

# 2018 Spiritual Guidance Report

*For: January 28, 2018*

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# Introduction

Your spiritual report has at least nine (9) sections to help guide you. As I feel guided, I may include more messages to help you on your path.

My work is spiritual and intuitive. It is NOT a substitute for medical, legal, financial, or other specific professional advice. If you need that kind of assistance, please contact the appropriate professional.

The information I have provided in this report is everything that I have received and will include positive information and some information that you may perceive as negative. It is in no way a judgment or attack. I will be completely honest with you regarding the information that I receive intuitively. It is and always will be coming from a place of love to help you on your path of becoming a better version of yourself.

Remember first and foremost, your intuition is your guide to help you not only in 2018 but throughout your life in all situations. *Believe and Trust!!*

# Section 1: Archangels

There are seven Archangels that guide and assist us in diverse ways. We do not necessarily have to understand which Angel is responsible for what as they know what we need; however, we do need to ask them for help and give them permission to assist us due to our free will. You must remember to be open to receive the guidance as well. Angels will help you if it is according to God's Will and for the higher good of all those involved.

I have been drawn to choose the following Archangel(s) for you to help you. Calling in this Archangel will open yourself up to others if so needed.

Your Archangels are:

## Jophiel



Jophiel is the Archangel of creativity, beauty and art and means, "Beauty of God". Jophiel helps with manifesting more beauty in our lives through our thoughts, supports artists and artistic projects, release prejudice and ignorance, interior design and decorating, awakening, self-awareness, inspiration, hope and joy. Helps those who feel spiritually lost, depressed, or in despair.

Color Vibration: Golden Yellow

Gemstone: Citrine

Invocation:

I invoke the golden yellow light of Archangel Jophiel. Help me to manifest beauty within and around me. I know that I am a creative being and I ask that you help me to use that creative power in every aspect of my life. Please help me to remember that whatever I focus on is manifested through the vibration of my own thoughts.

Help me to align my thoughts with who I really am and to see the beauty in all that crosses my path. I will remain open-minded and be guided by the light within. With your help and creative power, I can and will manifest the beautiful life of my dreams...and so it is!

#### Visualization:

As I invoke Archangel Jophiel, I visualize a golden yellow light entering the top of my head and moving down my entire body. This vibrating light encases me in a safe and comfortable energy field. I see, hear, feel and know that the energy of creativity and manifestation surrounds me and dwells within me, always.

#### Intuitive Reading:

This Archangel was chosen for you because it is time for you to believe in your own beauty and the amazing books, courses, and insight you have to offer. Looking inside yourself, being gentle and patient with yourself, and asking for assistance from the Archangels (especially Jophiel) can help you with this. I feel, that you put so much pressure on yourself on where your mind thinks that you should be on your journey, instead of “feeling” where you should be. There really isn’t any right or wrong, just trust and believe, mostly in yourself. Now is the time for you to work on becoming more accepting and know that your insight will shine brighter than expected. It all depends on you and when you decide to release your block. In the meantime, continue to keep your ideas flowing by writing them down. Keep an “Ideas” journal handy as well as an “A-ha” journal for your insights that will begin to flood through. Focus on the beauty all around you. Yourself, nature, the unexplained “coincidences” that is really spirit guiding you, and your family.

## Section 2: Numbers

Numbers are one of the most common ways that Spirit talks to us. Most of us can relate to seeing number sequences regularly. You look at the clock and you see the number 11:11, 1:11, and 9:11. These numbers have meaning and are there to offer help to you on your daily path. Numerology offers meaning to single digit numbers so for instance the year 2016 would equal 9 (2+0+1+6). Nine in numerology means endings. Therefore 2016 for so many felt like an ending and it was a relief to head into 2017. The Angels offer you a number signs as well. You must ask Angels for their assistance and once you have done that, numbers are a common way that they will help you along your path.

It is important to know that we do not reflect only one number in numerology, we are a combination. Based on our physical setting, our energy, and the situation we are facing at any time can determine what number we are exhibiting. I will select the one number that I receive from my spirit guides and angels. The number that I do pick up on is based on your energy at the time and is available in this report to give you a general idea on your personality and is not all inclusive.

