

THE HEALING MIRACLES OF  
ARCHANGEL  
RAPHAEL



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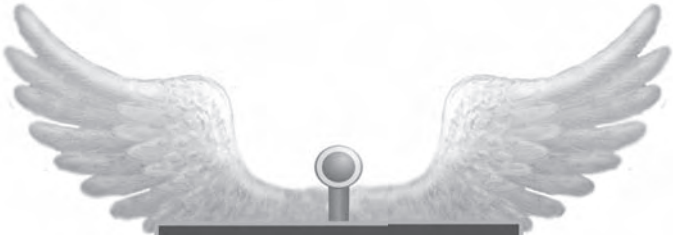
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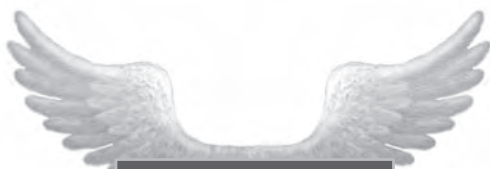
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*To Archangel Raphael,  
with eternal gratitude.*





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## INTRODUCTION

This is a nondenominational book about the archangel named Raphael, a powerful celestial being who heals people and animals. Raphael (pronounced *Raf-ee-el*) is the supreme healer in the angelic realm. In fact, his name means “God heals” or “He who heals” in Hebrew. Many believe that it is derived from the Hebrew word *Rophe*, which means “medicine doctor.”

Although Raphael isn’t named specifically in the traditional Bible, theologians identify him as the archangel who healed the feeble at the Bethesda pond described in the Gospels. He is also reputed to be one of the three angels who visited the patriarch Abraham and his wife Sarah to announce and help with their children’s conception, who healed Abraham’s grandson Jacob’s wrestling injuries, and who gave King Solomon his magical ring.

In Catholicism, he is Saint Raphael, the patron of healing, physicians, travelers, and matchmakers. Raphael appears by name in the canonical (that is, considered part of the Bible by the Roman Catholic and Eastern



Orthodox churches since A.D. 397) Book of Tobit. This book, sometimes called the Book of Tobias, was lost and later rediscovered as a Dead Sea Scroll in Qumran, the temple of the ancient Essenes, in the 20th century.

The book describes the story of Tobit, a devoted and helpful Jewish man who became so despairing when he went blind that he asked God to let him die. The same evening of Tobit's prayer, a woman named Sarah also begged God for death, out of grief for seven husbands who had each died on her wedding night.

So God answered both Tobit's and Sarah's prayers by sending the archangel Raphael in human form. Raphael didn't identify himself as an angel, but instead offered to protect and guide Tobit's son Tobias as he journeyed to retrieve money that was owed to him.

Raphael led Tobias to Sarah, and the two fell in love and married. The archangel then helped Tobias successfully cast off the demons that had killed Sarah's previous husbands, using fish as part of his healing work. Raphael also used an ointment made from fish to help Tobias heal his father's blindness. As Tobit, Tobias, and Sarah enjoyed their new life, Raphael recovered Tobit's money for him. Once his work was done, Archangel Raphael revealed his true identity and returned to the angelic realm.

The story inspired Raphael to be named a patron saint of physicians, travelers, the blind, and matchmakers. In this book, we'll explore these roles, which he continues to fill.

Raphael's name also appears in another Dead Sea Scroll writing, the Book of Enoch, in which his role upon Earth is described as being "one of the holy angels, who is over the spirits of men." In this text, the Lord charges Raphael with the task of healing the earth of the mess



made by some fallen angels and giants—by binding and casting out a demon, helping all of the children, and saving the world from corruption. Archangel Raphael is still focused on this mission today.

### *Archangel Raphael and You*

I frequently get letters from people who are surprised that angels help humanity. They seem astonished or doubtful that famous angels such as Michael, Raphael, and Gabriel would help the average person, especially in modern times. “Aren’t these angels from the Bible?” they write to me. Well, yes, *and* they continue to help us thousands of years later.

Angels are God’s messengers, sent to Earth to enact the Creator’s plan of peace for everyone. To create this experience upon Earth, we need a planet full of peaceful people . . . including you and me. So the angels’ mission is to do whatever is necessary to help everyone be at peace. Since health issues can interfere with this feeling, it’s natural that God would enlist Archangel Raphael to bring about wellness to people everywhere.

