

A vibrant rainbow arches across a dramatic, cloudy sky. The rainbow's colors are bright and distinct, contrasting with the darker, moody tones of the surrounding clouds. The sky is filled with soft, wispy clouds, and the overall atmosphere is one of natural beauty and tranquility.

# Rainbow Thread Energy Healing

By  
Anna Enfys

# Rainbow Thread Energy Healing

© 2020 Anna Enfys

## Foreword

Welcome Reader to this book version of the Rainbow Thread Energy Healing Course. This book contains all the information required but without attunements. Should you however, wish to receive those, after reading the book then contact the author and this can be arranged. Just email and ask for more details and for module 5 of the course material. Contact details are available at the end of the book.

So what is Rainbow Thread? You'll soon find out! It is a healing energy modality which was channelled to me quite a few years ago now. Quite honestly, I thought I was imagining things when this happened, but of course, I wasn't. It took a long time to write the course and, at times, I really felt like giving up! Angels don't work like that though. They nudge and keep nudging and, I for one am rather glad they do for I was indeed blessed to be given the opportunity to write the course and to work with the energy as others now do too.

It is only now, in 2020, that I'm guided to put the content into a book form for those who wish to learn more, without the commitment of really studying. You may find though, that it draws you in and pulls you along and gets you doing a bit of digging about for yourself with regards to colours and crystals and the wonderful Archangels who are so much a part of this work. The work and the learning needed aren't difficult.

So, read on if you will and enjoy the journey. Feel free to contact the author if you wish to go further or indeed, if you have any questions, or call upon the Angels, they know all about it, and in truth, probably much better than the author.

Blessings to You.

# CONTENTS

1. CHANNELLED MESSAGE FROM ARCHANGEL MICHAEL AND THE OTHER 6 ARCHANGELS OF THE POWER OF 7.
2. HOW THE RAINBOW THREAD WORKS AND WHAT IT SOUNDS LIKE, FEELS LIKE AND LOOKS LIKE.
3. RAINBOW COLOURS AND THEIR HEALING PROPERTIES.
4. THE COLOURS AND THE ARCHANGELS
5. THE CRYSTALS AND THE ARCHANGELS
6. ESSENTIAL OILS AND THE ARCHANGELS
7. SOUND AND THE ARCHANGELS
8. PROTECTION AND THE CALLING IN OF THE RAINBOW THREAD
9. IN PERSON HEALING WITH THE RAINBOW THREAD
10. DISTANT HEALING WITH THE RAINBOW THREAD
11. SELF-HEALING WITH THE RAINBOW THREAD
12. RAINBOW THREAD HEALING FOR ANIMALS
13. CONNECTING WITH THE ARCHANGELS AND ANGELS ON A DAILY BASIS
14. THE LATEST UPDATE 11.4.2020

ABOUT THE AUTHOR

COPYRIGHT

RECOMMENDED READING

DISCLAIMER

## CHAPTER 1 ~ Channelled messages from the seven Archangels.

I, Archangel Michael, am with you to tell you about the rainbow energy known as the power of the 7 archangels or, as it will be known, The Rainbow Thread.

The Rainbow Thread works on the same basis as reiki energy and harnesses the Angelic energy of I, Archangel Michael, Archangel Raphael, Archangel Uriel, Archangel Jophiel, Archangel Zadkiel, Archangel Chamuel and Archangel Gabriel. The author of this course (now book too) has been chosen to be the one to channel, write down, and facilitate the use of the Rainbow Thread as a healing modality, and she will be the one who spreads the word to all who are interested in working with, or receiving Rainbow Thread Energy Healing. You applied for and have been accepted. This new energetic healing will require the right people to work with it, and, guidance is given as to who to accept onto the course.

The energy on Earth is rapidly changing and moving to an ever higher vibration and this is why this new healing is being brought into existence. There is much healing to be done and, after October 2016, this will be even more the case. It is the intention of the Creator that those in human form be healed, awakened and follow their true paths. This Rainbow Thread Healing Energy course will also evolve and many will learn to use it and spread this Healing Energy across the world.

The following channellings will be from those of the Power of the Seven Archangels, for we each have a particular message to convey and, know that the words we speak through this channel are the truth, and come from the Creator, Source, God of all that Is, and is sent for your highest good and the highest good of all. And so it is.



Archangel Michael ~ Blue Ray

## ARCHANGEL URIEL

Dear Ones, I am Archangel Uriel and it is my pleasure to be here at this special time, for I am one of the Archangels who form the Power of Seven, or the Rainbow Thread. You should know that many will ask why this being in human form, and I shall tell you why. For she had a long, long working relationship with the Angelic Realm and has only fairly recently become aware of this. The channeller is also very familiar with the workings of crystals, colours and aromas. Therefore, she is the choice for this project, if you will.

You will find that in practising and in receiving the Rainbow Thread Energy Healing that you become more attuned to the Angelic Realm and many of you will deepen your connection with your psychic abilities. This calling to this practice should not be taken lightly, for it will be required that you update your knowledge and skills as this energy healing modality evolves, hence why there is an application and acceptance process. Do not be alarmed or put off, for you shall receive all the support and guidance you need. Be ready to go forward with this work and always, Dear Ones, use it for the Highest Good of All. For now, I am complete, Goodbye for now.



Archangel Uriel ~ Red & Gold Ray



## ARCHANGEL RAPHAEL

I, Archangel Raphael, am here with you now to explain a little about that which is known as the Rainbow Thread. The Rainbow Thread harnesses the power of the seven Archangels of the Light. They being Archangels ~ Michael, Uriel, Gabriel, Jophiel, Zadkiel, Chamuel and I, Archangel Raphael.

For those of you that don't know, each of us is linked to a ray of colour. The colours belonging to the rainbow. For all energy is rainbow coloured, white light holds all the colours of the rainbow. The Rainbow Thread Healing Energy is based upon reiki to some degree, but it a purely angelic energetic healing method.

Those that come to do this course and/or book and then to practice, will not need to be able to see, hear and feel the Rainbow Thread, although this may happen to some straightaway, or during working with the Rainbow Thread . All assistance will be given and you will be supported every step of the way. Some will find it harder than others, but know this, it will not make you any the less effective, and all who are accepted to learn and practice the Rainbow Thread Energy Healing, will go forward, hence, to spread this energy healing and to assist with the ascension of Earth and indeed, those in human form.

I, Archangel Raphael, am so happy to have channelled this message and I do, indeed, look forward to connecting with so many of you. You are in a good place and this is indeed a special time, a special energy and, mankind will benefit from your efforts, your work, your light work, for that is what it is. Go forward and learn, live, be of service and follow your true path. I, Archangel Raphael, am complete. I leave you with love and Blessings. Goodbye for now.



Archangel Raphael ~ Green Ray

ARCHANGEL CHAMUEL – Dear Ones, I am Archangel Chamuel, and I am here with you today to speak of your role as healer and using the healing energy of the Rainbow Thread.

Take care not to endeavour to change the world with this healing for it will take time, indeed, longer than your time in this incarnation. Work steadily, with faith and from the heart.

I, Archangel Chamuel, will assist you in opening your heart chakra fully and will assist you in healing past hurts and heartbreaks. You will need to be cleansed, whole and uplifted and I, and the other six Archangels who form the Power of Seven are happy to assist.

Please know that all the work you do is at the will of the Creator, God, Source. You have been chosen and it will be hard work at times but you will find satisfaction and enjoyment in it. Do take care though, to keep your life/work balance stable and make time for yourself, love yourself, honour yourself. I know that sometimes this is easier said than done, and so I say to you now, ask for assistance in your work, in your play, in your rest, in your life. It can be done and shall be done, for your Highest Good and the Highest Good of All.

I, Archangel Chamuel, am happy you have chosen this path, this course, or indeed this book, and this work, for you are meant to serve and fulfil your soul agreement. Do not be daunted, you have all you could possibly need, and will do your work well. I leave you now and Bless you as I go. Goodbye for now.



Archangel Chamuel ~ Orange & Pink Ray



ARCHANGEL JOPHIEL – I, Archangel Jophiel, am here joyfully, to congratulate you on choosing to learn about, and then to practice the Rainbow Thread Energy Healing. The learning will take you through all you need to know about the seven Archangels who make up the energy of the Rainbow Thread. If you know about therapies and Angels you will be aware of how well they all can be worked alongside each other. You will learn about the crystals, colours and essential oils linked to each of the Archangels. You will learn how to invoke, how to sense, how to pass on this healing energy you will be working with.

The course and book will evolve over time and will be updated and you will always be given those updates for it is important that you grow as the modality grows, for it will not be a static thing.

Thank you for being here and reading this, for it means you are going to be assisting the author in her work also, and you shall all love and support one another, be that in the flesh or through social media. As this message forms part of the introduction, there are no links or addresses but, these will be available at the end of the book material.

Dear Ones, I thank you again. Call upon me for assistance whenever you need it, and I look forward to connecting with you again very soon, but for now I leave you with Love and Blessings and for now I am complete.



Archangel Jophiel ~ Yellow Ray

## ARCHANGEL GABRIEL

Dearest Ones, I am come this day to congratulate you on taking the first step to a brighter future. Brighter for you and brighter for those you assist in healing with the Rainbow Thread Healing Energy. You will understand more as you work through the book and the course if you so choose, and will carry on learning for some time to come. The Rainbow Thread Healing Energy is powerful and yet gentle, and you will find it a powerful healing, both to give and to receive. I would like you to know that you will find all the guidance you need, both now and in the future, through the books and courses which will follow as the Rainbow Thread Healing Energy evolves. Some of you will become teachers and pass attunements and guidance to others and so the Rainbow Thread will be spread, far and wide and be woven, as a thread it is, for the more it is spread, the stronger the Healing will become.

Go forward now, Dearest Ones, with an open heart and an open mind and enjoy your work with the Rainbow Thread Healing Energy. Put all your love into it and see what a difference you shall make. Call upon, Dear Ones, whenever I can be of assistance, and it shall be my pleasure to answer your call. Be Happy. Work Hard. Play Hard. The future is bright, Dear Ones, shining ahead of you just like a rainbow after the rain. I leave you now, but I am only a breath away. I bless you and uplift you. For now I am complete. And so it is.



Archangel Gabriel ~ White & Indigo Ray

## ARCHANGEL ZADKIEL

Dear Reader, I am Archangel Zadkiel, and I am so pleased to be with you this day, for it means that this long awaited healing modality is being brought into being through the power of the seven Archangels and she who channels and wrote this course and now book.

I, Archangel Zadkiel, am the Keeper of the Violet Flame, which is able to transmute all density and negativity. It is advisable for you to invoke the flame whenever you are working at your healing. It is powerful protection indeed, and is always at your disposal. You will be given the invocation further along in the course, where you will learn all about protecting yourself. It is of prime importance to the Angelic Realm and close to the heart of this channel that you all know how to protect yourselves adequately. That is not to make you afraid, just to educate you, Dear Reader.

I am only ever a call away. Just call my name or just say “violet flame” and it shall be done. You are going to be doing important work and so, I shall work with you and through you and you shall come to know me well. I, Archangel Zadkiel, say to you

now, be ready, be steady and go forward into the light, your light, the Light of All That Is. I am complete and I leave you with Love and Blessings. Goodbye for now.



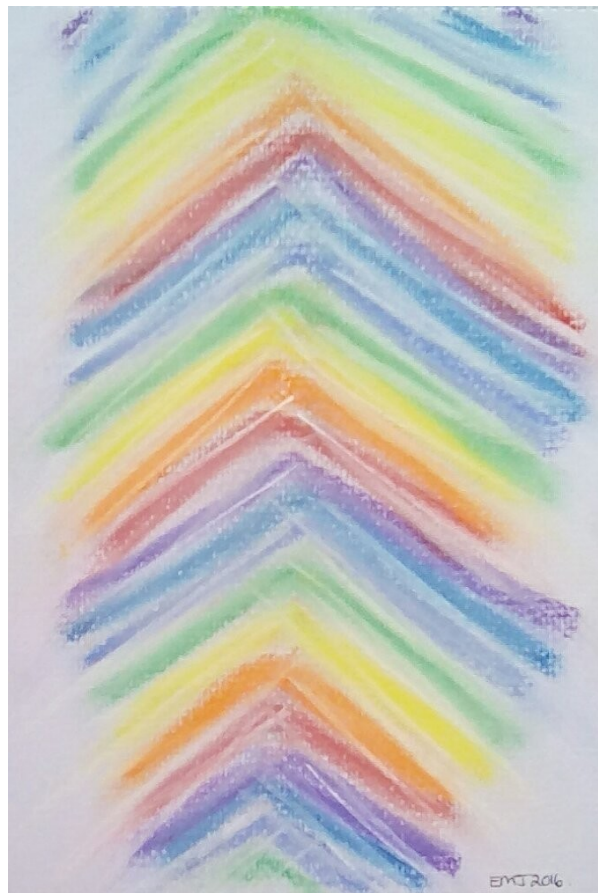
Archangel Zadkiel ~ Violet Ray



CHAPTER 2 ~ The Rainbow Thread – What it looks like, what it feels like, what it sounds like and how it works.

The Rainbow Thread is a healing energy which is a form brought about by calling in the Power of the 7 Archangels. You will discover how to invoke this, when to invoke this and how to use it, later on.

The Rainbow Thread is literally a thread of rainbow-coloured energy. A strand containing seven colours of the rainbow. The colours show as separate chevrons of colour. This may vary from person to person depending on their own perception. This is how the author sees it and as it was channelled for the drawing.



Energy painting of the Rainbow Thread

The sound of the Rainbow Thread is a shrill ringing sound, just as when one runs a finger around the rim of a glass. The feeling is that of heat in the heart chakra and a tugging, hot feeling to the solar plexus. Some of you will feel, see and hear it. It matters not, for you will find you get to notice in other subtle ways ~ your intuition will tell you.

