from within. When we find inner happiness, beauty and light we can then confidently shine these qualities to those around us and encourage them to grow in the same way.

Archangel Haniel is the angel of December and is usually represented by the colour emerald green and is also associated with the rose which symbolises beauty and upliftment.

## CHAKRAS

There are 7 major Chakras. They are energy portals where energy flows. When a Chakra becomes blocked an imbalance occurs. If it is not cleared then illness and disease can manifest itself.

1. The Root Chakra - located at the base of the spine. It is linked to survival and our ability to ground ourselves in the physical world.
2. The Sacral Chakra - located just beneath the navel. It is related to our sexual and reproductive capacity.
3. The Solar Plexus Chakra - located behind the solar plexus which gives us our personal power in the world.
4. The Heart Chakra - located at the Heart and gives us the ability to express love.
5. The Throat Chakra - linked to creativity and communication.
6. The Third Eye Chakra - located between the eyebrows. This is the centre of intuition and awareness.
7. The Crown Chakra - located at the top of the head. This is relates to ones personal and spiritual connection to the universe.



**Chakra Chart:-**

## How to receive the Inner Beauty attunement

The attunement can be received distantly or in person.

You will need to go to a place where you will not be disturbed for 30-45 minutes.

Remember to switch off the phone and your mobile phone and ask people not to disturb you.

You can receive the attunement in either a laying down or sitting position, whichever position makes you more relaxed and comfortable.

Prepare your room as you wish – light candles, burn incense, play relaxing music, etc. – rose scented candles or incense are perfect to use with this connection but not essential.

At the appointed time make yourself comfortable and say either silently or out loud

“I am now prepared to receive the Inner Beauty attunement of Archangel Haniel being sent to me by ***teacher’s name here***”

Then simply relax and let the attunement flow. Visualise the rose being placed into each of your chakras in turn (see chakra chart and information).

You may experience tingling in your hands and feet, colours, sounds or sense a presence with you. Or you may feel nothing at all apart from relaxation. Every one is different but the attunement will still work. If you are disturbed during the attunement simply return to your position as soon as possible and let the attunement flow again.

After a while you will sense that the attunement has stopped – this can take anything from 10 minutes to one hour and again every one is different.

After the attunement, take your time getting up and drink a glass of water.

If you are receiving the attunement in person your teacher will arrange for you to either be sitting down or laying down depending on the facilities that they have available. Again simply let the attunement flow and your teacher will advise you when the attunement is complete.

## **How to use the energies to open your inner beauty.**

After you have received your attunement you can use this visualisation to strengthen the connection whenever you wish.

Take time to relax and prepare yourself as you would for a meditation or to receive an attunement – visualise a beautiful rose inside you, any colour that you choose, and see this rose as a tight closed bud. Breathe in and feel the energies of Archangel Haniel come to you and visualise the closed rose bud slowly opening – take as much time as you wish to do this and do not worry if it will not open totally- you can carry out the visualisation over many days and slowly open the rose a little more each time.

When you reach the stage where the rose is fully open you will feel an inner beauty and happiness that will radiate throughout your whole being and out to others. Now visualise in the centre of this open rose a pure and brilliant white light that represents your own inner light that will spread to all around you. See this light become stronger and brighter and know that it will shine indefinitely and with love and beauty for all around you.

If you ever feel the light shine less brightly than it should be simply carry out the visualisation above and know that the light will strengthen and shine. You can do the visualisation whenever you wish.

Hold the image of the rose within you and treasure the beauty and light that it brings you.

You may choose to have roses in your house and this will reinforce and strengthen the energies of Archangel Haniel and help to focus your intention on the inner beauty and light that you carry with you.

## How to pass the Inner Beauty Attunement to others

Prepare yourself by relaxing in a quiet room or place where you will not be disturbed for up to 30 minutes. You may burn incense or candles if you wish (rose scented is perfect for this attunement) and if you have fresh roses available you can have these with you as well although it is not essential to do so. Close your eyes and call upon Archangel Haniel to be with you during the attunement by saying silently or outloud ~

**“Archangel Haniel and all my guides please be with me to pass this Inner Beauty attunement to *person’s name*. May they receive the connection for their highest good.”**

Then take a few moments to feel the energies of Archangel Haniel come to you. Then say the following either outloud or silently ~

**“ *Person’s name* you are about to receive the Inner Beauty attunement of Archangel Haniel. Archangel Haniel is now approaching us and is holding a beautiful rose which will be placed into each of your chakras in turn, starting with the crown chakra and working down through the third eye chakra, throat chakra, heart chakra, solar plexus chakra, sacral chakra and finally the root chakra. Visualise this happening now and then as you breathe in know that the rose is opening and growing within you. As the buds open you will see a beautiful and pure white light radiating from the centre of the rose and flowing though all your chakras and whole being. Feel the warmth and beauty coming from this rose and know that it will be with you whenever you need it and for as long as you need it. “**

Let the energy flow for a while and when you feel that the attunement has ended say the following ~

**“Archangel Haniel thank you for sharing this energy with *person’s name* today and thank you for your constant love and wisdom that you share with us. *Person’s name* you are now connected to the Inner Beauty attunement of Archangel Haniel and this energy will be with you whenever you need it. You are also able to pass this connection on to others. Finally we give thanks to all who were with us to share this special and beautiful connection today”**

If you give the attunement in person you can ask the person to lay down on a treatment table or ask them to sit in a chair. Read the above attunement script either outloud or silently and you can place your right hand on the person’s head if you wish.

## **DISCLAIMER**

As with all complimentary and alternative therapies, none of the treatments listed on my website or in the training manuals are meant to be a substitute for proper medical diagnosis, treatment or care from your GP.

I do not diagnose conditions, prescribe medication or interfere with a GP's treatment.

If you are currently taking medication prescribed by your GP, do not stop taking it without his/her's advice.

If you have any concerns regarding your medical condition please speak with your GP first.

---

I do not accept responsibility if you choose to treat yourself using any information from my website or training manuals.

I accept no responsibility for any loss or damages caused as a direct or indirect result of the use or misuse of any information contained on this website or through attunements.

Attunements will only be given to persons aged over 18 years.

### **Wings Therapies Energy Centre**



[www.wingstherapies.com](http://www.wingstherapies.com)

**The contents of this manual are copyrighted.**

**You may pass the manual to your students in its original format and all references to Wings Therapies Energy Centre and copyright notices must remain intact.**

**Editing of this manual is not permitted without the written permission of Wings Therapies Energy Centre.**