You needn’t be special, “chosen,” religious, or even a good person in order to receive the angels’ healing help. The angels assist everyone, because they love everyone . . . and because it’s God’s will for everyone to be at peace.

Every person has guardian angels with them at all times. These celestial beings are egoless helpers, guides, and protectors. You also have at least one departed loved one watching over you. While your friends and relatives in Heaven aren’t technically angels (since they have human egos), they can still perform angel-like feats. They



also work in conjunction with your angels when you're in need.

The term *archangel* (pronounced *ark-an-gel*) is derived from the Greek phrase “the greatest messenger of God.” *Arch* means “the first” or “the greatest,” and *angel* means “messenger of God.”

Archangels are larger, more powerful, and more specialized than guardian angels. Spiritual texts have described dozens of archangels, although most major religions narrow this list to four or seven. Raphael *always* makes the list of top archangels, along with Michael, the protector angel; and Gabriel, the messenger angel.

Since archangels have no egos or physical bodies, they're completely unlimited beings. This means that they can be with countless people simultaneously, having personalized interactions with everyone who calls for help. For this reason, please don't worry that you're bothering the angels by calling upon them.

I must emphasize that we're not worshipping, or praying to, angels. We give all glory to God, Who is the Creator of the angels—and of you and me. However, the angels and archangels are palpable conduits of connecting with the Creator. God created angels as intercessors so that we'd work with them to create peace on Earth.

Sometimes people ask me, “Why should I talk to angels when I can just as easily talk with God?” This is an excellent question, so I prayed about it a long time until I received an answer that brought me peace:

If you can clearly hear the voice of God and feel an unfettered connection to God, then that is Who you should talk to. However, many people become so upset during health crises that they can no longer hear the very high vibration of God's guidance. They must at that point



talk with the angels, who are able to match our vibrations no matter how stressed we become.

The angels are God's gifts to us all. And just like any gift, they are meant to be appreciated. God's intention is for the angels to help us.

### *Seeing Raphael*

I've seen angels since I was a very young girl (a spiritual gift that's quite normal among highly sensitive children). So my interactions with Raphael are quite visual and emotional. I see him as a close and trustworthy friend to all. He has a great sense of humor; and like the most brilliant of comedians, his humor is always kind, gentle, and loving. In this way, Raphael reminds us of laughter's powerful curative effects.

Since angels don't have bodies, when a person *does* see them (during crises, dreams, psychic readings, visitations, and so forth), they appear in a form that best helps him or her. I've noticed that the archangels' physical appearance is symbolic of their specialties. For example, Archangel Michael is the epitome of rippling muscles and a toned physique because he's the protector angel. Archangel Raphael, on the other hand, has a more relaxed appearance than Michael, probably because it's *healthy* to be relaxed!

Additionally, the specialty of each archangel creates a surrounding energy field, which visually sensitive people see as colored sparkling light. Archangel Michael's energy looks royal blue and purple, and Archangel Raphael's color is emerald green. Many times when people have asked God to send Archangel Raphael to heal them,



they'll begin to see bright green lights with their physical eyes. Noticing green sparkles or flashes of light is one sign that Raphael is with you.

You can also visualize emerald green light around the person or bodily area in need of healing as a way of invoking Archangel Raphael's presence and healing energy.

Raphael is depicted in paintings as the angel guiding Tobias, and he's frequently represented with the caduceus healing symbol (the winged-staff insignia on the cover of this book). And as you'll read in the pages that follow, his healing miracles are vast and varied.

Many people report seeing the name Raphael on license plates, clerks' name tags, and so forth as a way of validating the healing angel's presence. One thing's for sure: Archangel Raphael isn't bashful about letting you know that he's with you, because relaxing into the knowledge of his presence has curative effects.

### *Feeling Raphael*

In addition to seeing signs from Archangel Raphael, many people feel his presence. As you'll read in the stories within this book, the archangel creates palpable physical feelings when he conducts healings. Most people remark on his profoundly gentle energy, which brings great comfort, faith, and trust. Those who have been healed by Raphael also report warm, tingling sensations as they receive his healing energies.

