



A01 | Archangel Michael: peace – calmness – protection – feeling of security – justice – trust – faith – support with stress

A02 | Archangel Jophiel: wisdom – inner strength – lust for life – lightness – intuition instead of intellect – invoke old wisdom from former incarnations

A03 | Archangel Chamuel: love – relationship – unity of thought and action – scars from childhood or partnerships – love of self – concern for others – let people come close to you and enjoy the experience

A04 | Archangel Gabriel: clarity – purity – reflection – energetic cleansing – desire for motherhood – decision – turn darkness into light

A05 | Archangel Raphael (“Angel of Healing”): relaxation – freedom – closeness to nature – focus – perception

A06 | Archangel Uriel: strength – power – courage to face life – endurance – stamina – joy

A07 | Archangel Zadkiel: forgiveness – pardon – grief – transformation – spirituality

A08 | Archangel Metatron: focus – centralizing – scheme for life – centring – wishes and visions

A09 | Energetic Boundary: protection of the aura, chakras and the morphogenetic field from negative influences and energies – source of strength – personal boundary from people draining energy

A10 | Energetic Cleansing: cleansing of aura, chakras and the morphogenetic field – transformation of burdening energies – support and transformation of earthbound souls – energetic cleansing of houses, clothes, crystals etc.

A11 | Angel Sonael: energetic cleansing of aura and chakras on exposure to increased radiation, especially with high sensitivity and mediumship

A12 | Angel Norael: pregnancy – birth – infancy

A13 | Angel Hariel: childhood – the inner child

A14 | Angel Meditation: contacting the angel world – company during meditations

A15 | Angel Korathel: mental concentration – creativity – ability to differentiate

A16 | Higher Self (“Angel of the Sun”): contacting and close connection with the Higher Self – integration of the Higher Self into the subtle body

A17 | Guardian Angel: contacting and communication with the guardian angels – invocation in difficult circumstances

A18 | Archangel Haniel: soft firmness – loving serenity – transforming anger and aggression – alleviating tense situations – wisdom of the heart – unconditional love – recognizing love as healing energy

A19 | Archangel Valeoel: appreciation – gratitude – contentment – happiness – inner peace – balance – serenity – joy of life – being at home in who we are – agreeing instead of rebelling

A20 | Archangel Bariel: love of nature – care for all living beings – responsibility – compassion – protection and care for the weak and handicapped – energetic cleansing of the earth’s atmosphere – a new and perfect world – environmental protection

A21 | Archangel Perpethiel: believing in success – outdated belief systems/values – understanding illusions – releasing compulsions – allowing feelings – new spiritual views – isolation and loneliness – tolerance and generosity – blockages behind financial problems

DNA | Multidimensional DNA: “There is a new energy on this planet, wanting to activate your soul energy, the parts of your DNA which are both three-dimensional and multidimensional, and where the Higher Self resides.”

from “KRYON – The Twelve Layers of DNA” by Lee Carroll

LGA01 | Kalea’ha: Well-being – Generosity – Relief – Happy-go-lucky – Enthusiasm – Serenity – Satisfaction – Emotional security – Stability – Contentedness

LGA02 | Malahe’ka: Easiness – Success – Relief – Relaxation – Equanimity – Mirth – Bliss – Hope – Cheerfulness – Confidence

LGA03 | Wabasa’ha: Letting go – Approving – Trust – Allowing feelings – Dissolving limitations – Gentleness – Patience – Unity

LGA07 | Kirilu’ha: DNA activation – Spiritual healing methods – Realignment – Intuitive ways of healing – Self-awareness – Self-responsibility – Healers of the New Age

LGA12 | Sidiron’ha: Increase in vibrational frequency – DNA activation – Transformation process – Elevation of consciousness – Development – Ego-integration – Mediality

LGA13 | Kyriilan’ka: Life plan – Self-responsibility – Authenticity – Zest for life – Self-confidence – Self-esteem – Self-reflection – Self-discovery – Natural authority