Now, how does the Rainbow Thread work? When the healing of the Power of 7, the Rainbow Thread, is needed, you will sense it in your own way or, through your assessment of your clients if you go on to be attuned. You will then use the invocation required to bring in the energy of the Power of 7 or the Rainbow Thread. You will feel this come in and it may be tingling, or warmth you'll feel. You will feel it move through your body and down and through to the fingertips, which, of course, is where you'll send the energy to your client.

There are no particular hand positions to learn, although, if you are also a reiki practitioner, you may wish to use the hand positions you know. Know that your intuition will guide you where to place your hands, you may hear and see guidance also. Even if you were to have no 'clairs', the Rainbow Thread Healing Energy will still be working. Clairs is a word used to describe psychic abilities ~ i.e. clairaudience ~ clear hearing. Clairsentience ~ clear feeling. Claircognizance ~ clear knowing. Clairvoyance ~ clear seeing.

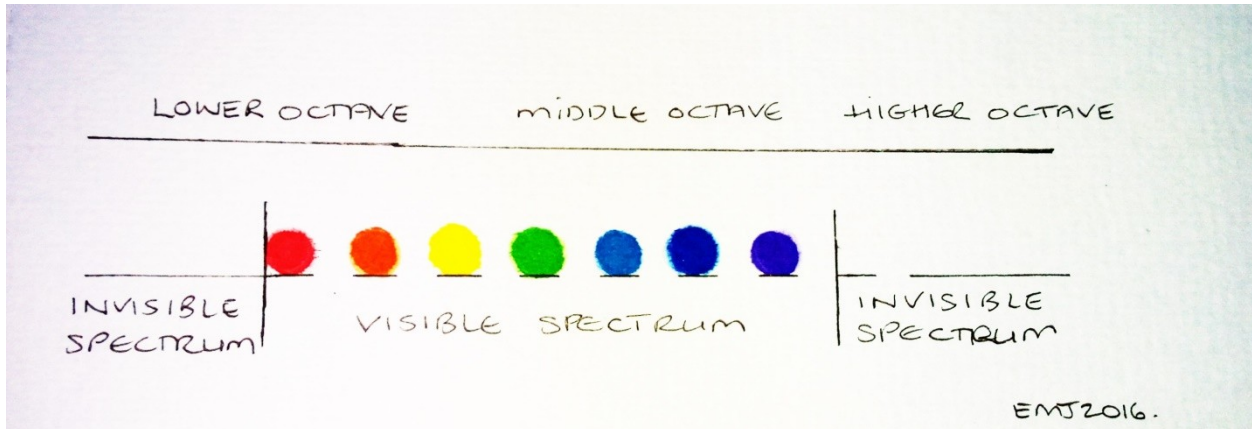
As one channels the Rainbow Thread Healing Energy, the energy sets about promotion of healing and balance within the recipient. This of course, may take more than one channelling but, know that each component (or energy), of the power of 7 works on a different level and addresses different areas. You do not need to use hand positions for the Rainbow Thread, as stated before, for the Archangels know what healing is required so, onward, Dear Reader, there is a lot more to read through.



## CHAPTER 3 ~ RAINBOW COLOURS AND THEIR HEALING PROPERTIES

You should know that the colours of the rainbow that are viewed by the physical eyes, are all linked to the Chakras, to the Archangels, the Crystal Kingdom and to plants, for all is energy. You are energy, I am energy, all is energy. Of course, there are many more colours to be seen which cannot, as yet, be seen by the naked eye. Those with the gift of Clairvoyance may get to see other colours and, in time, so will all, once mankind is once more in connection with their spiritual side and All That Is. Read on now and see how colours are linked to the physical system and information about their respective healing properties. Although, as a Rainbow Thread Energy Healer, it is not necessary for you to diagnose, know the ins and outs of the colours and chakras, for the Angels of the Light know what an individual needs at any given time, it doesn't do any harm though to have a little knowledge about the different coloured energies and the chakras.

The colours of the rainbows we see in the sky are part of what is known as the visible spectrum, those not visible are known as the invisible spectrum. Magenta, for instance is part of the invisible spectrum. Colours also belong to an octave. Red, Orange are lower octave, yellow and green, middle octave and blue and violet are higher octave. See diagram below ~



### THE RED RAY, IT'S RELATED CHAKRA, PHYSICAL SYSTEMS & HEALING PROPERTIES.

Red is the colour of passion, life, energy and, is linked to the root or base chakra, located at the base of the spine. The root or base chakra is linked to the Circulatory System & the Adrenal systems. Another name for this chakra is the Muladhara. The colour red is the colour of the life force running through our veins – Blood.

Therefore, red is linked with the circulatory system, the adrenals and our sexuality too. As with all colours there are negatives and positives to the colour red. This is

why it is important that each chakra is balanced and that there is not too much or too little of any colour. Balance is the key in all things, in all of life as we know it.

Red is, of course, a healing colour, as with the other colours of the rainbow. There are some higher chakras and their colours are outside of the visible spectrum, although having said that, some clairvoyants and aura readers may see these and many other colours, not visible to most people.

A way a person behaves or reacts to things is a very good indicator of whether there is too much or too little of a colour. If you come across an angry, quick tempered person, it is likely that the root chakra is over active and there is too much red in the system. We need red to ground us, give us vitality, to assist the flow of blood and our mobility. Red too, is linked with sensuality, passion and mental/physical energy. Our hearts and blood pressure are also affected by red. Too much gives rise high blood pressure and cardiac problems. Someone lacking in red will be joyless, listless, lack zest for life and be a negative thinker. Red, being the colour of the blood also affects the blood, lack of giving rise to anaemia. A blockage in the root chakra can give rise to limiting of the flow of life force energy.

See if you can work out, or research what is caused by too much red energy and which by too little. See what you can find out about the colour red. How does it make you feel? Do you like the colour, dislike or avoid wearing it in your dress, dislike red foods, décor? Have a think about that one! As time goes by you may discover many more things about red and all the other colours, especially if you decide to work with other therapies alongside the Rainbow Thread Healing Energy. This is entirely up to you, for The Rainbow Thread and the Power of the 7 Archangels is a perfect standalone therapy. You only need to be the channel for this healing energy.

Therefore, how much you learn or study colours is entirely up to you, but none the less, these things will be briefly covered, as it does no harm to glean a little knowledge, and so this information is included in this book.

## THE ORANGE RAY

The orange ray is linked to the sacral chakra, which is also known as the Svadhisthana and, is located in the lower abdomen, and is linked to the Digestive System, Sexual Organs (ovaries & testes) and the Lymphatic System. Orange is a vibrant colour of Joyousness, Sexuality and Creativity. Orange is of course a mixture of red and yellow. Each chakra's colours 'bleed' into the ones next to it. So, orange is a strong, potent colour but is tempered by the yellow held within it. This colour gives us a sense of self by way of confidence, and respect. Orange is warming and uplifts you and has a releasing quality. Oddly, many people are averse to using this colour, especially in dress and décor. How do you feel about orange? It is a wonderful colour which brings vibrancy and a zest for life and a feeling of happiness. Lack of orange can lead to a lack of vitality, depression or melancholy and also digestive and sexual problems and fertility problems too. Orange is a mental and physical tonic and can aid in shifting creative blocks and lack of confident, self-respect and self-esteem. Importantly, orange can recharge and replenish the aura. I mentioned earlier that

orange is one of the colours many people do not like to use in their attire, their décor. Have a think about that one. How do you feel about orange? Do you avoid it? Are you averse to everything orange, including foods? We intake colour through foods too, as well as through everything else!

## THE YELLOW RAY

Yellow, the colour of sunshine and, the Hara Centre. Yellow is linked to the Solar Plexus Chakra located just above the navel, and is also known by the name of Manipura. Yellow is linked with the pancreas, liver, gallbladder, and the autonomic nervous system. Yellow assists with purifying the system by releasing toxins. A good colour for students to use and, those creative souls, such as writers and artists, to work with. We all have a creative streak, you may think you don't, but you do and it is important to exercise your creativity. Yellow also assists with clarity of thought and decision making and is mentally stimulating. Yellow has strong links with the mind and our ego. A beautiful and cleansing colour but, perhaps one of the most difficult to wear. How do you view yellow? Love it or loathe it? Take pale yellow or acid yellow? How does it make you feel? A lack of yellow can lead to build up of toxins within the body and give rise to poor lymphatic drainage. Not enough of this colour can also give rise to poor digestion and intestinal problems. Yellow is the colour of purification within us. A fabulous colour to stimulate you mentally and bring about innovative thoughts. A person lacking in yellow may be low spirited, have lack of energy and strength. The skin is also affected by yellow, and not enough of this colour can give rise to things such as eczema and psoriasis. Yellow stimulates the head of the pancreas to produce insulin, so not enough of the colour for a long period may give rise to one becoming diabetic, either insipidus or mellitus. Yellow can enhance our feeling of self-power and self-worth too.

## THE GREEN RAY

Green the colour associated with healing and nature. Green is linked to the heart chakra, also known as the Anahata, and with the cardiac system, Nervous System, Circulatory System & Liver. This chakra is located in the lower, centre chest. Green revitalises us in body, mind and spirit. It is restful, healing and brings about feelings of unconditional love. The green ray can be used to balance all things, it is the great balancer. Think. How do you feel when you're surrounded by lush green trees? Be

that in the countryside, or, in your garden? Doesn't it make you feel much better? How do you use green in your life? Lack of green in our lives, in our bodies leads to imbalance generally, green can balance all. In particular you would notice lack of energy, and uptight, tense manner. Green stabilises the blood pressure and affects the circulatory system and the heart also. As green is the colour of balance, it can balance

and harmonise the aura. Green is also associated with unconditional love so is needed to bring that about both for self and for others. Green is a wonderful colour for aiding meditation as it is sedating and relaxing and brings feelings of peace.

### THE BLUE RAY

The colour blue is associated with the throat chakra, also known as the Visuddha and linked with the thyroid and parathyroid glands, throat, ears, respiration, venous blood. This chakra is situated at the base of the skull/throat centre area. Blue is the first colour of the upper spectrum. The red and orange being the lower and green and yellow the middle, or centre. Violet is also upper or higher spectrum, as shown in the diagram earlier on.

Blue reminds us of our connection to Heaven and Earth. It is a colour which is soothing and cooling and also very healing. Blue assists us with communication, particularly in the area of speaking our own truth. Use of the colour blue enables us to link to our intuition too. Blue contains antibacterial properties, analgesic properties, anti-inflammatory properties and can also arrest bleeding. This colour also helps us in appreciating and enjoying beauty, truth and peace. Blue can aid creativity, and also calms the mind. The colour blue is healing to the etheric and also the mending of the aura, where there are holes or tears. Blue is one of the top favourite colours. How does blue make you feel? Do you know of, or can you think of some good uses for this colour? It is an excellent colour choice for one with a throat issues, high blood pressure and one who leads a stressful life. Too much though, can lead to depression, lack of vitality, withdrawal and introversion. The colour is of great use in first aid as it can arrest bleeding, alleviate bruising with its calming, antiseptic and anti-inflammatory properties. Wonderful for helping with skin problems too. Blue can aid relaxation and bring about a feeling of peace.

### THE TURQUOISE RAY

Linked to a minor chakra, which is closely related to the heart and located just above the heart chakra and linked to the Thymus. Turquoise is a mixture of blue and green, so carries properties of both those colours. This colour is linked to the immune system. Interestingly, it is a very popular colour these days, no accident when so many seem to be plagued by allergies and reduced immunity! Therefore, turquoise is capable of boosting the efficiency of the immune system. Turquoise is cooling, relaxing and very refreshing in nature and also assists our vitality. How does turquoise make you feel? Turquoise is an excellent therapeutic colour. As it is close to the heart and has the colour green within it, it can also help in the area of self-love. An excellent colour to use where there is any inflammation, be it a headache or a swelling. Turquoise acts as a restorative to the emotions too and aids communication, our levels of awareness by refreshing the mind, alleviating tiredness and exhaustion and can help to remove creative blocks too. A great colour to use for strengthening the etheric body. Ever had to speak in public? This is a fabulous colour to wear as it aids communication and help to overcome fear of speaking and inability to

communicate. As I mentioned turquoise is a mixture of blue and green and so you will see, the above appears in blue or green. The chakras naturally 'bleed' into one another. For instance, turquoise is excellent to treat hypertension, to relax the nerves and emotions. It can help to engender love for oneself and others. Turquoise can assist where there is asthma or breathing problems. You see, how you get properties then, from blue and green. Turquoise is considered to be quite a modern colour. How do you consider turquoise, is it a favourite of yours? Ask your friends and family. I

I think you'll find it is very popular. The author was guided to include this colour in this course and you'll be able to see why.

#### THE INDIGO RAY

Indigo is linked to the 3<sup>rd</sup> Eye or otherwise known brow chakra or as the Ajna, which is located between the brows. It is linked to the pituitary gland, eyes, nose, lower brain, and skeleton.

Indigo is a mixture of blue and violet and you'll notice the properties of those colours also appear in indigo. Indigo is linked with vision, intuition, being psychic and is a protective colour. The colour of indigo is sedative, analgesic and also anaesthetic! I read of a lady who underwent a medical procedure without anaesthetic pain relief, purely by meditating on the colour. Indigo is a purifier and relaxes the mind too. It can bring clarity of vision, spiritual growth, inner vision and enable you to take responsibility for yourself. This colour is also cooling and restorative too. As a protective colour it also protects the aura. A very useful colour when applied in any therapy and, is wonderful for the skin, muscles and bones. Used to treat muscle strains, burns, rashes, boils, and can also help to build new bone tissue where there has been a fracture. Indigo is useful for problems pertaining to the eyes, ears and nose too.

#### THE VIOLET RAY

Violet is linked to the crown chakra, and it to the pineal gland. This chakra is located on the top of the head. Relates to the upper brain, head, central nervous system, spine and the psyche.