While I was writing this book, I experienced Archangel Raphael's healing power firsthand when I started to develop a bad cold. I asked the archangel to heal me,



and within moments, all traces of illness had vanished!  
In the pages to come, you'll read how Raphael can heal  
anything from the common cold to serious diseases . . .  
all you have to do is ask.



## CHAPTER FOUR



### EMOTIONAL HEALING

*“Dear Archangel Raphael, I now open my mind and heart to you and ask that you infuse me with faith, hope, and happiness. Please help me feel safe and secure about my present and future life. Please help me be willing to release old unforgiveness and anger. Please help me clearly see solutions and possibilities. Please help my mind and emotions be healthy in all ways. Thank you.”*

Some healing modalities hold that every illness or injury has an emotional basis. And certainly it’s true that illness and injury create emotional upheaval. Life can seem even more stressful if your body is in pain or you have to suffer through medical tests and frightening health prognoses.

“Mental health” means the ability to feel happy and safe. Clearly, when life throws you a surprise, it’s normal to react with fear or anger. In a well-adjusted person, these feelings gradually subside as the individual adapts to the changes. There are healthy and unhealthy coping mechanisms.





For example, a healthy coping behavior would be talking with supportive friends, exercising, meditating, or praying. An unhealthy or self-destructive coping mechanism would include drug or alcohol abuse. The distinction lies in whether or not the coping behavior enhances health and happiness.

Archangel Raphael can heal your emotions, as well as your body. As with other aspects of working with God and the angels, you must first give permission before Heaven is allowed to intervene in this way. Also, Raphael's emotional healing follows the same pattern as his physical-health methods, which include the following three avenues:

1. **Divine guidance.** You receive intuitive instructions about action steps to take that will lead to the healing you're praying for. This guidance can come in the form of having a great idea, repetitive thoughts, a dream, signs from above, or gut feelings.
2. **Immediate, direct intervention.** You pray . . . and the next thing you know, you feel better.
3. **Gradual-direction intervention.** You pray and over time you feel better.

As a former psychotherapist, I can attest to the power and effectiveness of the angels' emotional healing. In fact, the most common comment I hear from people who begin working with angels is: "I feel so much more peaceful, happy, and safe now." Those feelings are the foundation of mental and emotional health.



## *Healing Away Fears, Phobias, and Anxieties*

Fear is a silent thief that robs us of peaceful moments. It steals away the ability to enjoy the present moment, and has us nervously wondering what bad event is on the horizon. Fear attracts negative experiences with its low energy.

Worry is related to fear. The angels once taught me that this emotion draws to us the very thing we're worried about. The angels said, "Instead of worrying, pray. Worry makes things worse, while prayer makes things better."

Everyone feels worried and afraid at times, and it's a normal response to life stressors. Fortunately, Archangel Raphael can alleviate fears so that ordinary stressors are less . . . well, *stressful*. For example, most people are afraid of feeling pain at a dentist's office. A woman named Jenny decided to work with Archangel Raphael to alleviate this anxiety. She says:

I call upon Archangel Raphael when I am at the dentist's office awaiting a filling or even a cleaning. When I sit in the chair, my mind starts to spin out all the possible pain and problems that could occur, and I become tense and panicky.

So I'll ask Archangel Raphael to help me, and I suddenly feel him hold my hand. A sense of peace envelops me, and I immediately relax. The visit is over quickly, and the pain is minimal. I even heal faster than the times I forget to call upon Archangel Raphael. This also works for visits to the doctor's office and medical tests.



Phobias are another form of fear that attaches to a specific item (clowns, for instance, or snakes) or condition (heights or closed spaces, for example). Since phobias usually originate from a frightening experience, Archangel Raphael removes the fear energy from that originating event.

For instance, a woman named Nan Fahey was phobic of thunderstorms, so she was very frightened when she found herself driving in one. As the storm raged on, Nan had the presence of mind to ask Archangel Raphael to be with her.

Nan recalls:

Although I was the only person in the car, I felt Raphael's hands on my shoulders, and they stayed there until I got home. His touch gave me comfort and made me feel calm despite what I'd just been through. Since then I haven't been bothered by thunderstorms, and I attribute this to Raphael.

