

THE GIFT OF LIGHT



**A Guided 10 Affirmation Meditation
With Angel Guides**

By Lindsay Godfree

Working with the angels offers
MANY incredible benefits. Pure,
unconditional love, divine calm
and reassurance, and ever-
present guidance.

This self-guided meditation is the
combined gift of all the above.

Come back to this whenever you
need stressed, anxious, and need
a reminder of all your blessings.



MEDITATION INSTRUCTIONS



WITH 10 JOYFUL GRATITUDE
AFFIRMATIONS WITH
THE ANGELS

1. **Begin by finding a comfortable position, either seated or lying down. Gently close your eyes.**

2. **Take a slow, deep breath in through your nose... and exhale softly through your mouth.**

**Again, breathe in light...
and breathe out any tension.**

3. **With each breath, allow your body to soften.**

Your shoulders relax...

your jaw releases...

your hands rest comfortably.

4. Above you and all around you, imagine a soft, luminous presence—the loving frequencies of the angels and archangels, filling this space with peace, warmth, and gentle radiance.

Silently in your heart, invite them in:

"Beloved angels and archangels, I welcome your light, your love, your guidance."

I feel your presence and remember how blessed I truly am."

Breathe that intention in.

GROUNDING IN ANGELIC LIGHT

5. Imagine a beautiful column of light pouring down from above—sparkling, iridescent, filled with the energy of divine love.

This light gently moves through the crown of your head...

down your face, your neck, your shoulders...
flowing down your arms and into your hands...
down your chest and back... through your hips,
legs, and feet.

You are surrounded and filled with angelic light.

Now, we'll speak 10 JOYFUL GRATITUDE AFFIRMATIONS. You can repeat these silently or aloud after me, letting each one resonate in your heart.

Take a breath before each affirmation, as if you are breathing it into your entire being.

AFFIRMATION 1

*I give thanks for the
angelic frequencies that
amplify my joy and
expand my spiritual
awareness.*

Feel your heart glowing brighter, like a
radiant sun in your chest.

Sense your awareness gently expanding,
becoming more spacious, more light-filled,
more attuned to the Divine.

AFFIRMATION 2

*I am blessed by the
healing frequencies of
Archangel Raphael,
restoring my mind, body,
and spirit.*

Feel a soft emerald-green light swirling
around you, soothing, replenishing,
bringing ease to every cell.

AFFIRMATION 3

*I am grateful for the
angels who whisper
encouragement
and lift me into higher
possibilities.*

Imagine gentle, shimmering wings around
your shoulders, and hear the quiet whisper:
“You are supported. You are capable. You
are loved.”

AFFIRMATION 4

*I give thanks for the
angelic frequencies that
dissolve fear
and awaken courage
within me.*

See any fear as a gray mist, gently dissolving
in golden light, revealing the bright,
brave heart that you truly are.

AFFIRMATION 5

*I am grateful for the
miracles the angels
orchestrate on my behalf
each day.*

Let your heart remember the
synchronicities, the perfect timing, the
subtle protections and blessings that have
already touched your life.

AFFIRMATION 6

*I am blessed by the angels
who open doors, align
synchronicities, and
guide divine timing.*

Picture a path before you gently illuminating
—doorways of opportunity appearing with
ease, guided by the loving wisdom of your
angels.

AFFIRMATION 7

*I am grateful for
Archangel Ariel's
stewardship of nature,
grounding me in beauty
and abundance.*

Imagine you're standing in a serene, sacred landscape—perhaps a forest, a garden, a beach—feeling the love of the Earth and the angels flowing up through your feet, anchoring you in trust and abundance.

AFFIRMATION 8

*I am grateful for
Archangel Metatron's
ascension light, uplifting
my consciousness.*

See a gentle geometric light, a sacred pattern above your head, bathing your mind in clarity, lifting your thoughts into higher truth, aligning you with your soul's purpose.

AFFIRMATION 9

*I am blessed by the angels
who comfort me, reassure
me, and remind me I am
never alone.*

Allow yourself to feel held—truly held—by a
circle of angels around you. You may not
see them, but feel their presence, their
compassion,
their unconditional love.

AFFIRMATION 10

*I am grateful to the
angelic realm, which
continually expands my
capacity for love,
healing, and awakening.*

Feel your heart expanding, like wings
unfolding—capable of more love, more
compassion, more joy, and more light than
ever before.

INTEGRATION & REST IN THE LIGHT

Now, rest in this gentle angelic field you have called in.

No need to do anything.

Just breathe, receive, and allow.

If you'd like, you can silently repeat:

“Thank you, beloved angels and archangels, for your constant presence, your blessings, and your loving guidance in my life.”

Let that gratitude ripple out from your heart,
like waves of light.

Stay in this stillness for a few breaths...

RETURNING GENTLY

Begin to bring your awareness back to your body.

Feel the surface beneath you supporting you.

Notice the rhythm of your breath.

Wiggle your fingers and toes.

When you are ready, take one more deep breath in...

and exhale slowly, carrying this angelic peace with you.

Gently open your eyes and return to your day with a lighter heart, a clearer mind, and the loving presence of the angels by your side.



About Lindsay



Lindsay Godfree is a professional Angel Intuitive of nearly 10 years now. She is a channel of Angel-Oracle Messages dedicated to helping YOU live an awakened life and build your confidence in intuition to break free of self-doubt.

Through angelic channelling and transmitting higher-dimensional energies from spirit guides, Lindsay provides PRACTICAL WISDOM, COMFORT, GUIDANCE, and HEALING ENERGY for your everyday life.

To get the latest of what your Angels, Archangels, and Ascended Masters say, GO TO LINDSAYGODFREE.COM to receive FREEBIES, EXCLUSIVE DISCOUNTS, and the latest ANGEL TRANSMISSIONS.

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