Violet has spiritual associations and is often used in religion and royalty. It is the colour of self-knowledge and spiritual development, and sensitive souls. The colour is capable of dissolving fear in the mind and cleanses the thoughts and emotions. Violet is a mixture of red and blue and is balancing to the crown and root chakras. A good colour too, to use for psychic protection. Violet and its relationship with the pineal gland means it can help normalise and balance hormonal activity. Violet strengthens the eyes and purifies the blood. It is anti-inflammatory and analgesic,

hypnotic and narcotic and also sedative. Has been used in mental and nervous disease, such as schizophrenia, manic depression. Violet can cleanse and protect the auric layer.

## THE MAGENTA RAY

Linked to a higher chakra, not located in the physical body, but approximately 6 inches above the head, and is known as the Soul Star chakra. It is a high octave colour. Magenta is a mixture of violet and red and is balancing to both root and crown chakras. The colour of magenta energises and nourishes us and helps to bring about harmony to the mind and the emotions. As a high octave colour it has a high healing frequency. Because of the mixture of colours that make up magenta, it is both stimulating and strengthening on the one hand and on the other soothing and sedating. Magenta stimulates the adrenals and suprarenals and energises the heart, thereby assisting with the flow of life force around the body and through the chakras. Those who have a liking for magenta are likely to have a mature attitude and outlook and a wish to be of service to others, as well as being practical and grounded. Magenta is a powerful colour, one I think you either like a lot or cannot bear. How does magenta make you feel?

Magenta can be useful if someone has collapsed or fallen into an unconscious state. It can assist with balancing needs of one's self and others. It is also transformative to the mind and is useful in helping one be able to see things from different viewpoints.

## THE WHITE RAY

The colour linked to a higher chakra located outside of the physical body, known as the causal chakra and, lies at 3 to 4 inches behind one's head. White is purifying. It purifies the emotions and cleanses the spirit and also protects the aura. White is the colour of grace and enlightenment.

The white ray holds all the colours of the spectrum and is of high vibration.

White assists the flow of ch'i through the chakras and helps to release negative thoughts and helps us to connect with our higher self. The colour white purifies the spirit and enables the soul to grow and also opens the crown chakra, which connects us to universal light. Use of the colour white can assist one in experiencing a state of grace.

There are two more chakras not covered and a myriad of minor chakras. The other two 'main' chakras are the Earth Star located at approximately 6 inches below the feet and resonates with black. The other is the Stellar Gateway, which lies approximately twelve inches above the head and is linked to the colour gold.

We cover the main spectral colours for the purposes of this course, however, as this is angelic energy healing there is no need for you to know the ins and outs of all. You will merely be the channel for the healing energy, the Angels will do the rest.





Diagram to show chakras and their related systems etc.

## CHAPTER 4 ~ THE COLOURS AND THE SEVEN ARCHANGELS

The seven Archangels who make up the Power of 7, which is the Rainbow Thread are each linked to a colour of the rainbow. The Rainbow Thread therefore is an energy healing which incorporates, the seven Archangels and the seven rainbow colours. Included also are the essential oils and crystals which also hold the colours of the rainbow and are thereby linked to a particular Archangel. Know that it is not necessary to know the ins and outs of the oils or the crystals, the colour vibration and your intention is enough for healing to take place. However, it must always be taken into account any contraindications given for the listed crystals and essential oils. You can also use silk scarves and other objects, such as crystals and oils, which have had the Rainbow Thread Healing Energy channelled into them, so they are a healing object. Use them on their own or alongside a Rainbow Thread Healing Session. To do this, for example, take the Scarf/Scarves in your hands and ask that the power of the seven Archangels use you as their channel to put the Rainbow Thread Healing Energy into the scarf or scarves, for the purpose of healing ~ state name of person ~ for the Highest Good. And so it is. You'll be told how to make energy objects later in the book, so don't practice just yet.

Moving forward now we will cover the crystals and essential oils and how to use them alongside the Rainbow Thread Healing, in the reading that follows.

CONSOLIDATION ~ It's just for you, to get you thinking a looking at what you've read about and learned.

Is there anything more you need to know? Remember if you do have questions or queries you can contact the author.

What have you learnt about colour?

It's mentioned that we take in colours through what we eat, wear etc, in fact through everything. Now take a look at colour rays contained in foods (a bit of research here, but if you struggle and would like to know, I can do a chart for you so you can do this exercise). Just for fun, check your own diet. Do you eat a rainbow every day?

Looking at this is guaranteed to make to think about what you're eating and to include all the colour groups in your diet.

Now, what about clothes? Any colours you avoid? Any particular favourites? Why might that be?

Can you see why the Rainbow Thread Healing Energy works so well?

## CHAPTER 5 ~ THE CRYSTALS AND THE SEVEN ARCHANGELS

Besides being linked to a particular colour the Archangels also resonate with certain crystals and essential oils. Essential oils will be covered a little more in the next chapter. The crystals can be used alongside the Rainbow Thread Healing, either for laying on, and you'll like to do this if you are a crystal healer, or to be used as an energy object for your client. I only list some, and you may well find your own. The list is not exhaustive. The important thing is your intention.

BLUE	ARCHANGEL MICHAEL ~ 1 <sup>st</sup> Ray ~ Protection ~ Courage ~ Strength ~ Truth	Sapphire Sugilite Lapis Lazuli Blue Quartz	Camomile Thyme Rosemary Hyssop
YELLOW	ARCHANGEL JOPHIEL ~ 2 <sup>nd</sup> Ray ~ Beauty ~ Enlightenment ~ Joy ~ Illumination	Amber Citrine Yellow Jasper Yellow Tourmaline Lemon Chrysoprase	Dill Fennel Lemon Neroli Lemongrass Angelica
PINK/ORANGE	ARCHANGEL CHAMUEL ~ 3 <sup>rd</sup> Ray ~ Divine Love ~ Compassion ~ Unconditional Love ~ Gratitude	Rose Quartz Rose Aura Quartz Morganite Pink Halite Sunstone Orange Calcite	Cinnamon Geranium Rose Melissa Rosewood Jasmine
WHITE/INDIGO	ARCHANGEL GABRIEL ~ 4 <sup>th</sup> Ray ~ Guidance ~ Inspiration ~ Inner Vision	Herkimer Diamond Moonstone Selenite Azurite Blue Jasper	Jasmine Clove Myrrh Yarrow
GREEN/DEEP PINK	ARCHANGEL RAPHAEL ~ 5 <sup>th</sup> Ray ~ Healing of Mind & Spirit ~ Peace ~ Balancing	Malachite Chrysoprase Emerald Pink Tourmaline Pink Carnelian	Melissa Geranium Bergamot Palmarosa Linden Blossom Rosewood Verbena
RED/GOLD	ARCHANGEL URIEL ~ 6 <sup>th</sup> Ray ~	Ametrine Ruby	Benzoin Amyris

	Peace ~ Tranquility ~ Service & Devotion	Garnet Red Beryl (Bixbite) Golden Healer Golden Herkimer	Black Pepper Myrrh Guaiacwood
VIOLET	ARCHANGEL ZADKIEL ~ 7 <sup>th</sup> Ray ~ Spiritual Development ~ Guidance ~ Mercy ~ Righteousness	Amethyst Charoite Purple Fluorite Violet Spinel Tanzanite	Frankincense Violet Lavender Juniper Patchouli

This table can serve as a quick reference for you and you'll perhaps add to it also. Although it isn't strictly necessary to know all the ins and out of the crystals and aromas, or indeed, colours, it is useful to know a little. Below is a chart to colour code each of the crystals listed and little of their healing properties too. Note that it is enough to use, just by the colour and your intention.

YELLOW	AMBER	Trust, Wisdom, Vitality, Healing, Cleansing of body tissues.
VIOLET	AMETHYST	Nightmares, Protection, Fear, Metabolism, Hearing, Psychiatric conditions (not schizophrenia or severe depressive illness
VIOLET	AMETRINE	Chronic Illness, Aura Blockages, Blood Cleanser, Physical Regeneration, Immune System, Letting Go Of Past, Higher Awareness.
BLUE	BLUE JASPER	Degenerative Disease, Stress, Prolonged Illness, Circulation, Balance Yin & Yang, Stabilise Aura.
BLUE	BLUE QUARTZ	Depression, Throat, Immune System, Endocrine System, Memory Healer,

		Hope, Calming, Fear, Mental Clarity, Self-Discipline.
VIOLET	CHAROITE	Auric Cleansing, Drive, Transformation of Negative Energy, Accepting Present Moment, Link to Karma, Service to Humanity, Overcome Fear, Perception.
GREEN	CHRYSOPRASE	Forgiveness, Compassion Detox, Relax, Mental Illness, Optimism, Emotional Blockage, Acceptance.
YELLOW	CITRINE ***	Optimism, Self Confidence, Self Esteem, Concentration, Motivation, Creativity, Self Expression, Energising, Nerves, Joy.
GREEN	EMERALD ***	“Stone of Successful Love”. Recovery after Illness, Detox, Malignancy, Unity, Unconditional Love.

RED	GARNET	Blood, Regeneration of Blood & Cells, Blood Disorders, Love, Devotion, Self Confidence, Kundalini Energy, Past Life.
GOLD	GOLDEN HEALER	Energetic Wholeness, Multidimensional and Intercellular Healing, Release of Emotions Caused by Conditioning.

WHITE	HERKIMER DIAMOND	Inner Vision, Detox, Soul Healing, Cellular Healing, Cell Disorders, Metabolism, Past Life, Metaphysical Abilities.
-------	------------------	---

YELLOW	LEMON CHRYSOPRASE	Compassion, Kindness, Inner Wisdom, Trust,
--------	----------------------	--

		Depression, Hormone Imbalance, Heart.
GREEN	MALACHITE ***	Immune System, Detoxify, Allergies, Circulation, Pollution, Negative Energies, Breaking Set Patterns of Behaviour.
WHITE	MOONSTONE	Emotional Healing, Stress, Anxiety, Female Cycles, Childbirth, Pregnancy, Conception, Hormone Balance, Feminine Energy.
PINK	MORGANITE	Heart Problems, Stress, Nervous System, Realignment of Body & Soul, Attract Love, Loving In Thought & Deed, Emotional Pain, Opens the Heart.
ORANGE ORANGE CALCITE		Reproductive System, Intestinal Problems, Motivation, Emotional Stress, Bones, Energising, Cleansing, Creativity.

PINK	PINK CARNELIAN	Trust, Energy, Anger, Emotional Negativity, Circulation, Depression, Abuse, Manipulation.
PINK	PINK HALITE	Anxiety, Wellbeing, Sense of Being Loved, Bi-Polar Oppression.
PINK	PINK TOURMALINE	Relaxation, Wisdom, Compassion, Emotional Pain, Balances Yin & Yang, Blockage Removal, Trust.
VIOLET	PURPLE FLUORITE	Confidence, Shyness, Lungs, Bones, Pain, Purification, Cleanse & Stabilise Aura, Psychic Manipulation, Intuition.
RED	RED BERYL (BIXBITE)	Energy, Opens & Energises Chakras, Heart, Lungs,



		Respiratory, Elimination, Liver, Stomach, Spleen.
PINK	ROSE AURA QUARTZ	Emotional Healing, Anger, Balance, Energy, Self-Worth, Unconditional Love.
PINK	ROSE QUARTZ	Attract Love, Trauma, Grief, Heart & Circulation, Dementia, Unconditional Love, Peace, Beauty, Emotion, Empathy, Forgiveness.
RED	RUBY	Leadership, Courage, Anger, Enhances the Immune System, Exhaustion, Lethargy, Vigour, Blood, Lymph, Circulation, Passion For Life, Abundance.
BLUE	SAPPHIRE	Peace of Mind, Cellular Healing, Protection, Wisdom, Focus & Calm Mind, Mental Tension, Self-Expression.
WHITE	SELENITE	Judgement, Insight, Energetic Healing, Past Life Wounds, Align the Spine.
VIOLET	SUGILITE	Learning Difficulties, Spirituality, Despair, Paranoia, Lymph, Blood, Living in the Present, Communicate Lovingly, Positive Thinking, Emotional Turmoil.
ORANGE	SUNSTONE	Pessimism, Self-Worth, Empowerment, Vitality, Depression, Heal Self, Nurture Self.
VIOLET	TANZANITE	Hearing, Trust, Anxiety, Immune System, Metaphysical, Altered Consciousness, Akashic Records, Subtle Chakras (opens), Old Karmic

		Patterns.
VIOLET	VIOLET SPINEL	Spiritual Development, Kundalini, Renewal, Encouragement, Rejuvenates.
YELLOW	YELLOW JASPER	Endocrine System, Stress, Prolonged Illness, Digestion, Old Emotions, Channelling Positive Energy.
YELLOW	YELLOW TOURMALINE	Intellect, Gallbladder, Liver, Kidneys, Detox, Energy Flow, Blockages, Empowerment.

\*\*\* Contraindications

Citrine ~ Use in contact with skin

Emerald ~ Constant usage can overstimulate.

Malachite ~ TOXIC ~ Use tumbled/polished stones.

HOW/ TO USE THE CRYSTALS ALONGSIDE THE RAINBOW THREAD

This is very easy to do and only requires that the crystals are cleansed, energised and dedicated to the appropriate Archangel. The crystals can be laid on a client over the relevant chakra, or can be made into an energy object, or in a crystal essence for your client to work with, either by meditation or by carrying on their person.

THE MERITS OF USING CRYSTALS ALONGSIDE THE RAINBOW THREAD

The main purpose of using the crystals alongside the Rainbow Thread Healing Energy are threefold.

1. Using the crystals linked to each Archangel strengthens the connection between you and the Angels thereby assisting with the channelling of the healing energy.
2. Using the crystals and the healing energy combined makes for a powerful and synergistic healing session.
3. The crystals and the healing energy will enable the Archangels to channel their energy through both you and the crystals which means that it will be more potent.

It is important to know that you need not trouble yourself to know everything about the crystals you will use, but take care to note which are toxic, or not suitable for a client's particular dis-ease. Therefore, always check for any contraindications. As you work with the crystals and the Rainbow Thread, you will start to intuitively select crystals to suit your client. Although a list is given, it is not exhaustive and you may intuit a totally different crystal to use. It is fine to do this, so do not feel you have to stick with the list. You may take time to read about the different crystals but you will not be tested on this. It is time now to look at a very important thing when using the crystals, and that is, cleansing.

