



## DAILY PRACTICE

### 1. Muscle Test Ray

- Create a circuit with your thumb and first finger.
- Set your intention by testing optimal/less than optimal three times with your test finger.
- How many rays do I need to sustain me as I move through my day?
- Which Ray/Rays?

### 2. Download

Protected and guided by my guides I invoke the energy, wisdom and light qualities of the **insert ray** to flow through every aspect of my being, to assist me in my life today.

I invoke **insert Archangel** of the **insert ray** to oversee the light entering my energy system, ensuring I absorb the perfect amount and intensity to assist me in my current spiritual growth process on Mother Earth.

Allow me to deepen my connection with the qualities of this **insert ray** so I may integrate its energy deep within my being. Thank you.'

**It is done. It is done. It is done.**

### 3. Witness

I invite you to witness the changes in the way that you move through life by journaling at the end of the day.

Be awake to the different way that you respond to life and the different way the life response to you.

Witnessing the unfolding is a great way to embody the new way of being so that you can hold the new frequency and live through it.



## 12 RAYS

No.	Colour	Symbolism	Angel	Meaning
1	<b>Blue Ray</b>	God's Will	Archangel Michael	Power, Protection, Will to do, Divine Order
2	<b>Yellow Ray</b>	Enlightenment	Archangel Jophiel	Illumination, Wisdom, Understanding, Spiritual Growth
3	<b>Pink Ray</b>	Divine Love	Archangel Chamuel	Tolerance, Reverence for all life, Balancing the emotional body
4	<b>White Ray</b>	Purity	Archangel Gabriel	Immaculate Conception, Hope, Restoration, Resurrection, Ascension
5	<b>Green Ray</b>	Truth	Archangel Raphael	Illuminated truth, Inner Vision, Conception, Healing, Dedication
6	<b>Ruby Ray</b>	Ministering Grace	Archangel Uriel	Selfless Service, Healing
7	<b>Violet Ray</b>	Freedom	Archangel Zadkiel	Transmutation, Forgiveness, Mercy, Compassion
8	<b>Aquamarine Ray</b>	Clarity	Archangel Aquariel	Divine perception, Discernment, Dignity, Courtesy
9	<b>Magenta Ray</b>	Harmony	Archangel Anthriel	Balance, Solidity, Assurance, Confidence
10	<b>Gold Ray</b>	Eternal Peace	Archangel Valoel	The Great Silence, Inner Calm, Comfort, Liberty, Spiritual Freedom, Balance
11	<b>Peach Ray</b>	Divine Purpose	Archangel Perpetiel	Fulfillment, Selfless Service, Happiness, Joy, Enthusiasm
12	<b>Opal Ray</b>	Transformation	Archangel Omniel	Transfiguration, Rebirth, Rejuvenation, Spirit of Humanity