Upon meditation and asking the angels for their assistance, the number(s) I have chosen for you is:

**Numerology: 3                      Angel Numbers: 222**

In numerology, the number 3 is considered an extraordinarily talented individual. This number is like a gifted teenager who is still under the protection of its parents: a bit spoiled, certainly scattered at times, and in need of guidance. The most obvious trait is creativity. As a 3, you have a powerful need to express feelings, ideas, and visions. Your social skills are excellent; however, you may find that procrastination may be a concern of yours. A unique quality of yours is that you tend to be at the right place at the right time. This could be connected to your distinctive sense of rhythm that can be measured in seconds, years, by the beating of a heart or by the movement of the stars. Right now, I feel that your mind is dictating the decisions, and therefore your heart is out of rhythm with your timing.

Happiness is easy for you to achieve as you can find “shallow” happiness with a relationship or a new car. It is now time for you to go deeper within yourself to

learn the real beauty of life is not found in possessions or illusions. Before you can find the true love of another human being, you must find that within yourself. Remember, your intentions of what you create within yourself, can materialize outside of yourself. It is that karmic effect, the vibration you feel, think, and display with your actions, will come back to you. When you truly love yourself, then the love will come to you. Remember, this person needs you just as much as you need them.

With Angel numbers, the number 222 is reminding you to trust that everything is and will work out exactly as it is supposed to. You and those involved are receiving Divine blessings. You must let go and have faith.

## Section 3: Color

### Blue and Red

The color psychology of blue is trust and responsibility, honesty, and loyalty. This color does not like to make a fuss or call attention and tends to be a bit reserved. As a blue, you have the need to do things in your own way, the need for order and direction in your life, including living and work spaces. You exhibit inner security and confidence and can be relied upon to take control and do the right thing in challenging times. Ultimately, you seek and work towards promoting peace and tranquility above anything else. As a result, your mind is conflicted with your heart.

The traits for your need of order, direction, and control is the mind. This is where the stress you are putting on yourself comes from. I feel it is the mind trying to control where you should be and where you need to go. When your mind and heart are not in balance, your confliction, anxiety, and discrepancies within yourself come from.

Blue reduces stress as it creates a state of calmness and relaxation. Blue relates to one-on-one communication, especially utilizing the voice, this relates to you as a teacher. Blue inspires higher ideals in others and your wisdom comes from higher spiritual perspective. Blue is the color of the spirit, devotion, and religious study. It enhances contemplation and prayer.

This color represents Archangel Michael. You can wear blue to attract his energy anytime to help you accomplish protection, security and the areas listed above.

The positive traits of blue need to be exhibited with a one-on-one conversation with your mind and heart. When both are on the same page, wisdom absolutely flows among you (a separate handout attached will explain how this can be done).

Archangel Michael is associated with blue. Call on him for protection, guidance, direction, self-esteem, motivation, courage, commitment, faith, energy, and releasing fear.

Red is warm and positive color. It is energizing and excites the emotions and motivates us to act. Red signifies an innovative spirit and leadership qualities, promotes ambition and determination.

Because you are a bit on the timid side, red can give you confidence and help you be more strongminded.

Red awakens our physical life force, which ties in to the Root Chakra. This is considered our base and when it is unbalanced, we may become overwhelmed by the materialistic side of our lives. You may feel as though you are “in a rut” or detached. Grounding yourself is a wonderful way to help keep your Root Chakra balanced. The physical body governs the immune system, the skeleton and the lower digestive tract. I have attached two handouts to help you ground and shield yourself in addition to balancing your Root Chakra.

Archangel Uriel is associated to the color red. Call on him to assist you in illuminating situations and transmutation. He helps with insight, clarity, peace, vision, problem solving, writing innovative ideas, and tests.

Remember to bring in yellow when you are wanting the energy of Archangel Jophiel.

## Section 4: Area Needing Your Attention

This is an area that intuitively I will address. In addition to the information I provided in Section 1, I feel that you are in a content place in your life. Your children are getting older and beginning to follow their path and even though you miss them around, you are now at a new stage in your life. At times, you are excited, fearful, sad, and happy all at the same time. Remember absorbing your feelings are not healthy, you must observe them.