Phobias occur when we feel unable to control the object of our fears. This experience healed Nan's former phobia, since she now feels more in control, knowing she can call upon the angels anytime she's afraid. You can do the same for any phobias that may be limiting you by asking Raphael to help—for example, through this prayer:

*"Dear Archangel Raphael, thank you for dissolving the fear related to my past and present experiences with [describe the object of fear]. I ask that you help*



*me feel peaceful and safe in these circumstances, with the knowledge that you are always with me.”*

Panic attacks are anxiety based and involve debilitating feelings—such as the sensation that you can’t breathe and that you’re dying of a heart attack. After the first episode, the person usually develops a phobia of having subsequent panic attacks. This fear then compounds and sometimes *triggers* new ones.

Diane Fordham had suffered from anxiety disorder and panic attacks for many years. Her attacks, which usually occurred in the middle of the night, frightened her. She’d wake up feeling as if she couldn’t breathe, with her heart racing madly.

One night in desperation, she decided to ask Archangel Raphael for help. Diane recalls:

I silently called to him, *Please, Archangel Raphael, I’m terrified and feel like I can’t breathe and can’t think straight. Please help me!* I felt his presence and found myself taking deep breaths. I slowed down, and my thoughts fell back into place. I relaxed and was able to lie back down in my bed and go to sleep! Thank you, Raphael!

Like Diane, Lukas Tobler, whom you read about in Chapter 2, was healed of panic attacks with the help of Archangel Raphael. Lukas had his first panic attack when he was a passenger on a high-speed train, and he continued to have them thereafter. Lukas was very afraid of dying of a heart attack or stroke during these attacks.

Although Lukas was aware of angels, he attempted to solve the issue with what he calls “more rational



psychological methods.” So he tried taking antidepressant medication, but that actually made him feel worse.

Finally at Christmastime, still shaken by the ongoing panic attacks, Lukas called out to Archangel Raphael and his helper angels, asking them to please free him from this agony. He immediately felt Archangel Raphael surround him with comforting energy. This made him feel safer.

Within two weeks, the frequency of Lukas’s panic attacks was reduced to a few scattered moments of mild anxiety. Knowing that Archangel Raphael and his helper angels were always there for him gave Lukas a great sense of appreciation, relief, and hope. Within six months, his panic attacks ceased altogether without any further medical assistance.

Here is a prayer to ask for help in healing panic disorders:

*“Dear Archangel Raphael, please send your emerald green healing energy to my mind, heart, and nervous system. I ask that you soothe, comfort, and reassure me. Please help me forgive my past, and know that I am completely safe and protected.”*

### ***Healing the Heart***

Archangel Raphael heals both the physical and the emotional heart. No matter what the source of pain, he provides comfort and care.

Here are some prayers for various situations calling for emotional support and healing:



### **Prayer to Heal a Grieving Heart**

*“Dear Archangel Raphael, please send your emerald green healing light to my heart. Help me feel whole again. Please restore my hope, faith, and trust so that I can move forward in my life. Please reassure me that everyone involved in this situation is watched over by the angels. Thank you.”*

### **Prayer Following a Relationship Breakup**

*“Dear Archangel Raphael, my heart needs your healing help, please. Help me let go of fears and hurt feelings; adjust to my new life without my partner; and release sadness, loneliness, unforgiveness, and anger. I ask that you surround me completely with your healing green light to clear and shield me. Thank you.”*

### **Prayer to Overcome Disappointment**

*“Dear Archangel Raphael, I need a strong, comforting hug from you now. Please reassure me that this experience is ultimately for the best, and that something even better is on the horizon for me. Thank you for healing my heart and mind of any ego involvement so that I can detach from drama and fear-based ideas. Help me trust in God’s perfect plan for me and my loved ones. Thank you.”*



### **Prayer to Release Anger and Resentment**

*“Dear Archangel Raphael, thank you for bathing my heart and mind in your purifying emerald green light, washing away all lower energies, toxins, and hard feelings. Thank you for lifting my mind so I can gain a bigger perspective on everything and not take others’ actions personally. Please guide my actions and thoughts so that they reflect my true spiritual nature of Divine love. Thank you.”*

### **Prayer to Overcome Worry or Anxiety**

*“Dear Archangel Raphael, please wrap your arms and wings around me and give me your strong reassurance that my loved ones and I are safe. Help me trust my inner feelings and take action accordingly. Help me detach from other people’s opinions and clearly hear my inner voice of truth. Please give me clear guidance and ideas as to the next steps to take to heal this situation. Thank you.”*

### **Healing Emotional Exhaustion and Burnout**

If life seems difficult or trying, you may become emotionally exhausted from constant struggles and unrewarded efforts. This can lead to burnout, which is the process of feeling numb, apathetic, and chronically tired.

