





# Angels + Art ... The New Era of Healing

Lori Daniel Falk

**H**ave you ever had one of those nagging problems that seemed to drag on and on? You know, the kind of problem that try as you may, you couldn't quite get to go away. The kind that had your blood pressure rising, your stress levels soaring, and the tension in your head was just too much to bear. Have you ever gotten to the point where you just gave up and said, "I can't do it. God please help me." Most of us have been there at one time or another. And usually when we get to the point where we actually give up and turn the problem over to a higher power, somehow the situation magically clears itself up. Did you ever wonder why? Well, let me explain . . .

It has long been said that we all have Guardian Angels. These benevolent angelic beings are with us from the moment we are born and they stay with us throughout our entire lives. Their only mission is to help us lead happier, healthier, more joy-filled lives. They act like angelic psychotherapists, guiding us and directing us toward the people, places and things that will benefit us most ... things that will bring us the most joy, and make life seem more worth living. Simply connecting with these benevolent angelic beings of Divine light energy is healing in and of itself.

But here's the catch, because the world we live in is ruled by "free will," these angelic beings can only intercede on our behalf if we ASK them to. So when you finally reach out and say, "Please help me" you are actually "asking" for their assistance and thereby giving them permission to let the magic of their assistance begin.

The good news is you don't need to wait until you're

at the end of your rope to ask for divine intervention. You can invite the angels into your daily life and ask them for help before things get out of hand, enabling you to better manage life's ups and downs. You see angels can provide you with guidance and wisdom that is beyond what your logical brain can process. Think of it like this ... the angels have a 10,000' view of life, while we have about a 100' view. From their vantage point it is far easier to see the total picture, both backward and forward in time, enabling them to offer you sound guidance and direction.

Want to tap into this angelic wisdom? Well, you can. We all have the ability to have a two-way conversation with our angels. Asking them questions is the easy part; interpreting their messages is where it can get a bit dicey. An easier route is to seek the assistance of someone who actually channels angels. These "celestial networkers" have honed their divine communication skills over time and know how to connect with the angelic realm. They can bring forth the angels' answers to your questions for you. Their methods run the gamut from clairvoyantly channeled messages to angel card readings to angelic healing art.

The latter is a relatively new process that not only brings you verbal messages, but also provides you with an angelic portrait that heals you at a deep emotional level. This new form of "angelic healing art" is created by visionary or mystical artists who work closely with the angelic realm. Mystical Artist, Lori Daniel Falk, who co-creates Angelic Message Portraits™ with the angels, tells us she is, "divinely guided as to the exact colors, symbols, and images to place on the page that will reach you at a heart



level, enabling you to heal what is no longer serving you. The angelic energy coming through my hands gets embedded into the page, creating artistic pieces that serve then as emotional healing tools. It is what the angels infuse into the art that will truly heal your heart and in turn your mind, body, and soul."

This angelic art therapy is part of a whole new genre of "healing art" that is being born as we speak. Michael Samuels tells us in his book *Creative Healing*, "The concept is catching fire, is awakening in people's spirits... Artists, musicians and dancers are realizing their imagery has meaning ... that their imagery heals them, others, their neighborhood, or the earth." There's even a new organization that serves as an international forum for anyone interested in the healing potential of art. According to the group's founder, Marion Weber, "The Arts and Healing Net-

and their brain neurotransmitters." <http://www.artashealing.org/ahfw3.htm>

They also tell us, "Neurophysiologists have shown that art, prayer, and healing all come from the same source in the body, they all are associated with similar brain wave patterns, mind body changes and they all are deeply connected in feeling and meaning. Art, prayer, and healing all take us into our inner world, the world of imagery and emotion, of visions and feelings" ... the very place where divine angelic guidance and inspiration occurs.

Put simply, art creates hope ... Being in the presence of angels does the same. Angelic healing art then, combines the best of both worlds. It intoxicates the senses, while uplifting the spirit. Angelic art is quite simply a wonderful emotional healing tool. It calms

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work honors and supports the emergence of healing artists and recognizes them as essential catalysts for positive change."

The impact of the arts in the process of healing was recognized early on by Hippocrates, who understood the importance of uplifting his patients' spirits. Over the past 10 years, there has been a dramatic growth in the use of the arts in medicine. Renowned institutions such as Duke University Medical Center and Dartmouth Medical School are doing research on the subject of art as a healing tool. In fact recent scientific studies show us that art heals by changing both a person's physiology and their emotional attitude. According to the Art As A Healing Force organization, when a person experiences art, "The body's physiology changes from one of stress to one of deep relaxation, from one of fear to one of creativity and inspiration. Art and music put a person in a different brain wave pattern; art and music affect a person's autonomic nervous system, their hormonal balance,

the mind, soothes the soul and enlivens the heart. It carries a benevolent, loving energy from the angels that works with people at a deep heart level to bring comfort in time of need, as well as inspiration, hope and motivation.

And so it is at this time in our evolution that this type of healing art is ever so needed. It cuts through the mental layers of ego and self and goes straight to the heart center, which is now and always has been, the main power plant of the body, for without it all else cannot function. We have always understood this on a physical level; the time has now come to know this on an emotional level. It is time to fully embrace the reality that the emotional heart center of the body ... the very place where the soul is seated ... heals all, creates all, manifests all. To heal the physical we must first heal the emotions that created it. Angelic healing art does just that. €

Artwork page 20: *The Angel of Inner Peace*, pastel chalk on paper, by Lori Daniel Falk [www.wisdomoftheangels.com](http://www.wisdomoftheangels.com)