## CLEANSING THE CRYSTALS

As crystals absorb negativity they require regular cleansing and especially after use with a client. It is also a good idea to cleanse newly acquired crystals as they may pick up and carry many energy patterns on their journey to you. As you become used to crystals you will sense when they need a clean, as they become heavy and dense feeling. You'll know, trust me.

There are quite a few ways of cleansing, try them out, you're bound to find a particular favourite.

Water ~ Running water is a lovely cleanser, but be aware that not all crystals like a bath! Some crystals are soft and may damage or even start to dissolve. As a general rule of thumb, the crystals ending in 'ite' should be kept out of water. E.g. sodalite, azulite. If in doubt, don't dunk!

To clean them in water just hold them in your hands under a running tap, at the same time visualise all and any negativity being cleansed out of them and down the plughole to the earth, visualise the white light contained in the water doing the cleansing. Dry thoroughly afterwards, on a sunny windowsill is lovely, but remember about the fading.

Brown Rice ~ This is one of my favourites I think. I can't tell you why, it just is. Just bury the crystals you wish to cleanse in a deep bowl of brown rice for 24 hours. The rice will absorb and hold onto any negativity it soaks up, so, ensure you discard the used rice, don't be tempted to use it in your cooking! I have noticed that the rice seems to take on a greenish tinge after having cleansed crystals, I think that says something.

Smudging ~ You can smudge crystals clean by passing them through the smoke of incense, either solid or the stick type, or, my favourite, white sage. You can also use frankincense or cedarwood, which are also purifying. This is quick and easy to do.

Salt ~ Salt is a wonderful cleanser. Fill a bowl with salt and bury your crystals in it. A word of caution though, salt can mark some crystals and I wouldn't recommend using it on rough crystals as salt particles get trapped in the crevices. Dust off the crystals when you remove them. I'd also advise sea salt rather than cooking salt!

For a safer way to use salt use the indirect method. Place salt in a bowl and immerse a smaller bowl in the salt, so it comes up the sides. Place your crystals in the empty bowl for 24 hours.

Crystal Cluster or Geodes ~ It's also possible to cleanse smaller crystals on top of, or inside another large crystal. Ideal for a piece of crystal jewellery or the smaller tumbled stones.

Sound ~ Sound too has a cleansing effect. Place crystals into a singing bowl and use the tone of the bowl to cleanse them. This will only take a couple of minutes.

Alternative sounds are tuning forks, or gongs, just sound them close to your crystals.

Visualisation ~ Don't worry if you don't visualise so easily, it is your intent that really counts here. Imagine the crystal being surrounded by, and filled with pure white light. You can breathe in white light and as you envisage blow out your breath over the crystals and see all the negativity being taken away from the stone. Repeat this as many times as you feel is necessary.

Earth ~ A wonderful way to cleanse your crystals. Place your crystals into a gauze bag and bury in the garden for 24 hours. Mark the spot you bury them in carefully though, or you might have trouble relocating them. The earth absorbs and transmutes the negativity collected within the crystals. Lovely. You could use a pot of soil if you don't have a garden.

Cleansing can take more or less time. Times given are approximate. Use your intuition to tell you when the work is done, or use a pendulum.

Take time too to play and handle your crystals to help them to resonate with your energy. Give them a little of love sometimes too. A bit of crystal love. Crystals love a bit of daylight and some sunlight, so don't keep them permanently shut up in a dark box or drawer. Just occasionally, pop them onto a sunny window ledge for a while, but don't overdo it. Take care with some crystals as the sun can fade the colours. E.g. amethyst, rose quartz.

Moonlight too is a lovely thing for crystals. They really appreciate a moon bath. Put them out, particularly at the time of full moon, they love it. In particular the moonstones, rose quartz too.

## MAKING CRYSTAL WATER OR A CRYSTAL ESSENCE, IMBUE WITH RAINBOW THREAD HEALING ENERGY AND, HOW TO ADMINISTER

Crystals of course, are powerful in their own right and each one holds its own healing vibrations and colour vibrations. The water that the crystals are initially placed in will take on the crystal's vibration and, it is also possible to imbue your water or essence with the healing power of the Rainbow Thread.

Care must be taken with the choice of crystals. Some crystals are toxic, such as Malachite, and some do not take kindly to water, as mentioned previously.

Firstly, let's deal with making a crystal water and a crystal essence and then we shall move forward to using the Rainbow Thread Healing Energy with the water or essence.

#### Method for Crystal Water ~

Select the crystal or crystals you wish to use and cleanse them as usual.

Place the crystal or crystals in a spotlessly clean, clear glass bowl. Fill the bowl with spring water (not tap) and leave in the sunlight or a bright window ledge for 12 hours. After this time, decant the water (minus the crystals of course) into a glass bottle, preferably brown or a dark coloured glass and also ensure it has an airtight lid. A dropper bottle is great!

The crystal water should be kept refrigerated and used within a week.

#### Method For A Crystal Essence ~

Follow the same steps as above but, when decanting put half of the water to half of either vodka or brandy. My preference is vodka as it is clear and is virtually odour free. The essence should be stored in a cool, dark place and also be labelled and dated. The alcohol acts as a preservative and will last longer than the week that the crystal water will.

The essence can also be used as a 'mother' essence and used to make dosage bottles. In that case, take a dosage bottle and use 25% alcohol and 75% spring water with a few drops of the mother essence added.

#### Uses For The Crystal Water & Essence ~

Can be used as a cleansing agent for your rooms or surfaces, just add a few drops to an atomiser bottle of spring water.

Can be taken internally. Place two teaspoons of water in a glass of spring water to sip during the day ~ not if toxic crystals were used in the making of the water though. In acute cases 6 drops may be placed into a bottle of spring water and a few drops be given every quarter of an hour or three times a day if less severe.

Drops of the water or essence may also be dropped and rubbed onto the skin or bathed in. In cases of toxic crystals do not use internally, just put a few drops on the hands and pass them over the affected area, twelve inches away from the body and this goes if it's being used for balancing the chakras too. The crystal water or essence can also be used on animals. Either a couple of drops in their drinking bowl or drop a couple of drops on your hand, to apply whilst you stroke ☐

## THE RAINBOW THREAD AND HOW TO USE IT WITH YOUR CRYSTAL WATER OR ESSENCE

It is possible to imbue your crystal water or essence with the Healing Energy of the Rainbow Thread. After you have decanted the water or essence, take it in your hands and ~ ask that the power of the seven Archangels use you as their channel to put the Rainbow Thread Healing Energy into the water or essence, for the purpose of healing ~ state name of person ~ for the Highest Good. And so it is. Feel the energy come in and through you, keep your mind quiet and focused on the energy going into the water. Know it to be filling with the Rainbow Thread Healing Energy. Once the energy flow ceases, give thanks to the Seven Archangels for using you as their channel and for their healing energy. Give thanks for all that has been received.

### Energising & Programming Your Crystals

Take a crystal and hold it in your hand and send it some love. Hold the crystal in your sending hand and cover with your receiving hand. See a little further on to know how to find out which is which. Mentally see a ball of pure white light above you. Draw that white light down through your crown chakra as you breathe, and feel the white light course through you and down your sending arm out through you hand, surrounding the crystal, going through the crystal, giving it white light energy and waking it up. The crystal is now ready to work with you.

### Programming Your Crystals OR Dedicating Your Crystals to the Power of the Seven Archangels

Take the crystal in your sending hand. Gaze at it, send it love. Connect with the Deva (pronounced Day-va) of the Crystal. Ask that it connect with you for the Highest Good. You'll sense when you are connected, you may feel heat or cold, or tingling, but remember your intention and your belief are strong, so do not worry if you feel little. Next, ask the Deva of the Crystal to please assist you by cancelling any previous programme held within the Crystal and ask that the stone now be dedicated to working with the Power of the Seven Archangels, known as the Rainbow Thread, for the Highest Good. Repeat this three times, or until you intuit it has been done.

Please then, remember to thank the Deva of the Crystal for assisting you and for connecting with you and give thanks for the existence of the Crystal. And So It Is.

### How to work out which is your receiving hand and which is your sending hand ~

This is pretty simple really. Take two crystal points. Place one in the left palm with the point facing towards you, put the other in the right hand with the point facing out. Sense and be aware of the flow of energy. Now reverse what you just did and again sense the flow of energy. Which way round gave you the strongest sensation of



energy flow? Note the direction the points are in. If the point was on the left pointing inwards than that is the receiver, if the point was on the right pointing inwards, that is your receiving hand. The opposite hand is your sending hand. If you struggle with this let me know. It is also possible to ascertain which is your giving and receiving hand via a pendulum.

### Making An Energy Object Using A Crystal

Repeat the steps above but only up to the point where the Crystal is clear of any old programmes or patterns. At this point, call upon the Seven Archangels to please channel their healing energy through you and into the crystal to give healing to the named person. The words to use are ‘ I call upon the Power of the Seven Archangels to please be with me now and to use me as a channel to send the energy of the Rainbow thread into this crystal, to give healing to ~~~Name of Client~~~ for the Highest Good, and I ask as a true servant of the Light. And So It is. Feel the energy come in and through you and into the crystal. Give thanks to the Seven Archangels and also for being allowed to be the channel for their healing energy. And So It Is.

## CHAPTER 6 ~ ESSENTIAL OILS & THE ARCHANGELS

Just as crystals hold colour rays, so do the essential oils. Many hold more than one colour ray. By blending colours we can work further with the Archangels and also put together oils to burn, to bathe in etc. Below is a table of the essential oils linked with each of the seven Archangels who make up the Power of Seven, and which parts of the plants they come from and any contraindications. Essential oils are powerful on their own so take care when using them. You will be taught how to blend and dosage etc, but if you're really interested in the oils it may be best to take a separate course in aromatherapy or, colour aromatherapy (one which I have taken).

ARCHANGEL/ COLOUR	NAME OF OIL	PART(S) THE OIL IS DISTILLED FROM	CONTRAINDICATIONS
Archangel Michael ~ Blue ~ 1 <sup>st</sup> Ray	Camomile (blue)	Flowers	Do not use in early pregnancy
“	Thyme (blue & green)	Flowers & Leaves	High B/P, Skin Irritant, Pregnancy
“	Rosemary (blue)	Flowering Tops & Leaves	High B/P, Epilepsy, Pregnancy
“	Hyssop (blue & violet)	Flowering Top & Leaves	Very Potent ~ Use Low Dose. Epilepsy, high B/P, Pregnancy
Archangel Jophiel ~ Yellow ~ 2 <sup>nd</sup> Ray	Dill (yellow)	Fruits	Pregnancy
“	Fennel (Yellow)	Seeds	Powerful ~ Do not overuse. Skin irritant, Pregnancy, Epilepsy
“	Lemon	Peel	Skin Irritant
“	Neroli (Yellow, some Orange)	Petals	Relaxant ~ Caution if driving or using machinery
“	Lemongrass (yellow)	Leaves	Stimulating ~ Low Dose. Skin Irritant
“	Angelica (yellow)	Seeds & Roots	Stimulant ~ Do Not Overuse. Phototoxic, Pregnancy, Diabetic
ARCHANGEL	Cinnamon	Buds, Bark &	Skin Sensitivity,

CHAMUEL ~ Pink/Orange ~ 3 <sup>rd</sup> Ray	(Orange, with yellow and Indigo)	Leaves	Pregnancy. Powerful ~ high doses may be convulsive
“	Geranium (Pink & Green)	Flowers & Leaves	Skin Sensitivity, Pregnancy
“	Rose (Pink & Green)	Petals	Pregnancy
“	Melissa (Pink & Green)	Leaves & Flowers	Skin Sensitivity, Pregnancy
“	Rosewood (Pink & Green)	Wood	Regarded as a safe oil.
“	Jasmine (Pink with Red and White)	Flowers	Pregnancy. Use low dose ~ Narcotic
ARCHANGEL GABRIEL ~ Indigo/White ~ 4 <sup>th</sup> Ray	Jasmine (Pink with Red and White)	Flowers	Pregnancy. Use low dose ~ Narcotic
“	Clove (Indigo)	Buds	Potent. Skin Irritant
“	Myrrh (Pink, White & Red)	Stems & Branches	Pregnancy
“	Yarrow (Indigo)	Flowering Heads	Short-term Use Only. Can cause headaches. Skin Irritant, Pregnancy.
ARCHANGEL RAPHAEL ~ Green ~ 5 <sup>th</sup> Ray	Melissa (Green & Pink)	Leaves & Flowers	Pregnancy, Skin Irritant
“	Geranium (Green & Pink)	Flowers & Leaves	Skin Irritant, Pregnancy
“	Bergamot (Green & Pink)	Peel	Photosensitivity, Skin Irritant
“	Palmarosa (Green & Pink)	Leaves	None Known
“	Linden Blossom (Green)	Flowers	Strong & Heady. Skin Irritant
“	Rosewood (Green & Pink)	Wood	Considered a safe oil
“	Verbena (Green & Pink)	Stalks & Leaves	Skin Sensitivity, Phototoxic
ARCHANGEL URIEL ~	Benzoin (Red)	Gum & Trunk	Can cause drowsiness. Care

Red/Gold ~ 6 <sup>th</sup> Ray			with driving & machinery
“	Amyris (Red)	Wood	Lingering Aroma ~ no other
“	Black Pepper (Red)	Fruit	Kidney Stimulant, do not use if one has kidney problems. Skin Irritant, High B/P
“	Guaiacwood (Red)	Heartwood	Lingering Aroma. May affect concentration.
“	Myrrh (Red, Pink )	Stem, Branches	Pregnancy
ARCHANGEL ZADKIEL ~ Violet ~ 7 <sup>th</sup> Ray	Frankincense (Violet & Gold)	Bark	None Known
“	Violet (Violet & Green)	Leaves	May cause sensitisation ~ use with caution
“	Lavender (Violet)	Flowers	Low B/P (drowsiness & dullness), Early Pregnancy
“	Juniper (Violet)	Berries	Kidney Stimulant ~ don't use if any kidney disease or problems. Pregnancy.
“	Patchouli (Violet & Orange)	Leaves	High doses causes sedation and low dose causes stimulation! Heady aroma ~ an acquired smell. May cause loss of appetite.