Kelly Roper felt completely burned-out a few years ago. She was physically, emotionally, spiritually, and



mentally exhausted; and overwhelmed by life circumstances. As she recalls: “I was surrounded by negative people, situations, and darkness as I struggled through a divorce and family deaths. I couldn’t see light anywhere in my life.”

In desperation, Kelly appealed to God and Archangel Raphael for help. She received immediate guidance to meditate and listen to gentle, relaxing music. Kelly says, “During meditation I experienced a vivid daydream: Surrounded by darkness, I saw a bubble of light floating toward me. Inside the bubble was a young man who held out his hand to me, guiding me to him, and we danced together inside the light. I believe this man was the archangel Raphael. The vision was so strong!”

Afterward, Kelly felt relief from the burnout. She finally felt peaceful, relaxed, and uplifted—her prayers were answered! She says, “I look back in amazement and gratitude of the wonderful gift that I received in my darkest hour.”

Like Kelly, you can ask for and receive spiritual healing to revive your energy and outlook. Here is a prayer for healing:

*“Dear God and Archangel Raphael, thank you for reigniting my passion for life. Thank you for helping me enjoy each moment and face any challenges with grace and excitement. Please guide me to be strong, to speak my truth, and to stand up for myself when necessary. Thank you for giving me the energy and perseverance to meet my responsibilities and still stay true to myself.”*





## *The Healing Path of Forgiveness*

A great deal of Archangel Raphael's healing work comes from his releasing of built-up toxic energies—chiefly, stored anger and unforgiveness. The healing workbook *A Course in Miracles* clearly states that all forms of illness stem from unforgiving thoughts. Virtually every religious and spiritual path advocates forgiveness as a necessity of healthy living.

So how do you forgive the seemingly unforgivable? How do you let go of anger when someone's actions hurt you?

The first step is to decide that you're willing to consider forgiveness as an alternative. As long as you're set against forgiveness, it can't occur. Some people hang on to resentment because they want to punish the offending person. Yet, who's really punished if you're holding toxic and acidic anger within your mind and body? Just a tiny bit of willingness to forgive can open the doorway wide enough for the angels to enter and effect an emotional healing.

Once you've allowed some willingness to forgive, the next step is to ask for assistance. Here is a helpful prayer:

*“Dear God and Archangel Raphael, I am willing to forgive [person's name] and myself for this situation, in exchange for inner peace. I am willing to take responsibility for the role that I played in this situation, and I ask for help in truly learning the life lessons involved in this challenge. I am no longer willing to carry the burden or toxins of anger in my mind and heart. I now fully and freely give these*



*judgments, thoughts, and feelings to you for purification, detoxification, cleansing, and transmutation.”*

Your body will likely react to this prayer as the angels release toxins from your physical being. So you may experience shakes or shivers during the cathartic process. This is a positive sign that your cells are releasing old energy, helping you feel lighter and freer.

There’s a healing reason why virtually every religious and spiritual path strongly recommends forgiveness. Here are some spiritual texts and scriptures with inspirational words recommending forgiveness that show the universality of this important healing step:

*“There can be no form of suffering that fails to hide an unforgiving thought. Nor can there be a form of pain that forgiveness cannot heal.”*

— *A Course in Miracles* (New Age)

*“You shall not take vengeance, nor bear any grudge against the sons of your people, but you shall love your neighbor as yourself.”*

— Leviticus 19:18 (Judaism)

*“Then Peter came and said to Him, ‘Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?’ Jesus said to him, ‘I do not say to you up to seven times, but up to seventy times seven.’”*

— Matthew 18:21–22 (Christianity)

*“Where there is forgiveness, there is God Himself.”*

— Adi Granth (Sikhism)



*“Subvert anger by forgiveness.”*

— Samanasattam (Jainism)

*“The superior man tends to forgive wrongs.”*

— I Ching (ancient Chinese)

*“Bear no grudge.”*

— Treatise on Response and Retribution (Taoism)

*“He who forgives and seeks reconciliation  
shall be rewarded by God.”*

— Qur’an 42 (Islam)



Now that we’ve covered the scope of Raphael’s healing for adults, let’s look at how the archangel supports and helps children as well.