LGA18 | Lakany’la: Love in relationship – Balance – Giving and taking – Equality – Soul mate/Soul family – Recognition – Acceptance – Generosity – Honesty

MAE01 | Djwal Khul: new, holistic ways of healing for mankind – connection to the divine stream of healing – new body awareness – opening of the heart

MAE02 | El Morya: divine protection and guidance – inner peace and calmness in difficult circumstances – accepting how things are

MAE03 | Eolia (= development of Saint Germain on a higher level): increasing your vibrancy – developing your soul’s potential – integration of all parts of your soul – discover and understand higher connections and views

MAE04 | Hilarion: truth and truthfulness – concentration on the essentials – clearing emotional blockages – love for nature and all forms of life – communication with animals

MAE05 | Kwan Yin: easing pain of the soul – service to fellow human beings – comfort – compassion – bring hope – goodness and understanding – company in difficult circumstances and times – forgiveness

MAE06 | Lady Nada (= development of Mary Magdalene on a higher level of vibration): unconditional love – support in partnerships – awakened femininity – courage for unconventional partnerships – meeting and recognizing soul partners and dual souls

MAE07 | Lady Rowena: act from the heart – keep to your decisions – trust your own feelings unconditionally – realising what is right and important for you, without being egoistic – follow your heart’s desire

MAE08 | Maha Cohan: bring light into the world – reinforcement and encouragement in difficult circumstances – clear decision – energy charging – clarification of the divine plan – leaving old, traditional paths – wisdom of the heart – open new doors

MAE09 | Mary: transform wounded femininity – give up self-sacrificing – find out and stop personal dramas – open your heart – transform pain – comfort and hope – courage

MAE10 | Mary Magdalene: respect and esteem – relationship problems – separation – partner loss – role models – communication through the heart – secrets – jealousy – defamation – sexuality as spiritual transformation

MAE11 | Pallas Athene: powerful way of living – go through life with courage and confidence – stand for ideals – realise visions and ideas – centre energies – use the power of your inner self – live your femininity in a powerful way

MAE12 | Sananda (= transformed energy of Christ): all-embracing love – equality of men and women – peace and harmony – balance between male and female energies – light carrier – bring light and love into the world

MAE13 | Sanat Kumara: create heaven on earth – find out that the divine is in all of us – developing your spirituality – use the energies of the New Age in a positive way

MAE14 | Saint Germain: gain and hold inner freedom and independence – find out and clear your dark sides – ego-transformation – leave the past behind – clearing process – forgiveness and pardon

MAE15 | Serapis Bey: intense cleansing of the subtle body – cleansing and clarification of circumstances – neutralizing burdening actions – shower of light – clear negative programmes, beliefs and vows

MAE17 | Kuthumi: inner development and growth – inner peace – authenticity – independence – inner wisdom – love of nature and all living beings

MAE22 | Aurora: better understanding of the so-called children of the New Age – spiritual awakening – renewals – upheavals – allowing changes – loving understanding – feminine energy of the New Age – partnership of the New Age

MAE29 | Immaculata: remaining faithful to oneself – discovering and developing potential – reactivating abilities from former incarnations – approaching one’s own divine power – changing from the frog’s eye to bird’s eye view

MAE31 | Lady Gaia: down-to-earthness – Mother Earth – centring – contact with spirits of nature – earth healing – accepting one’s earthly life – transformation and ascension process of the earth – increase in vibration

MAE32 | Lady Portia: love of self instead of self-criticism – tolerance instead of judging – cycles of life – gentleness instead of strictness – justice and law – widening spiritual horizon

MAE37 | Minerva (actually Elohim, but also allocated to the Ascended Masters): dissolving mental limitations – trusting one’s inner knowledge – new learning – freedom of opinion – letting go of tight thinking patterns and beliefs – learning to think with the heart

