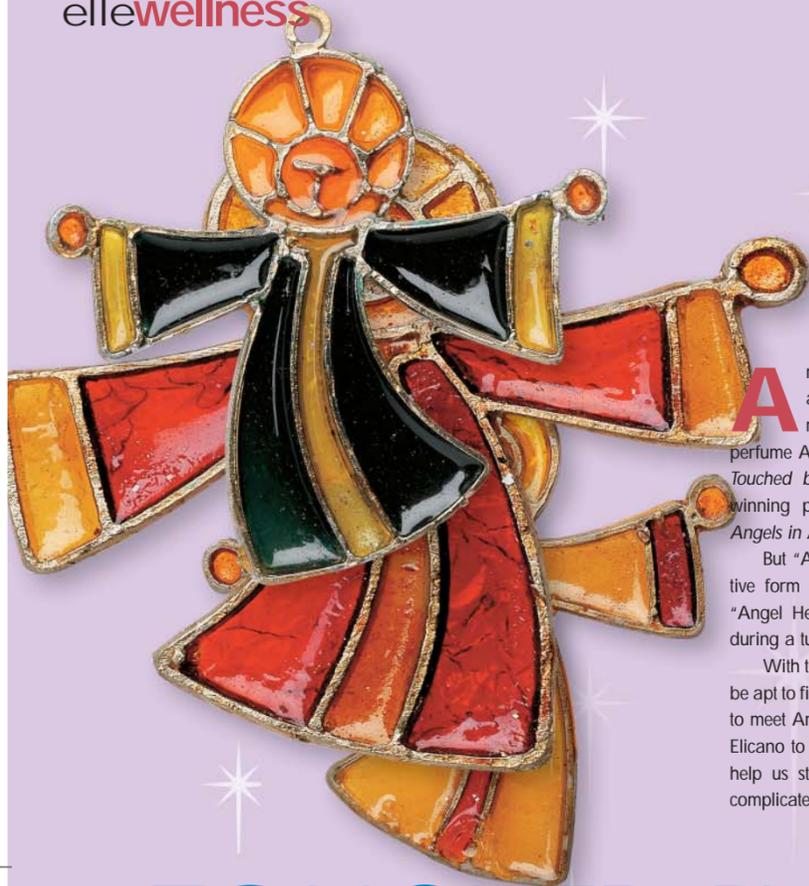


ellewellness



Angels, those cherubic beings that manifest purity and goodness, have moved beyond the realm of religion into popular culture — Thierry Mugler's perfume Angel comes to mind, as do television shows such as *Touched by an Angel* and Tony Kushner's Pulitzer-prize winning play and Golden Globe winning HBO series, *Angels in America*.

But "Angel Healing"? I'd first heard about this alternative form of therapy from a friend who experienced an "Angel Healing" session, which left her feeling at peace during a turbulent period in her life.

With the Christmas season upon us, we thought it would be apt to find out what Angel Healing is all about. I arranged to meet Angel Intuitive/Clairvoyant/Healer Audrey Jane A. Elicano to discover how an alternative therapy like this can help us stressed urbanites find clarity in an increasingly complicated world.

TOUCHED BY AN ANGEL

Do you believe in angels? Lorraine Robert seeks some divine guidance through an Angel Healing session.

Angel Eyes

The amiable Elicano started off by stating that she isn't a fortune-teller but someone who will help explore options for problems that individuals face. She also stressed that she isn't trying to convert people to a particular religion or philosophy, but to help people gain self-knowledge and to highlight that the angels' assistance is always available to us.

According to Elicano, angels are divine messengers. They have been with us since our inception and are around us all the time, even though we are seldom aware of them. They usually respond to our needs and assist us by communicating with us through impressions, intuition and dreams. She explained that to seek their guidance, all we have to do is to think of them and request for help mentally or verbally.

Divine Communication

Turning her attention to my life, she told me my guardian angel's name and proceeded to reveal details about my personal life and my family that I hadn't mentioned to her before — uncanny. She described my characteristics accurately (I'm sensitive and emotional, for instance) and told me that my angel is very excited about guiding me. Addressing my concerns, she



also gave me a clearer idea of how I should go about dealing with situations like relationships and work.

She also talked to me about my spirit guides which she describes as higher beings who help us improve the quality of our lives. Unlike angels, spirit guides have lived on earth in human form but have gone on to become guides who give general advice, comfort and protection. Elicano mentioned two guides that I have — both relatives who have passed on — and told me that they are there to give me comfort and help me make the right decisions in life.

The Cleansing Process

After sharing the messages from my angel and spirit guides, Elicano then proceeded to do an angel card reading for me with oracle cards. While Tarot cards can seem a tad ominous, the cards that she used carried messages that are revealing yet encouraging. She then finished off with a Chakra Clearing (chakras are nerve centres of energy that absorb and distribute physical, mental, emotional and spiritual energies) to open up the flow of vitality in me.

Nothing weird happened during the session — no unusual apparitions or voices. There were times when I felt so overwhelmed with emotion at her revelations that I couldn't help but to shed a few tears. But I came out of the session feeling at peace and enlightened. As Stella Yfantidis Chen, founder of Whatever Yoga & Healing Space (where I had the session) notes, "People often walk out after a session looking lighter, their frowns disappear and their aura changes as well."

Most of all, it's a wonderful feeling to know that you'll always have help when you need it.

Angel Healing sessions with Audrey Jane A. Elicano are at \$100 per hour at Whatever, Yoga & Healing Space, Tel: 6221-0300.

Skeptical?

For those who have reservations about alternative therapies such as Angel Healing, here's some advice from Stella Yfantidis-Chen, founder of Whatever Bookstore & Café, Yoga & Healing Space:

- If you've decided to experience it, be open-minded. It's your money and time, so open yourself up to receiving some good advice.
- Don't let your fears hold you back.
- If you're not sure about the session, just take the best and dump the rest.
- Be aware that you're going to hear what you need to hear in that moment of your life.
- Don't be overly concerned about the material side of things — often, a lack of abundance outside means there is a lack of abundance within.

More on Angels

Audrey Elicano sheds more light: Does everyone have an angel and spirit guide?

Yes. Even the worst man ever known to life has one but it is not the angels' task to live our lives for us. Angels and guides will try to make themselves heard but if we're determined to proceed on a certain course, they cannot override us. Only when we are in co-operation with them, can they steer us to live our lives to the fullest positive potential. As angels cannot force their help on us, it is important to ask for their aid and keep yourself open to receiving it.

We all have spirit guides, too. They communicate with us in order to help us in healing, understanding, expansion of vision and our quality of living. They are the wise teachers, counsels and healers.

What are some examples of how angels can intervene in our lives?

Interventions come in unexpected ways, such as coming across the right book at the right time; reading an article that best suits your hang-ups or questions; overhearing a conversation on the bus that seems to be very relevant to your own issues; or cancelled meetings which open up other opportunities. If there is a life-endangering situation, such as an impending car crash, before it is your time to go, the angels can only help if you allow them.