## ABOUT THE AUTHOR

**Doreen Virtue** holds B.A., M.A., and Ph.D. degrees in counseling psychology; and is a lifelong clairvoyant who works with the angelic realm. She is the author of the *Healing with the Angels* book and oracle cards; *Archangels & Ascended Masters*; and *Angel Therapy*<sup>®</sup>, among other works. Her products are available in most languages worldwide.

Doreen has appeared on *Oprah*, CNN, *The View*, and other television and radio programs; and writes regular columns for *Woman's World*, *New Age Retailer*, and *Spirit & Destiny* magazines. For more information on Doreen and the workshops she presents, please visit: **www.AngelTherapy.com**.

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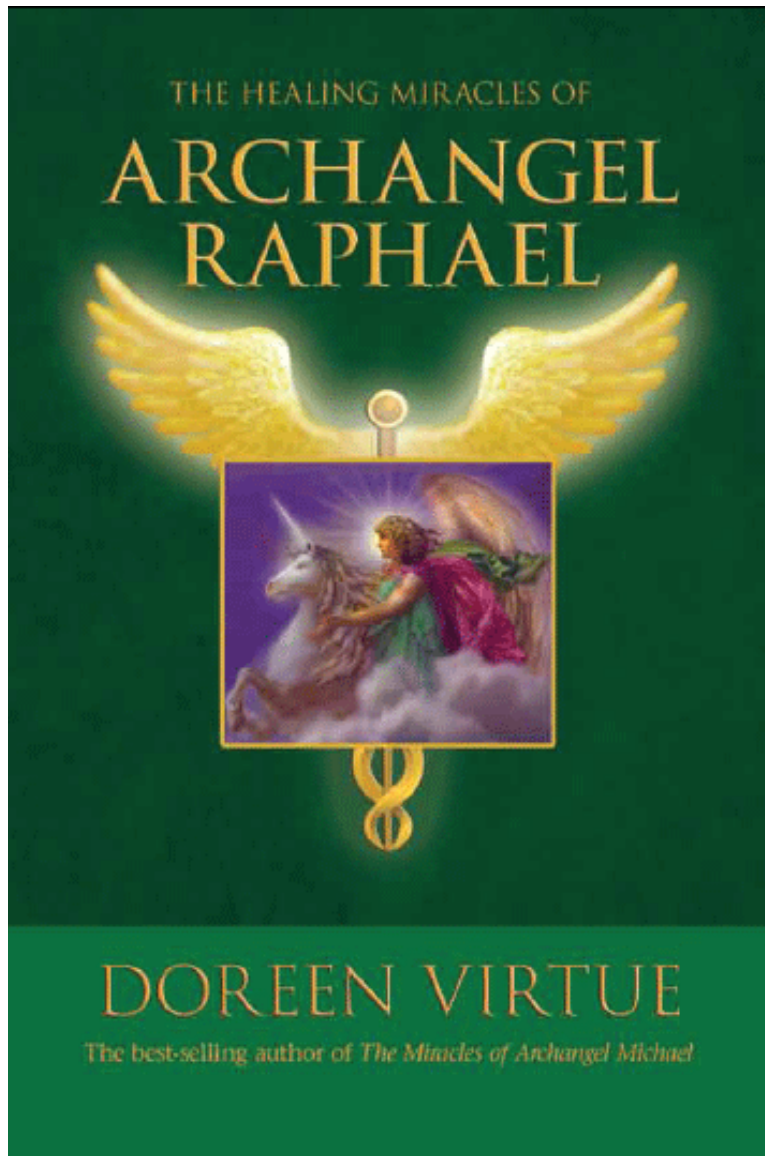
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