



THE ITTY BITTY COURSE ON

Self-Love

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**General Information on Chamuel,
Angel of Self Love**

Love has no
conditions.
Love is pure.
Love is all.
Love yourself first.

Archangel Chamuel

Archangel Chamuel is frequently confused with other angels, Samael, Shamael, and Kamael. This is probably since the names sound and is spelled similarly. However, they are indeed separate from each other.

Chamuel dramatically assists in dissolving negative emotions and thought patterns, especially towards the self. She/He/They dissolves the self-deprecating patterns of not being good enough or not standing on one's merit. Part of what gets dissolved is compulsive behavior; shopping, gambling, eating, etc. Each of these can fall under the auspices of 'self-destruction,' putting the responsibility on something (or someone) else to make one happy versus finding that inner happiness and allowing it to blossom into a true love affair with self.

It must be noted that putting self first is considered selfish! Society has deemed this so, with phrases such as 'Who do you think you are?' 'You're getting too BIG for your britches.' REALLY? You think you deserve this/that?' However, when working with Chamuel, it is not in an ego-centered way but in a very loving sort of way. You realize that because you love yourself first from a deeper place, you have more to offer to the universe. You have more to offer clients, family, and friends. You ARE putting yourself first, and what a role model that is!

As you hopefully begin to grasp, Chamuel is about the relationship with self. Therefore, the question is now asked; what does your relationship with yourself tell the world? You may not have servants to dress, bathe and adorn you, but that is no reason not to tend to yourself as if there were. Take time daily to love your body as you bathe, dress, and go about your day. Thank each part of it for carrying you as you walk through life. Thank those smile wrinkles; it means much joy has entered your life. Eat foods that truly nourish as well as taste great. Exercise in ways that make you feel good. Meditate to fulfill the spiritual soul.



Think of it this way, if you are not honoring yourself enough, why would anyone else do it for you? This is what Chamuel helps you to do ~ put yourself first. When you tend to YOU, the world at large takes note. You might as well wear a sign that says:

Hey, I'm taking care of myself!

Hey, I'm important!

Therefore I expect my needs, desires, and dreams to be actualized!

The best part?

~ it begins to happen

Chamuel is also instrumental in helping dissolve destructive behaviors, especially those directed at self.

How often does one do nothing toward their dreams? Inertia=self destruction.

How often does one overeat, drink or use drugs? Excess=self destruction.

How often does the thought process take over and spill out of the mouth that is ultimately self-deprecating? ick=self destruction.



Get the idea? It's not pretty, and it's high time ALL love themselves more and permit themselves to achieve their desires.

As an example, alcohol and drugs are easily recognized as destructive when not used appropriately and with respect. However, equally dangerous is putting other's needs ahead of yours and stepping aside to allow others to constantly and consistently move forward. At the same time, you simply smile and let them walk over you. It is beautiful to enable another in front of you at the checkout if you have a cart full and they look frazzled or have a disgruntled child, etc. It's another thing to allow it daily at the expense of your needs. The more the sense of self is diminished, the light from within you diminishes. This eventually leaves an empty shell where a glorious, radiant person once resided. Remember, it's okay to stand tall, firm in your gorgeousness (men are gorgeous, too), and gently say 'no.'

When working with clients, this is a pervasive theme. You will hear things akin to:

- I am the caregiver of the family.
 - I am the breadwinner.
 - I am my parents' nursemaid.
 - I am booked solid today and don't have time to myself.
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- You will hear it all and often out of your mouth. Set firm hours, not only for clients but yourself. Different days will introduce various reminders of this task- and sometimes, it feels like a task to tend to you. But by scheduling YOUR time, it becomes a beautiful thing. Our daughters learned at a very young age that when momma was bathing, you didn't bug her unless the house burned down, someone was dying, or you were coming in to wash her back. Why? She came out MUCH nicer... It is a rule that is still adhered to in our home.

Chamuel's Name Defined

Archangel Chamuel's name is translated to mean:

He Who Sees God

Since you are a spiritual soul, within you is the God Presence. Therefore, Chamuel's name could also mean,

He/She Who Sees Self

'Seeing' is recognizing.

Recognition is a form of love.

Interpreting Chamuel's name once again, it also could stand for:

He/She Who Loves Self

Chamuel's Sigil

Turn this page upside down and look at Chamuel's sigil. What do you see? Perhaps it reminds you of a heart that is open at the bottom. Turn it back around. Now, what do you see? A heart that is open to receive all it desires and needs to function, thrive, and blossom. When this knowledge begins to seep in and become embedded, it is then owned that such energy is empowering and can carry one through life through the power of LOVE. Chamuel's mission is not only relationships in general but, more specifically, the relationship one has with self.

Chamuel's Compass Direction

Archangel Chamuel's compass direction is southwest. The direction of the southwest is about balance. To wrap it more in divine knowledge, specifically Chamuel, it is a reminder not to love another more than yourself. To not be so of service, you get drained. To keep things in balance. Think of a pendulum. It swings back and forth but will ultimately come back to the center. Which, of course, is your beautiful heart.