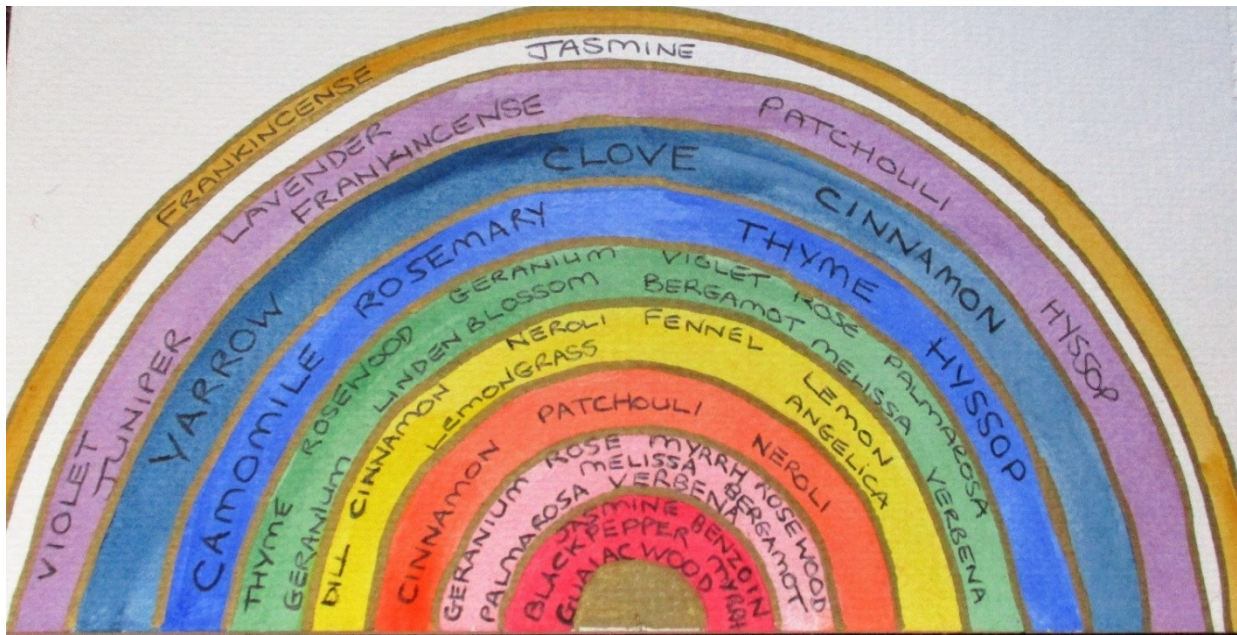
It is possible to blend oils which will resonate with a particular Archangel or a blend to cover all seven, by using base notes, middle notes and top notes, just like is done in perfumery. The base notes are the reds and oranges, middle notes, yellow and green and the top notes the blues and violets. Of course, some oils carry more than one colour as you can see from the previous table. Below is a table to give you some blends for each Archangel and also a couple for the whole. As time goes on and you become more familiar, if you choose too, or, if you are an aromatherapist, you might make some different ones. Take care though to use correct amounts and note any

contraindication. Remember the essential oils are very powerful and can cause reaction. Here then, is the chart of colour/oils for you to use if you wish. You don't have too. It is a way though of introducing an additional tool to your work with the Archangels.

ARCHANGEL	OIL	WHICH FAMILY	SUGGESTED BLEND OR BLENDS
Archangel Michael	Camomile	Flower	3 drops in 10 ml of carrier oil
	Thyme	Herb	2 drops Camomile
	Rosemary	Herb	And 1 Rosemary
	Hyssop	Herb	See further notes***
Archangel Jophiel	Dill	Herb	2 drops Lemon +
	Fennel	Herb	1 Neroli Or
	Lemon	Citrus	2 drops Lemon +
	Neroli	Flower	1 Angelica
	Lemongrass	Citrus	
	Angelica	Herb	
Archangel Chamuel	Cinnamon	Spice	2 drops Geranium + 1 drop of Rose
	Geranium	Flower	
	Rose	Flower	
	Melissa	Citrus	
	Jasmine	Flower	
Archangel Gabriel	Jasmine	Flower	2 drops of Myrrh +
	Clove	Spice	1 of Clove
	Myrrh	Resin	
	Yarrow	Herb	
Archangel Raphael	Geranium	Flower	6 drops in 20mls
	Bergamot	Citrus	Carrier Oil
	Palmarosa	Exotic	3 drops Rosewood
	Rosewood	Tree	+2 drops Geranium +
	Linden Blossom	Flower	1 drop of Palmarosa
	Verbena	Citrus	
Archangel Uriel	Benzoin	Resin	3 drops in 10 mls
	Amyris	Resin	Of Carrier Oil
	Black Pepper	Spice	2 drops of Black
	Guaiacwood	Resin	Pepper + 1 drop

			Amyris
Archangel Zadkiel	Frankincense	Resin	2 drops Lavender
	Violet	Flower	+ 1 of Violet OR
	Lavender	Flower	2 drops Lavender
	Juniper	Tree	+ 1 drop Patchouli
	Patchouli	Exotic	
All Notes	Rosewood	Tree	9 drops in 30mls Carrier Oil
	Frankincense	Resin	5 drops Rosewood + 2 drops Frankincense +
	Black Pepper	Spice	2drops Black Pepper
All Notes 2	Lavender	Flower	5 drops Lavender +
	Bergamot	Flower	3 drops Bergamot +
	Jasmine	Flower	1 drop Jasmine

Alternatively, you can check this colour/family wheel. (see diagram) The choice is yours. It gives you a chance to see where the different oils lay and you'll spot certain things, such as red oils being resins, spices and trees. Florals being more the middle and greens, blues and violet. Spices and herbs, yellow and orange. Take a little time to look at and understand how the blends given sit within the wheel and their relationship with each other. Oils that blend well sit in the same section or to each on adjacent if you go by family. If you go by colour, you'll find that the colour will relate to chakra colours. For instance, a blue oil will blend well with violet and green and also with it's complementary colour.



## COMPLEMENTARY COLOURS

Complementary colours balance each other. Balancing avoid the effects of too much of one colour/

The complementary colours are :-

Red's complementary is Blue

Orange's complementary is Indigo

Yellow's complementary is Violet

Green's complementary is Magenta

Blue's complementary is Red

Indigo's complementary is Orange

Violet's complementary is Yellow.

## USING THE OILS ALONGSIDE THE RAINBOW THREAD

A lovely way to choose the oils is by intuition. Maybe you sense that your client, or yourself has a connection with a particular Archangel, or you are just drawn to a particular blend at that time. Go with it, your intuition is not wrong and will get stronger the more you use it.

A good way of using the oils is by burning, via a burner or one of those lovely colour changing diffusers. Use 1 to 6 drops of a blend to the saucer, vapouriser, that is enough or it is overpowering. Make sure the water doesn't run dry, and, of course, don't leave candles unattended.

Another way is to incorporate the oils with crystals. This can be done quite easily. A drop of the relevant oil to each crystal and laid on the corresponding chakra. Do please do a skin test first though ~ Always!! It can't stressed enough how powerful essential oils are.



To do a skin test ~ place a couple of drops of the oil to be used on the client's or your wrist, if it's for you. Cover with a plaster or other covering if allergic, and leave for 15 minutes. After this time go back and check the skin for any sign or redness or irritation. If there should be signs of irritation, do not use those oils. If there is no sign of irritation then you are okay to use. Remember to take account of any contraindications in relation to your client or yourself if the treatment is for you. You can always substitute oils. Really any that fall under the colour ray of each Archangel should resonate with them. There is an index of oils at the end of this section telling you which essentials resonate with which Archangel/colour.

Another really lovely way to introduce the oils is by Spray Mist. These are so simple to make and cleanse at the same time. All that is needed is a glass or plastic atomiser bottle, de-ionised water, alcohol (vodka work well as a dispersant) and the chosen oils. Firstly put a small amount of alcohol in the bottle, then add the drops of oil carefully. Give it a shake so the oil disperses with the alcohol. Top up with water. Replace the cap. Shake well before each use. Dosage for a spray mist ~ 4-6 drops of oil in 250mls liquid. Occasionally they may look a little cloudy, but this isn't anything to worry about.

You can use the mist to spray into the room or above your couch or bed. Don't spray directly onto fabrics though, or near a naked flame.

If you prefer not to get involved with the essential oils another of enhancing treatment is to used coloured, solarised oil. Choose a base oil (these too hold a colour and will also be found diagram at the end of this section). Place your oils into a clear glass dropper bottle or jar. Place around it the appropriate coloured film. Acrylic coloured film sheets are inexpensive and available via craft outlets. Place the jar or bottle on a bright window ledge for several hours. The oil will take on the colour you wrap around the glass. If you choose just solarise it without coloured film, so it contains white light. White light contains all the colours of the spectrum, which is perfect. Keep the solarised oil somewhere dark. It's fine to leave the film around the bottle until used. Just use a drop on a crystal in place of essential oil.

It is possible to channel the Rainbow Thread Healing Energy into your oils if you wish, and this works in the same way as making an energy object, either for your client or for general healing. You can make up sprays or blends for your clients to take away with them to continue their healing process, but do give precise instructions. Remember the skin test too, if not already done.

Table of Essential Oils and the Colour(s) they Resonate With

RED RAY OILS ~ Amyris Benzoin Black Pepper Camphor Cedar Wood Elemi Guaiacwood Jasmine Myrrh Tarragon
---

PINK RAY OILS ~ Coriander Cumin Eucalyptus Garlic Geranium Jasmine Melissa Myrrh Palmarosa Rose Rosewood Verbena Ylang Ylang
--

ORANGE RAY OILS ~ Aniseed Benzoin Cardamom Carrot Seed Cedar Wood  
Cinnamon Cypress Elemi Galbanum Ginger Mandarin Marjoram Neroli  
Nutmeg Orange Patchouli Pimento Pine Tagetes Tangerine

YELLOW RAY OILS ~ Angelica Basil Bergamot Birch Cajuput Caraway  
Cardamom Carrot Seed Cedar Wood Celery Cinnamon Citronella Coriander  
Cumin Dill Fennel Ginger Grapefruit Lemon Lemongrass Litsea Cubeba  
Neroli Niaouli Origanum Parsley Patchouli Petitgrain Sandalwood Santolina  
Tagetes Tangerine Tea Tree Vetivert Ylang Ylang

GREEN RAY OILS ~ Anise Star Bay Bergamot Celery Coriander Eucalyptus  
Fir Geranium Immortelle Lemon Lime Linden Blossom Litsea Cubeba  
Melissa Myrtle Origanum Palmarosa Parsley Peppermint Petitgrain Rose  
Rosewood Spearmint Tarragon Terebinth Thyme Verbena Violet

TURQUOISE RAY OILS ~ Immortelle Myrtle Niaouli Spearmint Tarragon  
Terebinth

BLUE RAY OILS ~ Camomile Cypress Eucalyptus Hyssop Immortelle  
Mandarin Marjoram Myrtle Pine Rosemary Sage Santolina Spearmint  
Tangerine Tarragon Terebinth Thyme

INDIGO RAY OILS ~ Bay Cinnamon Clove Pimento Terebinth Tea Tree  
Yarrow

VIOLET RAY OILS ~ Basil Birch Cajuput Carrot Seed Clary Sage  
Frankincense Grapefruit Hyssop Juniper Lavandin Lavender Lavender Spike  
Niaouli Patchouli Peppermint Sandalwood Violet

WHITE RAY OILS ~ Garlic Jasmine Myrrh  
Tarragon

MAGENTA RAY OILS ~ Clary Sage Ylang  
Ylang

GOLD RAY OILS ~ Aniseed  
Frankincense

BASE OILS & THEIR COLOURS ~ You can use these on their own if you do not  
wish to use essential oils and don't forget you can solarise them too!  
Apricot Kernel ~ Orange Ray

Avocado ~ Green Ray

Blackcurrant Seed ~ Pink Ray

Camellia ~ Pink Ray

Calendula ~ Orange Ray

Coconut ~ White Ray

Evening Primrose ~ Yellow Ray

## CHAPTER 7 ~ Sound and the Archangels

### USING SOUND WITH THE RAINBOW THREAD HEALING ENERGY

What is Sound?

Sound like everything else is energy and just like any other energy, it carries all the colours of the rainbow, and so, each note, each sound or frequency corresponds with one of the chakras and, also one of the Archangels of the Power of 7. Put together, all the notes and tones make for a very powerful healing system by itself. Add this to the energy of the Power of the 7 Archangels as well as the other options mentioned in this course, then you have a strong healing power, from your hands, from your mouth, from your heart and, all the instruments and accoutrements you may use in your work. So, sound is healing.

A little bit about tones now then. Have you heard of Solfeggio?

Although Solfeggio was introduced in the 1970's by Drs Puleo and Horowitz, the actual 'roots' of the tones used actually dates back to the 11<sup>th</sup> century when Guido of Arezzo developed the 6 note ascending scale. The 7<sup>th</sup> note came along later.

The names of the notes of the scales come from the first verse of a Latin hymn to John the Baptist, titled "Ut Queant Laxis" as you see below.

UT queant laxis, REsonare fibris

Mira gestorum, FA muli tuorum

SOLve pollute, LABii reatum

Sancte Iohannes (some say Johannes)

This is the translation ~

O for your spirit, Holy John, to chasten

Lips, sin polluted, fettered tongues to loosen

So by your children might your deeds of wonder

Meetly be chanted

Translation from [www.catholicculture.org](http://www.catholicculture.org)

The frequencies are generated from the Bible, from the book of NUMBERS, the verse numbers from Chapter 7, using a Pythagorean algorithm based upon our decimal number representation.