I feel that you are being timid when it comes to following some of your dreams. I do not feel that your dreams are something outlandish. I feel that they are completely achievable; however, you are blocked. As stated earlier, do not push yourself too much and be patient. Have the Head/Heart Conversation to determine how the two can work together by compromising.

### Cards Pulled:



Not only is Spring around the corner, but this is also an opportunity for you to embrace the new that is within you. This validates that for you to expand and grow, you must be easy on yourself.

## Section 5: Word or Phrase

During my Angel Card Readings, I will sometime recognize a word or phrase that describes the overall message. The word I received for you is:

### **Butterfly**

This has two meanings. First, this Spring you will begin to emerge your new self, after being in a cocoon for so long. It will be when you are ready to emerge and when you do so, you will be more determined in your beliefs and dreams. You will be showing yourself in a more confident way. Your children and those you know will see a difference in you. However, you must do the work. Grounding, shielding, being more willing to work on your dreams, trusting, believing, having faith in yourself along with God and his Angels, and asking for assistance from your Spirit Guides.

The second meaning is a connection to the spirit world. Butterflies often represent those we love on the other side. I really cannot pick up who it is, but I do need to tell you that when you see a butterfly with blue wings around you, it is a loved one from the other side. I feel that you know who this is reference to. Do not analyze it, it is the first person that came to your mind.

## Section 6: Crystals

Crystals grow in the earth's crust over millions of years at high pressure and heat making them the objects on earth with the most energy. Science has now proven that everything in the Universe is in a constant state of vibration. Even solid and inanimate objects. Crystals can receive, containing, projecting, emanating, refracting, and reflecting light – the highest form of energy known in the physical universe.

Crystals hold a healing property because of this energy involved with them. When us, as humans, have a dis-ease, it is ultimately because we are out of alignment energetically and it ends up affecting us physically. Crystals can help us realign our energy, so we end up feeling better.

The crystals I have chosen for you intuitively to assist you with your day-to-day concerns and to help with the alignment of your energy are:

**Amethyst—Inspiration**

**Bloodstone—Renewal**

**Fluorite—Higher Insight**

**Hematite—Protection**

**Obsidian—Grounding & Shielding**

**Smoky Quartz—Focus & Reduces Emotional Blockage**

Most people are interested in attracting prosperity, abundance, and money. Keep in mind that prosperity and abundance does not always include money. It also includes being happy, joyful and healthy. Crystals that help with prosperity and abundance includes turquoise, spinel, and amethyst.

## Section 7: Essential Oils

Our bodies are capable of healing itself naturally; however, our bodies may need natural support to enhance its healing abilities. Essential oils can help with concerns of your mind, body, and the spirit. Crystals are one natural way to help our bodies heal itself naturally and the other is essential oils. It is just learning what the body needs and then providing it, naturally.

It is important when purchasing essential oils to find a company that ensures the essential oils they sell are that of quality. The terrain and the soil that the plants were grown matter. If chemicals are used, then the oil extracted from the plants will also contain that chemical and will negatively affect the chemistry of the plant and oil. That defeats the purpose of using essential oils. Other areas that can affect the authenticity of the oil meaning synthetic additives may be added, as there are minimal standards to companies.

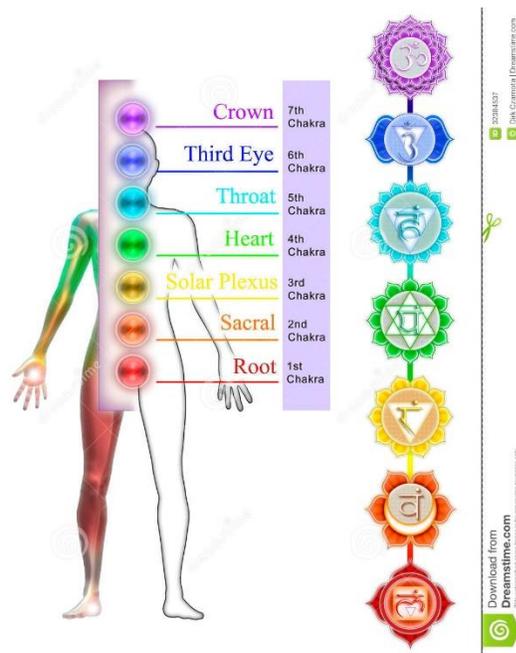
Essential oils can be applied in diverse ways and it is dependent on the specific oil. Directions must be read to ensure it is applied accurately. These include: Aromatically, Topically, and Internally. I recommend aromatically, either through a diffuser or smell directly from the bottle.

