

# Ask An Angel

Angel Messages with Christopher Dilts

## On Self-Healing

From *the Angel of Self-Healing*  
Received March 17, 2004

### Invocation

*Beloved and blessed Angels I call upon you. Beloved and blessed Angels, gifts of Creator, gifts that support and help me to express my own gifts and my loving presence.*

*Blessed Angels come to me now, help me to be receptive, open and clear to receive your gifts; bless me and be with me.*

*I call today upon the Angel of Self-Healing. This Angel who knows us so well and who loves us completely and unconditionally. Angel of Self-Healing, I allow myself to open to your assistance. Blessed Angel, come to me now, I ask for your help. Angel of Self-Healing, I ask for your loving energy, I ask for your wisdom, I ask to receive what will help me to heal and be whole.*

### Angel Message

"When you call upon me, the Angel of Self-Healing, it is very important that you realize that I know you completely as you are in this very moment. Your place of greatest receptivity is to simply allow yourself to be exactly as you are with your strengths, your abilities and your gifts, as well as your sorrows, your grief, your failures, and your vulnerabilities. Realize that an Angel sees you in totality. Realize that you are seen as whole and complete in every moment. Realize that from the Angelic perspective, your life is perfect, exactly as it is.

How can this be? Certainly you feel that there are imperfections, that there is pain, illness, discomfort and sometimes great distress. I and your other Angels see all of this – acknowledge all of this - understand all of this. We understand your mind, your body, and your spirit. We see you in the full and complete spectrum of who you are, of what your potential is, and of what your present life informs you.

There is a loving universe all around you. There is the universe that knows you, that speaks to you, that understands you and provides for you in every moment. Your place within God's creation that is supported and encouraged and respected and loved. I will call you right now into a deep awareness of yourself. I will call you into the state of the lucid dreamer – the dreamer who both dreams the dream and is aware of themselves doing so.

There is a place of awakened awareness within you. This place never sleeps. This part of you is ever aware and calling out to you. Even in your own deepest places of distortion and illusion and contraction and rejection of the love Creator holds for you, there is always your knowing soul, your

informed and loving spirit yearning to be free and to share with you and to inform you of the most from direct way back to love.

In this moment, I can assist you powerfully, deeply and profoundly simply by you allowing yourself to be with yourself exactly as you are. To accept yourself with all of your gifts and with all of your griefs.

A coin has two sides: heads and tails. You are living in a world of duality. You have day and night, hot and cold, up and down, heaven and earth, love and fear, and on and on and on. Yet, it is all only one coin, made of the same metal. You are only one being, made of the same soul-spirit as Creator and creation. There is nothing else that you can be made of.

Most of the coin knows not whether it is heads or tails. Most of the metal in the coin is only aware of being one coin. So your soul knows you as only one aspect of Creator's love. Heads or tails, up or down, your soul remains like the metal of the coin. Your soul, in truth, is above and beyond the ups and downs of duality.

Every saint, every sage, every enlightened one, tells you this. That the spirit within you, your soul within you, knows you as this - I ask only that you too, know yourself as this.

Know yourself as this for even one minute, even 30 seconds, and the gateways to healing open. Know yourself in perfect balance with creation and allow yourself to dance forward into creation. This is the place of balance. This is a coin spinning on its edge on a flat surface. The coin spinning quickly, not landing head or tails, but in balance spinning on its own axis, from its own center. I ask you to use the energy of your own experience of duality - grief and joy, happiness and sorrow, pleasure and pain, fear and love - as the energy that keeps the coin spinning above and beyond duality.

As the Angel of Self-Healing I can help you into this place of balance and motion. Everything that has balance has a calm, and still, center point. A center that holds. A center that is steady and constant. Whether this is a spinning dancer, a spinning top, a celestial body such as the earth or the sun, or the solar system itself, or even a great spiral galaxy, all have this steady center around which they turn. Your life has a steady center regardless of the motion of duality around it. You may choose to be aware of that center, to be in balance with it, as often as you are able.

Saints, sages and wise ones find this place frequently and live there often. This is why they maintain an awareness of love and wisdom in connection to creation regardless of what happens around them. Is this not why they so appeal to you?

Every time you hold your own center, every time you hold yourself exactly as you are in the moment, you access the still place and still point of your soul. Each and every time you connect deeply with yourself, you connect with everyone, everything, and all of the loving intelligent creation around you.

As the Angel of Self-Healing, I will tell you that if you allow yourself to see yourself and all around you moving to balance, moving to perfection, moving to wisdom, moving to divine connection and collaboration, then you have stepped into your own center point of stillness.

Take a moment now to sense your own center. Feel for that place of stillness in the center of your being. This is where eternity dwells - within you and around you. You too, are an eternal being. Your soul exists outside of time and space. This is the eternal life that lives within and around you

'ordinary' life. This is the deep awareness that is always present regardless of where your ordinary awareness wanders.

Choose to live your life from this still place of the eternal you. And your life becomes much simpler and much more potent. Your place of power is in the present moment and is in being with yourself exactly as you are: acknowledging all, accepting all, and then choosing the highest expression of yourself. I can assure you that the most powerful process of self –healing is in being fully and truly the highest expression of yourself that you are capable of. This often means reaching, and sorting out, and deciding with clear and loving discrimination. This means coming into alignment with your own inner still point, your own eternal self, your own soul awareness.

This also means deep and consistent self -acceptance. A person cannot walk up a staircase without realizing the stair they are currently on. You must be connected and grounded, present with your feet, present with the staircase, present with your desire to move up to something higher, more elevated and more expanded than the current stair you rest upon. Yet you must fully and completely respect your place, your current place of awareness on the staircase. It supports you, it allows you to be exactly where you are with your full intention of moving upward and forward. To be unclear and disconnected from your place on your present step of consciousness and awareness does not serve you. It leaves you feeling confused, uncertain, frustrated, faithless, depressed and disempowered. There is no place of consciousness that is not one of steps on this staircase.

The staircase leads only up, and up leads to only greater awareness, creativity, happiness and eternal love. I encourage you to love the step you rest upon now regardless of the circumstances you find yourself in, I encourage you to love that there is staircase beneath you and leading upward. I assure you that each step is a step into greater wholeness, completeness, and creative union.

Take this gently and deeply into your own contemplation, meditation and prayer. Take this deeply into your awareness and follow it to your own still point of balance within. And there you'll find great wisdom, great love, self-compassion and complete love. Remember to call upon all the loving aspects of creation to help and assist you along the way. With all blessings, with all love, with all respect and high regard for you, I remain the Angel of Self-Healing and am always at your service.”

-The Angel of Self-Healing



*Christopher Dilts* an internationally recognized Angel Intuitive and Healer who has been helping people learn to connect with their Angels for over 9 years. He has facilitated positive change for hundreds of people by helping them develop a deeply personal relationship with their Guiding Angels. For more information about working with your Angels and free Angel Messages, visit the Ask an Angel website. You are also welcome to contact Christopher directly about his regular worldwide Angel Healing Circles by phone and Ask an Angel Questions & Answers by phone, or to schedule an individual session:

[www.AskAnAngel.org](http://www.AskAnAngel.org)