So, each note has a frequency, colour, sound (naturally) and is associated with different things as shown below.

UT or (DO) 396Hz ~ Liberation from Fear ~ Red ~ root chakra

RE 417Hz ~ Facilitating Changes ~ Orange ~ sacral chakra

Mi ~ 528Hz ~ Transformation and Miracles ~ Yellow ~ solar plexus chakra

FA ~ 639Hz ~ Connecting with Others ~ Green ~ heart chakra

SOL or (SO) ~ 741Hz ~ Solving Problems ~ Blue ~ throat chakra  
LA ~ 852Hz ~ Awakening and Intuition ~ Indigo ~ 3<sup>rd</sup> eye/brow chakra  
Si (or Ti) ~ 963Hz ~ Pure Spirit ~ Violet ~ crown chakra

There are many more frequencies but for this course these are the ones that are important. There is much to this subject and if this rouses your interest you may read much and listen on these websites.

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

<https://attunedvibrations.com/solfeggio/>

The Sounds ~ Just to clarify what the sounds are for each colour chakra ~

Root ~ UH as in Huh

Sacral ~ Ooo as in Shoe

Solar Plexus ~ OH as in Show

Heart ~ AH as in Tart

Throat ~ EYE as in Eye

3<sup>rd</sup> Eye ~ AY as in Sway

Crown ~ Eee as in Tree

Just a recap on the Archangels too, in order to complete the picture.

Red/Gold ~ Archangel Uriel

Orange/Pink ~ Archangel Chamuel

Yellow ~ Archangel Jophiel

Green ~ Archangel Raphael

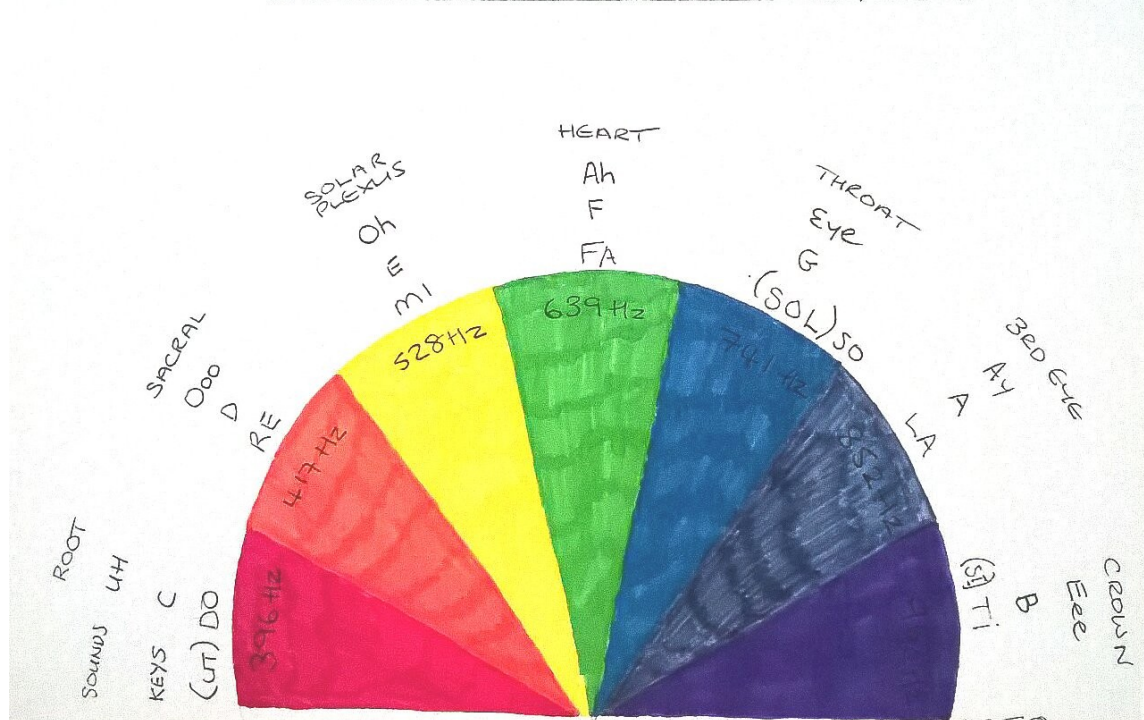
Blue ~ Archangel Michael

Indigo/White ~ Archangel Gabriel

Violet ~ Archangel Zadkiel

Below is a diagram showing the sounds, tones and frequencies.

## CHAKRAS COLOURS SOUNDS & KEYS ~



So now, to cover some 'tools' for sound healing. Not all will be covered. If you're drawn to particular instruments for your work, then do your research and follow your intuition.

### SINGING BOWLS

These are the metal type and often known as Tibetan Singing Bowls. These are lovely to use and besides being healing they can clear your workspace of negative energy. Perfect to use between clients. The Tibetans have been using these for sound healing and transformation of consciousness for many centuries. This type of bowl dates back to 560-480 B.C.



If you've never heard a singing bowl it does sound like a bell when struck, but when made to sing, the sound is other-worldly. The bowls are made to sing by use of a mallet which is rubbed around the outer circumference of the bowl. The mallet may either be hard wood or a soft wood. If purchasing it can be useful to try out different mallets. As you rub around the bowl the pitch gets louder until the ring is so clear! The bowl needs to be set on a very flat palm of your hand for the best sound results and a smooth action with the mallet.

Traditionally, the bowls are made of an alloy of 5, 7 or 9 metals. Mantras are sung into the bowls as they are made so they are imbued with the highest of intent. They are easy to play and if you obtained no more, one is a delight to have.

It is possible to buy sets of 7 bowls to resonate with the chakras. They aren't always cheap, but worth the investment if they resonate with you. Some that are available are hand beaten and some would say are the best, and others these days, are machine manufactured.



## CRYSTAL BOWLS



As suggested these bowls are made from quartz crystal and are very much in vogue at present. The bowls come with a rubber ring to stand them on, to keep the bowl steady. These bowls come with a suede stick or a ball stick, which is run around the outside of the bowl. Firm pressure is needed but not too hard! Bowls are played a

foot apart from each other and preferably should not be played in a tiny space. Think about that one!

If bowls (either type) are played in an anticlockwise motion it brings in feminine energy and vice versa, clockwise will bring in masculine. It's best not to play them for longer than 15 to 20 minutes or the energy field of both your and your client may become overloaded. Time is needed in order to assimilate any changes within that may be occurring.

As with any tool you use in your work, including yourself of course, always do so with the highest and most loving intention.



## TUNING FORKS



These are instruments with a precise frequency and as you might gather, are shaped rather like a fork. They come in weighted and unweighted versions. The weighted ones give a stronger vibration and are louder too.

Tuning forks send a resonance or frequency throughout the mind, body and the emotions as well as the subtle bodies and can help to facilitate balance and healing. They can also be played singly or in pairs. Two struck together creates three frequencies!

The forks are easy to use. The stem end is held gently, a bit on the loose side and between the fingers and at the bottom of the fork. They shouldn't be held too close to the body. If fingers or hands make contact during playing the vibration will stop.

You can activate the vibration by striking a rubber object or against a knee or palm of the opposite hand which will make a softer sound. Weighted forks can be 'pinched' together and released or again, use the palm of the hand.

## THE VOICE

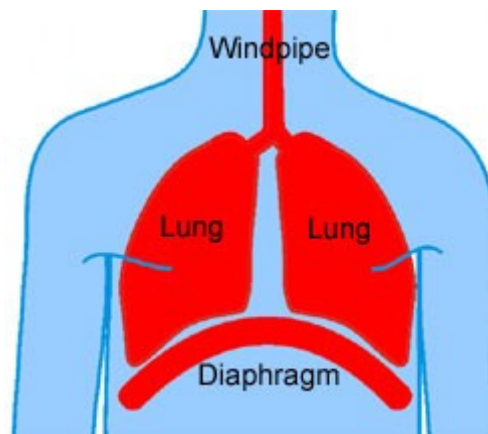
Your voice has a healing quality of its own. If you can sing the scales, and you can. You can use your voice to heal through its sound, for your voice too, carries energy be it through speech or singing or toning. The Archangel Sandalphon who has guided the writing of this module, maintains that all can sing, it is a question of belief and confidence.

Feeling daunted? Don't be. Practice is key. How many of you students have been in the school choir or even the church choir but stopped singing later on in life. Don't you sometimes singalong to a CD in the car, or music on you iPhone? There you go then. Practice and confidence and finding your key.

**BREATHING** ~ Breathing when singing is important. For one thing, the breath helps to hold the note and, also gives strength to the sound you emit. If you breath properly and use the diaphragm you are at less risk of straining your throat. So, how do you breathe?

Breathe in through the nose. Feel where the diaphragm is (see diagram) and engage it. As you can see the diaphragm lies below the lungs and slightly above the stomach and it assists with controlling our breathing. Use this muscle to help expel the air as you make the note with your throat and mouth.

By controlling the voice and singing or toning from the diaphragm, the notes or tones will be clearer, stronger and won't crack or break so easily and you'll hold notes well. It does take practice to do the strengthening of the diaphragm though. Practice.



Sit or stand when singing but your posture is of importance. Do not sit or stand with a curved posture. Think of how a professional singer stands. Look to the opera singers and how erect they stand and how they use their mouths too. Watch closely. If you are bent back or bent over the air you breathe cannot circulate so efficiently.

1. Back straight
2. Feet should be shoulder width apart.
3. Chin parallel to the ground.

Remember don't tip back or forward.

Breathing Practice ~ 10 minutes a day is good, so make good use of shower time if you're on a tight schedule.

1. Sit on the ground with your legs folded or sit on a chair with your legs straight, the lower legs being directly under the knees.
2. Rest your hands on your knees, back straight and chin parallel to the ground.
3. Breathe in until you feel the air in your tummy expanding.
4. Hold the breath for a count of 10 and then gently exhale to the count of ten (this involves controlling your breath) and repeat. This will teach and improve control and strengthen the diaphragm.

When you start singing or toning, place your hand on your solar plexus. If you're breathing correctly you'll be able to feel the palm of your hand being pushed outwards. This will improve your voice control too.

Do open your mouth and relax the throat muscles. An open mouth and relaxed throat muscles assists the flow of air and the quality of sound and its projection.

You will naturally learn where and when to fit in breaths as you are toning into the chakras. Indeed, you may well find you are being guided!

You can of course, choose not to use your voice, but unlike expensive equipment it doesn't cost you! Only the time to practice.

Have a look online. There are many apps with solfeggio tones to download, or music and, there are apps to teach you to sing if you feel you need that extra support.

As you practice, the better you'll become. Do ask that Archangel Sandalphon comes in to guide you. There's no better teacher. You cannot get it wrong for as you call upon the Archangels (in healing) they will channel their voices through you. You may find your voice takes on a quavering sound, just trust it. Remember that you are a tool for their beautiful healing.

Still feeling daunted? So was the author of this course when guided to start toning! The fear and discomfort around using her voice went quickly though.

It's quite useful to download a voice recording app or to video yourself whilst practising. You can hear your own progress then 😊 and check your posture if videoing!

So, sound therapy is good by itself but with the Archangels it is even better!

Will you use sound as part of your practice do you think? A few ways of bringing in sound have been covered and you may wish to research a little more and to look at other ways of producing healing sounds alongside the Rainbow Thread.

The wonderful thing about singing or toning is that it can be done alongside the 'hands on' healing or with distant face-to-face. The other methods covered are best applied before 'hands on but, do call in the Archangels as you do so.

The rest is up to you. Nobody needs to feel that they must make use of sound but, it is worth investigating and trying out. Any music is healing too of course, but how wonderful to make specific sounds to heal alongside the Archangels of the Power of 7



## CHAPTER 8 ~ Protection and the Calling in of the Rainbow Thread

Protection. This little section is not meant to make one afraid, but rather to educate and ensure the safety of your energy as you do your work. Protection is simple to do and no doubt some of you practice this already. To be certain, however, this will be run through. This section about protection comes direct from Archangel Michael, who gives these words...

Before calling in the Rainbow Thread Healing Energy it is important to protect your energy and that of the person receiving the healing. This is simple to do and does not take long at all. By protecting yourself and your client you protect yourselves from lower based energies and entities. Here is what to do ~

Say these words, either out loud or in your head. I call upon Archangel Michael & the Angels & Guides of the light to please be with me now and protect my energy and the energy of ~name of client~ from any density or negativity, for the Highest Good. And so it is. Please also call upon Divine white light. Say these words, I ask that Divine white light surround and protect me and ~name of client~ as this healing takes place. For the Highest Good. And so it is. Visualise yourselves and the room you are in filling and surrounding you with white light. You should not worry if you cannot see or visualise, know that your words and intent make it so.

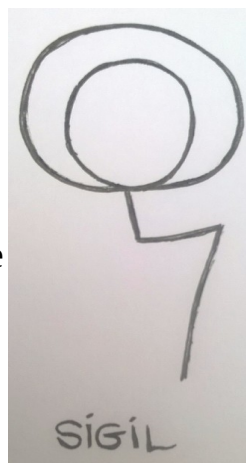
The Violet Flame can also be used to protect as mentioned by Archangel Zadkiel at the beginning and he gives these words to invoke ~ “ I call upon the Gold and Violet Flame to please surround and protect me and ~ name of client ~ and to transmute all negativity and density. For the Highest Good. And so it is.

### Calling In the Rainbow Thread Healing Energy ~ After Your Attunements \*\*\*

After protecting yourself, it is time to make the sign of the Sigil on the palm of each hand \*\*\* You will be attuned to the Sigil below ~ You may

notice tingling starting in the palms of your hands as you do this, but, don't worry if this isn't the case. Each person may feel differently. You require attunement to the Sigil and there is also a particular way of drawing it, and, it isn't complicated just in an ordered fashion, which you'll be told at attunement.

