



# ANGEL NUMBERS

10 ORACLE CARDS  
& MEDITATIONS



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BY LISA JONAS

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# ANGEL NUMBERS

PICK ONE OF THE ANGEL NUMBERS BELOW  
AND LOOK UP YOUR ORACLE CARD.



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### Angel Number 000 - Message

000 represents a new beginning. You are standing on the precipice of change. New opportunities are on the horizon and you are about to step onto a new path to realise your potential and to manifest your heart's wishes.

This is a reminder to embody your spiritual essence. The divine is seeing through your eyes. You are one with the infinite creator and eternally loved and supported.



## 000 – ZERO POINT MEDITATION

SIT OR STAND COMFORTABLY AND CLOSE YOUR EYES.

OBSERVE HOW YOUR BREATH IS MOVING IN AND OUT OF YOUR BODY IN A NATURAL RHYTHM.

NOTICE THE PAUSES BETWEEN INHALE AND EXHALE. FOCUS ON THESE ZERO POINTS AND BRIEFLY STOP YOUR BREATH WHEN YOU REACH THEM.

BECOME AWARE OF THE STILLNESS IN THESE PAUSES. NOTICE HOW THE SAME STILLNESS IS ALWAYS PRESENT.



## Angel Number 111 - Message

111 is a sign that you are on the right path. You have the full support of your ancestors, spirit guides and angels. The Universe is giving you a green light to share your gifts creatively and to proceed with your plans. This is an ideal moment to make a wish or to set an intention. Manifestation is happening. Listen to your heart and trust your gut feeling. You are connected to intuitive guidance.



# 111 – INNER CENTRE MEDITATION

SIT OR STAND COMFORTABLY AND CLOSE YOUR EYES.

RELAX THE RIGHT SIDE OF YOUR BODY AND FEEL HOW  
THE RIGHT SIDE CONNECTS TO YOUR SPINE.

RELAX THE LEFT SIDE OF YOUR BODY AND FEEL HOW  
THE LEFT SIDE CONNECTS TO YOUR SPINE.

FOCUS ON YOUR SPINE AS A VERTICAL AXIS.  
EXAMINE WHERE YOU WOULD INTUITIVELY LOCATE YOUR  
INNER CENTRE. RELAX AND BREATHE INTO THE AREA YOU  
PERCEIVE AS YOUR INNER CENTRE.



## Angel Number 222 - Message

222 is a sign that everything is working out. You are where you need to be and help is on the way. Have faith that you will be at the right place at the right time. Trust that you are regaining inner balance. Your relationship bonds are healing. A new era of cooperation, cocreation and community connection is beginning. You are divinely supported on your path.



# 222 – OCEAN WAVES MEDITATION

SIT OR STAND COMFORTABLY AND CLOSE YOUR EYES.

IMAGINE YOU ARE SITTING ON A BEACH FACING THE OCEAN. WITH YOUR IN-BREATH, IMAGINE THAT YOU ARE BREATHING THE INCOMING WAVES TOWARDS YOU.

WITH YOUR OUT-BREATH, IMAGINE THAT YOU ARE BREATHING THE OUTGOING WAVES AWAY FROM YOU.

GENTLY ALLOW YOUR BODY TO MOVE IN PERFECT SYNC WITH YOUR BREATH.



### Angel Number 333 - Message

333 encourages you to use your creative gifts. Have faith in yourself and make self-expression a priority. Your unique talents and abilities matter. You are blessed with the gift of creation. Nurture your playfulness and fuel your optimism.

Spirit Guides and Ascended Masters assist you on your journey. Universal life force energy is seeking expression through you. Allow your inspiration to flow freely.



## 333 – ARTISTIC SCULPTURE MEDITATION

SIT OR STAND COMFORTABLY AND CLOSE YOUR EYES.

IMAGINE THAT YOU ARE A SCULPTURE THAT IS INTRICATELY PAINTED BY AN ARTIST. BRING YOUR BODY INTO YOUR PREFERRED SCULPTURE POSITION AND BECOME STILL.

WITNESS HOW THIS IMAGINARY ARTIST PAINTS YOU, WHILE YOU ARE SIMPLY REMAINING IN YOUR CHOSEN POSITION. BECOME AWARE OF YOUR SKIN AND NOTICE YOUR BREATH.

RECOGNISE THE ARTWORK YOU ARE.



## Angel Number 444 - Message

444 reassures you that you are on track to accomplish your life's mission. Trust yourself. You are building solid foundations for long-term projects and greater stability.

Don't hesitate to ask for help. Stand tall in the eye of the storm and complete one step at a time. Empower yourself to reach new heights and use your strength to turn your dreams into a reality. Allocate sufficient time for self-care.



# 444 – MOTHER EARTH MEDITATION

SIT COMFORTABLY ON A CHAIR WITH A HIGH BACK  
AND CLOSE YOUR EYES.