There are oil blends that may be beneficial to your needs, but I will be listing the single essential oil that will benefit you based on this report.

Essential Oil	Used For
Douglas Fir	Renewed
Rose	Love
Sandalwood	Inspired
Vetiver	Grounded
Wild Orange	Productivity
Yarrow	Balance

## Section 8: Chakras

Chakras are energy centers associated with specific areas of the body. They are separate but work together as a system. Chakras are simply energy processing centers for the body. Our physical organs process our physical matter (nutrients and blood) and our chakras process our emotional matter (love and security). The body has hundreds of chakras (funnel like vortexes); however, the seven main chakras are what is commonly acknowledged. Below is an image showing those seven chakras and a quick overview of each. You will be able to address the chakra you need to spend time on based on the other information located in this report.



The Root Chakra helps with survival, vitality, reality, grounding, security, support, stability, individuality, courage, and impulsiveness.

The Sacral Chakra helps with feelings, emotions, intimacy, procreation, polarity, sensuality, confidence, sociability, freedom, and movement.

The Solar Plexus Chakra helps with personal power, will, knowledge, wit, laughter, mental clarity, humor, optimism, self-control, curiosity, and awareness.

The Heart Chakra helps with relationships, love, acceptance, self-control, compassion, guilt, forgiveness, harmony, peace, renewal, and growth.

The Throat Chakra helps with communication, wisdom, speech, trust, creative expression, planning, spatial, organization, and caution.

The Third Eye helps with intuition, invention, psychic abilities, self-realization, perception, release, understanding, memory, and fearlessness.

The Crown Chakra helps with knowingness, wisdom, inspiration, charisma, awareness, higher self, meditation, self-sacrificing, and visionary.

There are several ways you can clear these chakras when you are experiencing that they may be blocked.

- Meditations—There are several guided meditations on YouTube or you can purchase some on iTunes.
- Visualizations—There are several that I am sure you can find on the internet but the one I like that is quick and easy is called Vacuuming and is from Doreen Virtue's Book, "*Chakra Clearing*". Visualize a huge vacuum coming from the clouds, that is being sent down from God. As this vacuum reaches you, see it going through your Crown Chakra (top of your head) and it is now on where it is sucking out all the negative and harsh energy that has been covering all your chakras.
- Angel Therapy. You can call on Archangel Michael to come to you where you will ask him to cut all the etheric cords that are draining you. Archangel Michael is available to you anytime, whenever you ask for his guidance, to clear all dark energy.
- There are so many other ways to clear and clean your chakras.

## Section 9: Recommendations

There are several ways to help release old patterns, bring in new habits, and to help you deal with the obstacles and issues that confront us almost daily. These tools are positive ways you can honor your mind, body, and spirit so that you can heal and handle life with its lessons. I would encourage you to experiment with these and follow the ones that speak to you the most.

- Sea Salt Baths
- Meditation
- Going for a Walk (Any type of exercise)
- Enjoying Nature (sitting outside, going for a hike)
- Reading Something Inspirational
- Helping Others
- Journaling
- Resting
- Showing Gratitude
- Forgiveness
- Yoga

## Section 10: Biography and Contact Information

Misty Thompson is a best-selling author, psychic medium, Mind, Body, & Spirit Practitioner, Spiritual Life Coach, Certified Angel Card Reader, and spiritual teacher. She accepts individual appointments for mediumship and Angel Card Readings and offers group sessions, group mediumship readings and angel workshops to educate those about spirituality and angels.



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