Then speak these words. ”I call upon the Power of the Seven Archangels to please be with me now and use me as their channel for the Rainbow Thread Healing Energy, for the healing of ~ name of client~ I ask this for the Highest Good and as a true servant of the light. And So it is.



You will feel the energy arrive. How you feel it is an individual thing. Some of you will also see it and hear the voices of the Archangels. You may feel it as tingling, energetic feeling, heat or cold. Once you feel the energy coming in, place your hands over your client. The healing begins.

Hear, see or feel the guidance, it may just feel like your intuition. Go with what you feel. No hand positions are taught for this healing as the Archangels know what and where the healing is needed and you'll place your hands by their guidance or your intuition.

Generally speaking a healing takes around 30 minutes, but you will know once the Archangels have completed their channelling of the energy. Once this is done give thanks to the Archangels for their healing energy and for using you as their channel and for the healing given to your client. And so it is.

Note:

The Rainbow Thread Healing Energy is going to be one of the most popular way of healing in time to come. This modality will be updated as time progresses and as a recipient of the attunements and of this course, you will receive updates as they occur. You are at the beginning of a new healing modality and you will find it very easy to work with and know that, as you work with the Rainbow Thread Healing Energy with your clients, you too receive healing from the Archangels. It is a very special energy indeed and you are certain to enjoy your work. You were guided to this book, now to decide to do this work. Be assured that you will be guided all the way. Should you find that you have questions then please relay them to the author of this course.

CONSOLIDATION ~ Just some things for you to think about and/or practice.

Do you have any favourite aromas? What are they good for? Which Archangel or Archangels do they resonate with?

Are there any aromas you really dislike? Why might that be?

Is there anything else you need to know? Ask if you have.

Think about whether you will use crystals and aromas in your work with the Rainbow Thread.

Have a go at making crystal water, if you possess any crystals. If you don't and want to try, you can buy tumbled stones cheaply. Do remember to cleanse and go through

the other steps in the course e.g. dedicate them. This is a good practice session if you are going to use the crystals.

If you can get hold of an atomiser, have a go at making a room spray. They are lovely to use and cleanse the atmosphere too.

Practice doing a skin test if you have any oils, or if you intend to use them in your work.

Have a go at solarising water if you don't possess any base oils. Wrap coloured film around a clear glass of water or a bottle. If you leave it clear it will absorb all the colour rays. Solarised water can be kept refrigerated and sipped as wanted.

Can you find out about some other methods of protection? Get into the habit of protecting your energy.

And onto the next chapter.....

## CHAPTER 9 ~ In Person Healing With The Rainbow Thread

In healing with the Rainbow thread you do, as you know, harness the energies of the power of the 7 Archangels. In person healing sessions are very effective and give the client a chance to truly relax whilst receiving the Rainbow Thread energy. There is no pre-appointment needed, no assessment. You should of course fill out a Client Treatment Sheet ~ a copy of which will be added at the end of the course book. You do not need an in depth history, or know which colours or Archangels to call upon, for the Angels know what each client requires at any given time. It is important however, to fill in details of your client, so that you are aware of any potential problems, who to contact should your client become ill. It is a safeguard for you and your client. Always keep the documents securely and never share their details with any third party. Respect your client's privacy at all times. Your job is to be a clear and open channel for the energy.

It is recommended that you do not drink alcohol or use any substances before a treatment takes place as this may affect your own vibration and therefore your ability to be a truly effective channel.

Before each client, take time to meditate and to ground yourself as working with the higher energies can make one a little spacey at times.

In preparation for your client, ensure that the room you are using is cleansed, that it is of a comfortable, ambient temperature and that anything you may need is easily to hand. Water for yourself and your client is also a good idea. It is also a pleasant thing to perhaps diffuse some essential oils, light candles. Soft lighting is preferable. Make the room as comfortable as you can, to give it a lovely ambience and a feeling of security and a good place to relax. A little soft, appropriate music is lovely too. It is not necessary for any undressing, but remove any crystal jewellery from yourself and your client before starting.

Besides the above preparations it is of paramount importance that you protect your energy, and that of your client. Protection of yourself was covered earlier but for the purpose of the treatment, call upon Archangel Michael to surround and protect the energy of both you and your client and also ask that Divine white light fill and surround the room and all who are in it.

Take time to ensure that your client is comfortable and ready to receive their healing. Let them know that if at any time they feel uncomfortable they should let you know, however, this is highly unlikely. Explain to your client what the Rainbow Thread Healing Energy is and tell them that they may sense the energy, the presence of the Archangels, through colour, visions, tingling, heat or cold and not to be alarmed. Of course, some may sense nothing at all, but that is fine. The Rainbow Thread Healing Energy does not require the recipient to feel anything, it will work anyway!

Once you have gone through your check list and you are ready to begin, then it is time to invoke the energy.

Firstly, make the mark of the Sigil on each palm and then, all you need to say is “ I now call upon the Power of the Seven Archangels to please be with me now to assist in the healing of ~ Client’s Name ~ I ask that you use me as your channel for your healing energy. For the Highest Good. And so it is. Note: You should complete your examination and receive your attunements first, so if you feel this is for you, then contact the author!

You will feel the flow of energy to begin and the more attuned you become, the more used to the energy you are, the quicker it comes in. How you sense the energy will be a personal thing.

Once the energy flows use your intuition to direct the energy through your hands and to your client, if you are clairaudient you may hear instruction. Quite commonly the treatment will start at the root chakra and work upwards and back down, picking up on any areas that require more energy. You may feel yourself where the energy is needed. Follow your intuition as to where and how to place your hands. There is no requirement for physical contact. Hands a few inches above your client is fine.

The flow of energy generally lasts for about 20 – 30 minutes but there is no set time. The Archangels know exactly how much energy and how long for. You will sense when the flow stops. When it does, be quiet for a moment and give thanks for all that has been received.

Let your client know, quietly, that the healing is done but to just relax and be until they feel ready to sit up.

It is a pleasant thing to discuss with your client how they felt, how they feel etc. Importantly, remember to advise your client to drink plenty of water after the healing and advise them that they may feel emotional at times following the healing. This is due to things rising up for release which is, of course, part of the healing process. Advise to just go with what they feel and to contact you if needs be.



## CHAPTER 10 ~ Distant Healing With The Rainbow Thread

It is not necessary to have your client with you physically to receive this healing. It does work just as well over distance. Energy knows no time or distance and this is why it works so well.

You can arrange a particular time to send the energy to your client or send it via a ch'i ball. If you're working internationally, ch'I balls work really well. A photograph of your client is useful so you can visualise them during the energy flow. Advise your client to make a time of relaxation for themselves, somewhere where they'll not be disturbed, and, to allow at least half an hour to receive their healing.

Again, as with clients who are physically present, advise as to emotions and to the need to maintain good fluid intake.

Distant Healing sent at a specific time ~ At the specified time, and having made your preparations including the protection of yours and your client's energy ~ use the sigil and the invocation as used for in person healing. Once you feel the energy coming in, close your eyes, hold your arms out to the sides, palms facing forward. Visualise your client, or if you need to you can look at the photograph. Let the energy flow and picture it surrounding and healing your client. As before, once the flow of energy ceases, take time to quiet and give thanks.

Distance Healing Via Ch'i Ball ~ Again it help to have an image of your client to visualise but isn't absolutely necessary.

Start off by making yourself ready generally and once ready to start, then make the sign of the Sigil on each palm and then ~

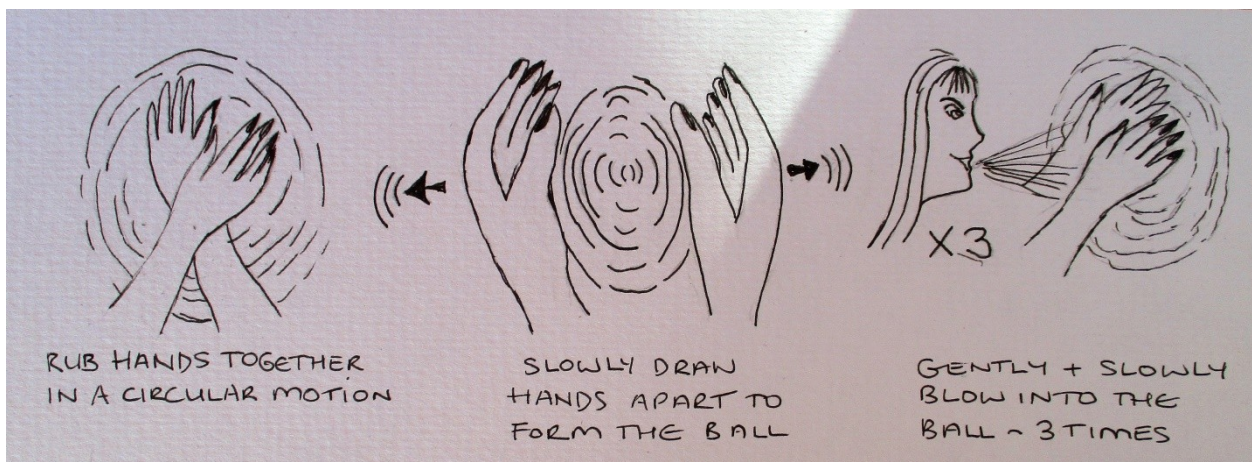
To make the ch'I ball ~ rub the palms of your hands together in a circular motion first of all. Then slowly and gradually bring your palms apart and visualise the forming of a ball of energy (some of you may see this). Move your palms back and forth very slightly, feel the energy and feel the ball getting stronger. Use your intuition as to how big the ball needs to be. Between 6-8 inches is about the norm. Once you have made your ch'I ball you are ready to call in the energy.

Say the words, I call upon the power of the Seven Archangels to please be with me now to assist in healing ~ name of client ~ via this ch'I ball, I ask that I be used as a channel for your healing energy. For the Highest Good. And so it is.

Once you feel the energy begin to flow draw in a deep breath and, whilst visualising your client, if you can, breath gently, slowly and evenly into the ch'i ball. Repeat this 3 times.

Then say these words ~ I now send this healing ch'I ball to ~ name of client ~ and ask that this healing energy reach out and do it's healing. For the Highest good and so it is.

Give the words to your client to accept the ch'i ball as follows ~ Dear God/ Creator / Source (whichever preferred) I, ~ client's name ~am ready and willing to accept the Healing Ch'I ball sent to me by ~ your name ~ for my Highest Good. And so it is. Below is a diagram for quick reference in making a ch'i ball.



## CHAPTER 11 ~ Self-healing With The Rainbow Thread

It is intended that you use this healing energy for healing yourself too. Use it when you feel drained or under the weather, whenever you intuit that it is needed. There is no wrong in looking after you. Indeed, if you are to care for others then you should care for yourself first. A healer with depleted or unbalanced energy cannot expect to be a good channel for the energy of the power of the 7 Archangels. It is of prime importance, therefore, that you look after yourself and be the best you can be, in order to work efficiently, and effortlessly with the Rainbow Thread.

At the end of this book, and if you choose to go forward with this, then after you have sat your examination, you will be sent or given two attunements. The first of these is a healing for you. A healing to cleanse and balance your energy. Once attuned you can invoke this healing for yourself. Make each time you use it special for you. Set aside some quiet time and make a relaxing space for yourself.

All you need to do, after protecting yourself, and making the sign of the Sigil as before, is to say these words. "I call upon, God/Creator/Source to please send the energy of the power of the 7 Archangels to heal me now, and I ask this for the highest good. And so it is.

You will feel or sense the energy come in, and if at this time you are not one who senses, know that it will be sent and you will receive. As with the healing of others, the healing will take 20 – 30 minutes. Relax and enjoy this beautiful energy. Feel it, see it, or imagine it doing its work. Remember to give thanks afterwards. You can do this whenever you choose, and it is hoped you will use it, and enjoy it. Heal yourself and you can heal others too.

## CHAPTER 12 ~ Rainbow Thread Healing for Animals



As with those of us in human form, so it is that animals may benefit and be healed of their imbalances and dis-ease. The principle is precisely the same. There is no worry as to overdosing or side effects for as with people, the Archangels know precisely what the animal needs in order to bring about balance and harmony.

You may choose to use crystals and colours too, alongside Rainbow Thread and, some essential oils can be used but do take care as many can be toxic to animals. Suggested oils are not included in this course and it is better to avoid the oils unless you seek the advice of one qualified in aromatherapy for animals. The author is not qualified in this field and so therefore does not refer to oils for the animal kingdom in any depth unlike in the section for people.

The steps to take are precisely the same as for people and energy may be sent healer to animal in a one to one situation or, via distance healing. However, it can sometimes be tricky to get an animal patient to be still. Patience and gentleness is needed.

If you wish to use crystals it is worth knowing where the main chakras lay within animals. (See the diagrams below) For the purpose of this course, illustrations are given for a few animals and again, animal healing is another whole course you may wish to take.



Take care not to let the animal take the crystals into the mouth to avoid choking risk. Some dogs love to chew rocks! If you choose to use oils (after consulting a qualified person or becoming qualified yourself) then take care to avoid the ears, the eyes and of course, don't allow the animal to ingest any. Animals just love to lick! Particularly the dogs and cats.

All of this said, you are perfectly safe to work with just the energy and the colours if you choose.

Working with animals can be intensely satisfying and this may be something you decide to go on to study in more depth, but being able to help even your own pets at some level is a wonderful thing to do, and what better than Rainbow Thread Healing Energy.

## CHAPTER 13 ~ Connecting with the Archangels and Angels on a Daily Basis.

In every way, it is good practice to connect with the Angels on a daily basis, to call upon them for guidance in your work and in your life generally. This is something each one of us can do, no special skills are required, as you are already equipped to do this. It just needs a bit of polish!

A good way to start is by finding quiet time each day. Make yourself a special place where you feel relaxed and are unlikely to be disturbed. Decorate that space if you wish, with flowers, candles, crystals, angel figures or images, whatever you feel. It is also a lovely thing to burn incense or diffuse your favourite oils and of course add some soft soothing music too, as this can all help in quieting your mind.

