

The Vimala Alphabet:

	<u>Soul Quality</u>	<u>Challenge</u>
Aa	Spiritual stardom, ego into spirit "Today I will notice how my personality affects others." Archangel Gabriel=angel of rebirth, trumpeter of new life Practice if you want to get out of your own way & express yourself from your indwelling soul energy.	vs the ego-self rules; outer appearance as focus
Bb	Spirit-centered business; enhances kindness & sensitivity "I treat others as I would like them to treat me." Archangel Zadkiel=angel of prayer>solutions will come to you when she is invoked. Practice if you want to be worthy of respect in your business dealings.	vs self-serving
Cc	Trust in the feminine aspect of the Divine; attitude toward female authority figure, releasing negative attitudes, shoulds, expectations "I express kindness toward everyone, especially the women in my life." Quan Yin =Stance of non-judgment, compassion, kindness >ask for her guidance Practice if you would like to be more trusting (and compassionate).	
Dd	Positive sensitivity towards self/others, healthy boundaries with kindness & ease "The cause of any upset I have is never outside myself." Ongkanon=angel of communication, intermediary in relationships Practice if you want to stop taking comments, actions & life personally.	vs. blame, defend
Ee	Tolerance=respect for beliefs & practices of others; epsilon e=artistry, literary; teardrop e=listening "Please tell me more so I can better understand." Kaelarae=angel of peaceful thinking Practice if you want to listen more carefully and become more respectful of differences.	vs. need to be right, judging, changing others
Ff	Expressing our talents fully, in service to humanity with no attachment to results "I am making a significant difference in the world." Jophiel=angel of creative power; ask her to keep mind & heart open to innovation Practice if you want to stop comparing yourself with others & share your unique gifts freely & openly.	vs secretary
Gg	Prosperity on all levels of our being, built on foundation of gratitude & generosity; attitude towards male authority figure Oniemme=angel of gratitude; seeing everything as gifts Practice if you want generosity & gratitude to fuel your life, magnetizing prosperity.	vs. judgment, blame
Hh	Dynamic self-expression "I live my life path with the zeal of an evangelist & wide-eyed innocence of a child." Cerviel=angel of courage>"this is Your life" Practice if you want to stride forth on your life path with confidence, zeal & joy.	
li	Unclouded perception, Here & Now presence,neutral perspective; personal identity pronoun "I see as God see and love as God loves." Shekinah=angel of unity (Hebrew)=feminine aspect of God, impartial Practice if you tend to exaggerate and would rather see 'what is' clearly.	
Jj	Intuitive knowing, insight, going within for answers (hibernating)	

"I listen attentively to the promptings of my intuition."

Archangel Raphael=angel of inner healing (through purification of attitudes)

Practice if you want to begin honoring your "hunches."

- Kk Attitude toward authority, letter of the rebel, "I AM discerning & wise!" (sideways V)
"I know when to lead and when to follow."
Galgaliel=angel of vibratory energy (your energy aligned with your Inner Spirit), anger or resentment?
ask him to shift your thinking from level of egoic self-concern to soul level
Practice if your approach to leadership tends to be dictatorial & you would rather it be inspiring.
- Ll Our innate spiritual nature; the amount of attention given to our spiritual growth
"My spiritual nature is my guide at all times."
Nisroc=angel of freedom, free of judgments & limiting expectations, free to be Happy
Practice if you would like to function from Spirit at all times.
- Mm Flow of Divine Grace, giving up need to control or dominate, at ease
"I give up the need to control; Divine Grace fuels my life."
Ananchel=angel of Divine Grace, heavenly intervention
Practice if you tend to control, micromanage, & try to 'fix' people & would like to banish this habit.
- Nn The letter of friendship; pointed uppercase N=playfulness, lightheartedness
"My friends love & trust me."
Ramaela=angel of playfulness, with complete acceptance of each other as we are
Practice if you want to be a true & trusted friend and magnetize like souls to yourself.
- Oo Sensitive truth telling; speaking to the Indwelling Spirit in another, respectful speech never harms
"My words are always kind and helpful."
Amitiel, the angel of Truth, guards against confusing 'truth' with 'facts'
Practice if you want to speak always to the Indwelling Spirit in others, with no "shoulds."
- Pp Truly loving & appreciating oneself; no judgments about self or other
"I interact with everyone as though they loved me."
Charmiene=angel of Harmony (call on her when consumed with self-doubt!)
Practice if you want to love & accept yourself just as you are...right now.
- Qq Selfless service to humanity, the Mother Theresa letter vs. ego based self-importance
"I lighten the hearts and lives of those whom others pass by."
Uriel=angel of selfless service (invite him to clear your mind of selfish thoughts)
Practice if you want to use your life to serve humanity.
- Rr Innate creativity uniquely expressed; a creative upgrade; r with loops=creativity; Tesla r=bring abstract ideas into reality
"Through the expression of my creativity, I AM making the world a happier place."
Rohana=angel of perceptive creativity
Practice if you have innovative ideas you want to give form to & you have been shy doing so.

- Ss Balance among all areas of our lives
 “I AM actively calm and calmly active in all situations.”
 Ariel=angel of nature (all plants, animals, insects, bugs and humans!)
 Practice if you are looking to reduce stress & want to achieve balance among all areas of your life.
- Tt Status in the world; letter of the visionary vs. low crossbar=mediocrity
 “I grow in spiritual stature as my choices align with my vision.”
 Paschar=angel of Vision, dynamic; her job is to take seeds of a vision from God’s heart of a better more peaceful world & plant them in your consciousness.
 Practice if you’re a visionary who keeps hesitating about sharing your visions & you are ready.
- Uu Open-mindedness
 “I listen to others with an open heart.” (ask for his help!)
 Metatron=angel of thought, next to God in importance (twin brother of Sandalphon)
 Practice if you would like to begin listening to others without interrupting.
- Vv Spiritual discernment, choosing wisely from highest self; “I Am responsible for my decisions.”
 “I make all my choices attentively, always for the highest good.”
 Zagzagel=angel of wisdom
 Practice if you want to make wiser decisions based on what is best for all.
- Ww Letter of the teacher
 “I live what I teach.”
 Jesus Christ (non-circumscribed by a religion)
 Practice if you know you’re a teacher & want to express that part of yourself.
- Xx Reliance on our own clear Inner Authority ; soul based self-confidence
 “I stand by my decisions.”
 Sandalphon=angel of power (twin brother=Metatron/Uu)
 Practice if you want to stand by all your decisions without self-doubt & from integrity.
- Yy Self-acknowledgment, honoring your gifts
 “I speak of my talents with joy and gratitude.”
 Sarasvati=goddess of music, knowledge & the arts
 Practice if you want to honor your gifts with ease & grace.
- Zz Perfect contentment; Grandfather of the Alphabet
 “There are no “shoulds” in my life; I AM at peace.
 Zacharael=angel of surrender (soul space of knowing all is in Divine Timing)
 Practice if you want to accept that everything is happening in Divine Order & Divine Timing.