MAE50 | Anna: family bondages – burdening events that took place in former generations – family secrets/dramas – family patterns – role allocations – violent deaths – denied/outcast/forgotten family members – expectations

MAE51 | Bartholomew: patriarch – drive for success – power struggles – saviour syndrome – suppressing feelings/fears – coolness – patchwork families – sense of duty – ‘wearing the trousers’ – role compulsions – struggle for survival – gender roles – rationality – ignoring (one’s) limits

MAE52 | Elizabeth: restricting family structures – karmic entanglements – disputes – (no) soul family – patchwork family – family obligations

MAE53 | Easa/Jesus (“Emergency Aura Essence”): affirming life – admitting/solving difficulties – showing weaknesses – living all facets of human nature

MAE54 | Joseph: relationship to father – male role model – authority – being let down – control – strictness – partner substitute – letting go – identification – betrayal

MAE60 | Martha: being a ‘good sport’ – troubleshooting – optimism – fearlessness – support – solidarity – powerful woman – self-confidence – perseverance – sense of comfort and belonging – mental under-/overload

MAE62 | Nicodemus: wishes – modesty – discontent – mental overload – fearlessness – support – time-out – demands – thoughtlessness – suppression – communication – self-love – tolerance – sacrifice – altruism/egotism – thoughts of lack – self-abandonment – self-affirmation

MAE64 | Salome: standing up for oneself – defamation – injustice – illusion – truth/truthfulness – sacrificing oneself for others – self-perception – flexibility – inflexibility – condemnation – self-awareness

MAE65 | Sarah Tamar: inner child – childhood – caring for children – unborn child – stillbirth/miscarriage – family pattern – education of the heart – dependency – orphaned parents – cutting the cord – letting go

MAE66 | Sara-La-Kali: womanhood – healing of sexuality – standing up for one’s female side – battle of the sexes – abuse – devotion – female intuition – kundalini – emancipation – intuition – rivalry

MAE69 | Lemurian Sisterhood: Reconnection to Lemuria (the first high culture on Earth) – Activation of the Lemurian, female potential – Divine female elementary power, ability to love, magic and spirituality; see: Dr. Amber Wolf, www.lemuriansisterhood.com

SPA02 | Alexander: Power – victory – inner fight – inner conflict – progress – future-oriented – authority – unquestioning nature – ambition – drawing oneself up – being focused – unyielding – not putting up with anything – leaving nothing to chance; but also: not being able to handle one’s strengths – hyperactivity

SPA05 | Benedict: Being highly sensitive – retreating from life – mindfulness – contemplation – meditation – quiet – pausing for thought – emptiness – resting in oneself – balance – exclusion – awareness – being happy in oneself – (not) wanting to be the centre of attention

SPA09 | Cecilia: Serenity – joy of life – positive attitude – optimism – unyielding – unswerving – heart energy – love – caring – following one’s path; but also: creativity – drawing from the wealth of life – liveliness – development – expansion – following new paths – joy in creativity – creative power

SPA13 | Francis: Reduction to the essential – throwing off ballast/burdens – material and emotional clear-out – shift in values – sharing increases joy – transformation of thoughts of insufficiency – treating oneself (without feeling guilty) – communication with animals – protecting the environment

SPA14 | George: “Slaying the inner dragon” – recognising and transforming: burdens/values/belief patterns/prejudices/resistances/restrictions/mental restraints/burdening character features and habits; fighting one’s own weakness – overcoming fears

SPA19 | Judas Tadeus: Grace – miracles – wishes being fulfilled – pushing the boundaries – accepting inexplicable situations – care – leaving stereotyped thinking behind – rising like a phoenix from the ashes – chances – gratitude

SPA25 | Mathilda: Discarding self-pity – sense of reality – self-responsibility – recognising problems as opportunities – courage for introspection – surpassing oneself; but also: distorted perception – feeling small and insignificant – making mountains out of molehills – escape from reality