Set the intention that this time is special time for you. For you to be with the Angels, receive their guidance and healing. Before you begin, call upon Archangel Michael to surround and protect you, as mentioned earlier in the course and surround yourself with white light. It is good practice to also ground yourself, as when connecting with higher vibrational beings for a length of time, it can cause you to become ungrounded and feel 'floaty' afterwards.

Once protected, grounded and ready to begin, either sit on the floor, in a chair or even lay down if you choose to. Just ask that the Angel or Guide of the Light who can most serve at this time be with you, to give you guidance, to connect with you. For the Highest Good. And so it is.

You may feel a shift in energy, you may see a colour or colours, you may feel cool, warm or tingly. It's an individual thing, as to how you sense the Angels And Guides. There is no right or wrong. Your intention, your invocation will bring in one who can assist, and should you sense nothing, don't think you cannot connect, that you've done something incorrectly. That isn't the case. Just persevere. They are present whether you sense anything or not.

Now, quieting the mind has been mentioned and this aspect is possibly the most difficult part ~ in quieting the busy-ness, that is. Persevere. The more you practice, the easier it becomes. Of course, the flip side is that you may fall asleep. That is fine too. Take your time. You may find it easier to have a little background music to assist you and you could of course try the guided meditations with various Archangels that you see on the internet. These too are very good and serve to give you focus, intention and are an excellent way to 'get going' so to speak.

You too, can use the oils and crystals to aid your connection with the Angels. Hold the crystals if you wish, as you meditate.

Once mastered, you'll find connecting with the Angelic Realm very easy and as your vibration rises it becomes even easier. You won't even have to meditate to facilitate

connection. The Angels do love to connect and assist us, so do take the opportunity to do so. For those who hear, see and feel, this can be so very comforting and reassuring. So, do try, practice, persevere. You can do it.

CONSOLIDATION ~ How do you feel about going onto actually practising the Rainbow Thread?

Are you ready?

Do you want to move forward on this?

Where will you conduct your work?

Do you have an appropriate space?

Practise making a ch'i ball, but do not do any invoking, just feel the energy forming a ball between your hands. Can you feel it? Hear it? See it? Don't worry if you can't, know that it is happening. Your intent is strong.

Start connecting with the Angels, if you don't already do so. Don't worry if you feel nothing is happening. It is! Trust and believe it is so. The more you practise the stronger the connection becomes.

If you meditate, this is also good practice and can assist with connecting with the Angelic Realm. If you need guidance in learning meditate, just ask.

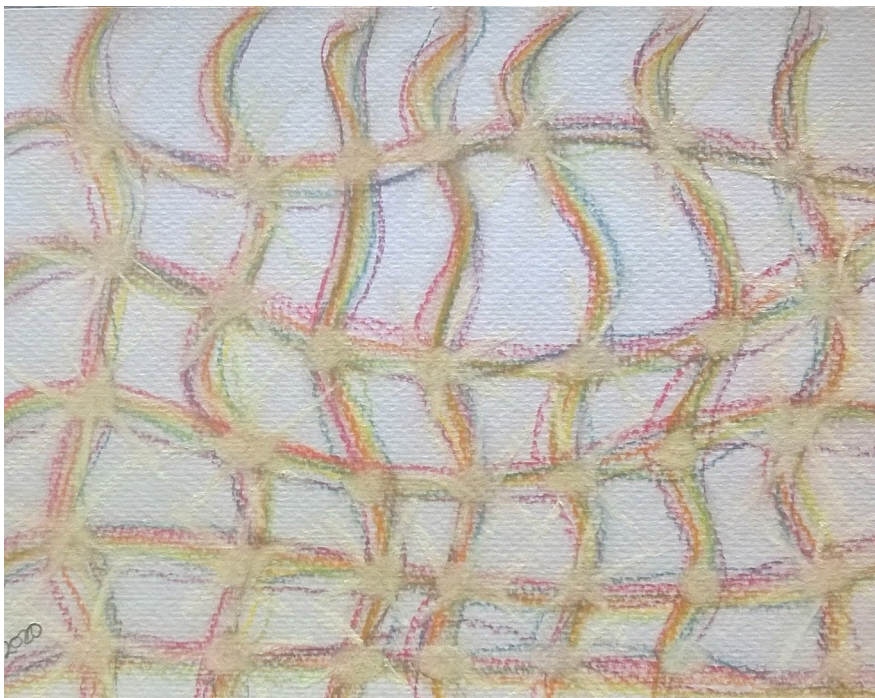


## CHAPTER 14

### The Latest Update 13/4/2020

I always thought I truly knew and understood fully exactly what the Rainbow Thread is! So I have ~ to a degree. In recent months I have become more aware of the Grid ~ this grid which is pure light is the grid, net, or web that you may, or may not have heard of.

It is this grid, web, or net that supports everything. It runs through and it holds and supports all living things, you, me, animal, plants, trees, rocks, crystals. All. And, not just the Earth but beyond and into the Cosmos. Here is a drawing I did of how I see the Rainbow Grid. The whitish bits at each intersection represent the place or places where each and every living thing is connected. You are a white sparkle on that grid, you are connected!



The grid, net, web holds and carries, pure Divine energy and it is this energy that is drawn upon both in reiki and the Rainbow Thread Energy Healing. See the example in drawing form.



The Rainbow Thread now appears to be threads of all colours of the rainbow that run through the net, web or grid of light. You, me, the Angelic Realms, the Cosmos are all a part of this web and so too are our ancestors and our loved ones passed. All of this is interconnected as are we. As you can see, from the drawing, it depicts how the Rainbow Energy flows, in all directions. As you connect to the Rainbow Thread, you do so from the heart space and from the heart, the energy flows not only through your hands, but in all directions. As you go about your Rainbow Thread Energy Healing, know that you too, are receiving from the Rainbow Grid. Think ebb and flow, in and out and you'll get the picture. Once this understanding came to me, it felt so obvious and I'm sure it will to you also.

Now, I fully understand what it was that was 'given' to me back when I started to write this course. This work continues too, in the Rainbow Mediumship Course whereby one connects through the Rainbow Grid to those loved ones passed and also features in a new course that is currently being completed. There are parts of the Rainbow Grid that are damaged, think of a cloth with a few moth holes, this appears in places that need cleansing and healing, such as in places that have known much negativity. This is a part of that which is known as Earth Healing ~ this too, can be done by working with the Rainbow Grid, and that, may be an update to this course, or indeed it may become a whole new one!

This work is a blessing and the more so for understanding it more fully, and yet, I still feel that there are more revelations to come! I'll be updating the course and the book as necessary!

That brings us to the end of the book and it is hoped you enjoyed it and that it has piqued your interest further. Read on for recommended reading and also a little bit about the author and how to contact her and of course a little bit of legal 'stuff'.....

## ABOUT THE AUTHOR

Elaine is the person behind this book and has studied long and hard for a number of years now, after a big awakening following a life changing event in her life. The learning continues as does the guidance from her team of Angels & Guides without whom this book and course would not have come about.

She is qualified in Colour Healing, Crystal Healing, Colour Aromatherapy, Angelic Mediumship and also reads oracle and tarot cards. Besides having studied, Elaine also taps into her spiritual gifts of clairaudience, clairsentience and claircognizance.

Elaine is married with a grown up family and lives in rural South West Wales with her husband and little Jack Russel Bertie. Colours, crystals, artwork, handicrafts and nature are her passion and of course, writing too! That's when she's not out walking the hills of Wales with Bertie.

There are two new books out which are available via the website, once of which is poetry and verse and the other a course in book form. Currently, work has begun on a book about reconnection with nature. Nature figures prominently in Elaine's life and she has been guided to write in order to help people reconnect, to move away from the feelings of separateness that so many appear to feel these days. That book though, is a way off!

If after reading this book you wish to take things forward or, if you have any questions, then you can reach Anna (Elaine) at -

<https://annaenfyshealing.co.uk/contact/>

and she will always respond to your message.

Thank you for reading this book. Blessings.

## COPYRIGHT

This book and the course is the written work and property of Anna Enfys/Elaine Jeyes and as such is her property and is protected by International Copyright Law. No copying, sharing or resale of any part of this work is permitted without prior permission. Copyright ©2020 Elaine Jeyes

## RECOMMENDED READING

Suggested reading materials for research for your examination and also if you wish to learn more.

Colour Scents by Suzy Chiazzari ~ explains more about colour aromatherapy.

The Crystal Bible by Judy Hall ~ This and Judy's other books are excellent for reference purposes.

The Crystal Users Handbook by Judy Hall ~ Another book which is great for reference.

Aromatherapy ~ A Guide For Home Use by Christine Westwood ~ An excellent little starter book if you wish to dip your toes in these waters.

The Complete Book Of Colour by Suzy Chiazzari ~ a great book which covers all aspects of colour therapies. Décor, diet, etc.

Colour Therapy by Mary Anderson ~ An old book but well worth a read.

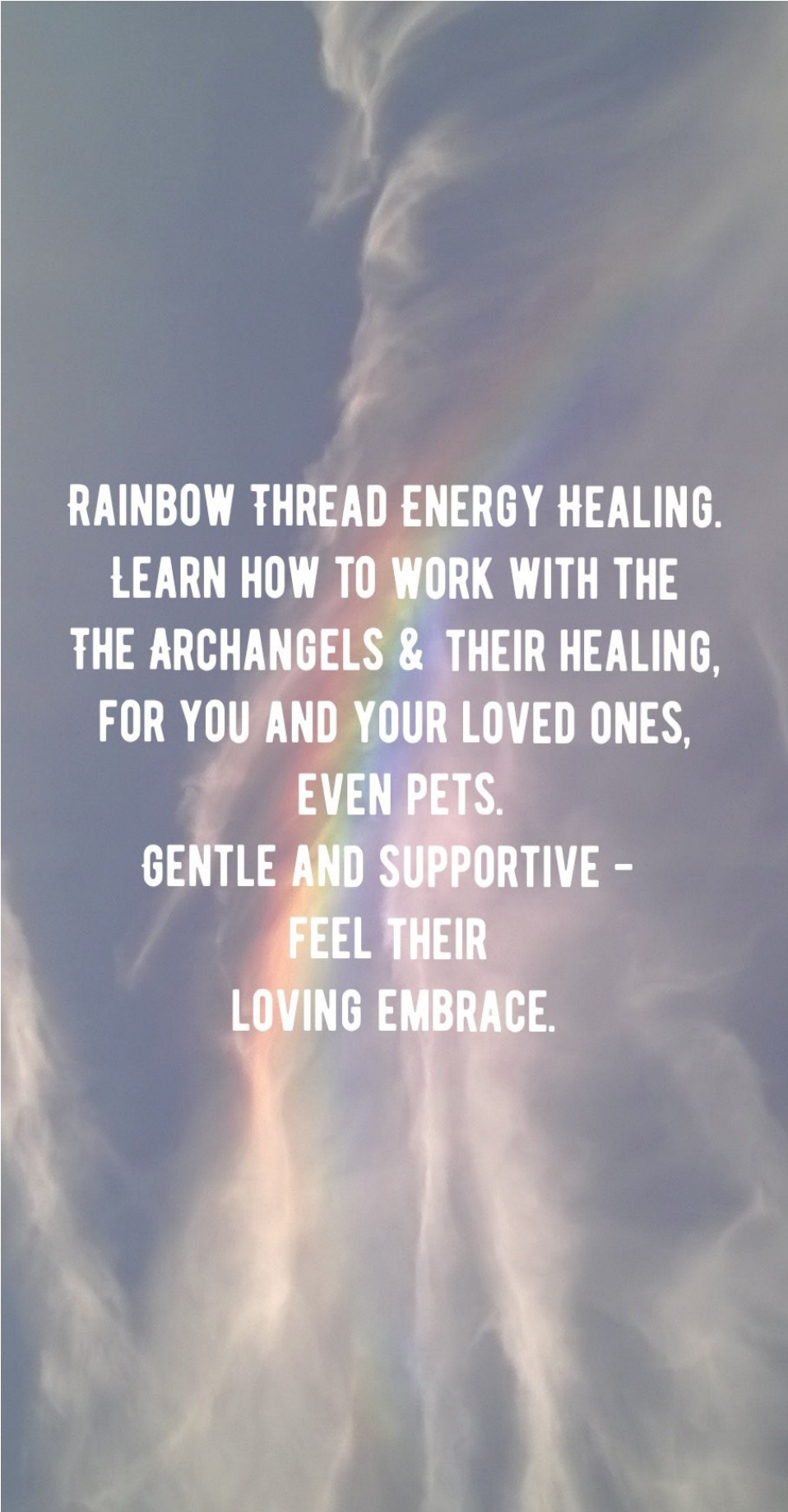
Some books may be out of print, but they can still be obtained if you search. Of course there are many other books and authors, these are just some of my personal favourites.

## DISCLAIMER

Although it is the intention of Elaine Jeyes (EJ) /Anna Enfys Healing (AEH) to give you all you need to understand practice as a Rainbow Thread Energy Healer, there is no guarantee that the reading of the book or studying the course will make the reader or student become increasingly psychic or gain extra powers. Neither can it be guaranteed that you will find work as a Rainbow Thread Energy Healer should you go forward to be attuned. The author is not responsible for any outcomes, legal, medical or otherwise that may ensue through the practising of this material. It is up to the reader/student, once the course is complete to continue their development and, also to ensure they work in a legal and professional manner. The author takes no responsibility for any malpractice.

EJ/AEH makes no warranty, express or implied as to the fitness of the information for any purpose, or of the results obtained by the person using the information or for any action taken when relying on the information therein. The course provided does not constitute legal or other professional advice or guidance.





**RAINBOW THREAD ENERGY HEALING.  
LEARN HOW TO WORK WITH THE  
THE ARCHANGELS & THEIR HEALING,  
FOR YOU AND YOUR LOVED ONES,  
EVEN PETS.  
GENTLE AND SUPPORTIVE –  
FEEL THEIR  
LOVING EMBRACE.**