IMAGINE THAT MOTHER EARTH IS PLACING YOU ONTO HER LAP.  
HAND OVER YOUR ENTIRE BODY WEIGHT TO MOTHER EARTH  
UNTIL YOU FEEL COMPLETELY HELD.

LEAN INTO MOTHER EARTH AND RELAX EVEN MORE.  
ALLOW MOTHER EARTH TO CALM YOU WITH A SONG.  
FEEL THE GROUND SUPPORT BENEATH YOU.



## Angel Number 555 - Message

555 announces that major change is underway and that you are making progress. New growth opportunities and doors are opening. Prepare to get unstuck and to leave your comfort zone. It is time to fuel your enthusiasm and embrace a positive mindset. Decisions are being made behind the scenes, which will create big ripples in your life and bring massive shifts for highest good.

# 555 – SAILING BOAT MEDITATION

SIT OR STAND COMFORTABLY AND CLOSE YOUR EYES.  
IMAGINE THAT YOU ARE THE SAILS OF A SAILING BOAT  
BLOWING IN A GENTLE BREEZE.

FEEL THE FRESH AIR AND THE SPACE AROUND YOU.  
FEEL HOW YOUR WHOLE BODY IS MOVING WITH THE BREEZE.  
IMAGINE THAT THE BREEZE INCREASES AND THEN CHANGES  
DIRECTION. IMAGINE THAT THE BREEZE STOPS COMPLETELY.  
RELAX AND ALLOW THE BOAT TO DRIFT WITHOUT BREEZE.



## Angel Number 666 - Message

666 is a gentle reminder to treat yourself with kindness and consideration. Affirm and reassure your inner child.

Take time out for self-reflection, self-nurturing and reconnecting with your spiritual truth. Re-focus your attention and re-align with your Soul Purpose. You are a spiritual being having a human experience. Practice self-compassion and open your heart for self-forgiveness.



# 666 – HAND OF GOD MEDITATION

SIT OR LIE DOWN COMFORTABLY AND CLOSE YOUR EYES.

IMAGINE THAT YOU ARE SCOOPED UP BY A DIVINE HAND.  
ENTRUST YOURSELF AND YOUR WHOLE BODY TO THIS HAND.

ALLOW YOURSELF TO BE HELD COMPLETELY.

SURRENDER AND LET GO.

ALLOW YOURSELF TO BE CARRIED BY THIS DIVINE HAND.

YOU ARE BEING CARRIED TOWARDS THE LIGHT.

YOU ARE BEING CARRIED TOWARDS INFINITE LOVE.

YOU ARE BEING CARRIED INTO STILLNESS.



## Angel Number 777 - Message

777 is a clear sign that luck is on your side. Keep doing what you are doing. You are moving in the right direction. Unexpected streams of income or new opportunities will appear soon. Let go of your fears. Reflect on what you truly want and gain clarity on whether you have outgrown parts of your life. This is the perfect time to deepen spiritual practice and make room for expansion.

# 777 – HIGHER PERSPECTIVE MEDITATION

SIT OR STAND COMFORTABLY AND CLOSE YOUR EYES.

IMAGINE THAT YOU ARE PERCEIVING YOURSELF FROM A MOUSE PERSPECTIVE. IMAGINE THAT YOU ARE SEEING YOURSELF THROUGH THE EYES OF A HORSE.

IMAGINE THAT AN EAGLE SPOTS YOU FROM HIGH ABOVE.

IMAGINE YOU ARE ABLE TO LOCATE YOURSELF ON THE PLANET FROM A SPACE SHUTTLE. IMAGINE THAT AN ANGEL KNOWS EXACTLY WHERE TO FIND YOU BY FOLLOWING THE MELODY OF YOUR HEART.



## Angel Number 888 - Message

888 confirms that everything is falling into place. You are aligning with the frequency of infinite wealth, abundance and success. You are becoming more self-reliant and prosperous. Reflect on the responsibilities you currently carry and whether you are able to delegate some of them in order to free up more time. Your 'loved ones in spirit' are supporting you every step of the way.



# 888 – GOLDEN BUDDHA MEDITATION

SIT OR STAND COMFORTABLY AND CLOSE YOUR EYES.

IMAGINE THAT YOU ARE A BUDDHA STATUE MADE OUT OF GOLD. NOTICE HOW YOUR ENTIRE BUDDHA BODY GLOWS AND SHINES. NOTICE THE WEIGHT AND VALUE OF THE GOLD.

RECEIVE THE BLESSINGS AND GIFTS FROM THOSE, WHO VISIT THE GOLDEN BUDDHA. ALLOW YOURSELF TO BE POLISHED BY THOSE, WHO TAKE CARE OF THE GOLDEN BUDDHA. REMAIN STILL AND GOLDEN AT ALL TIMES.



## 999 Message

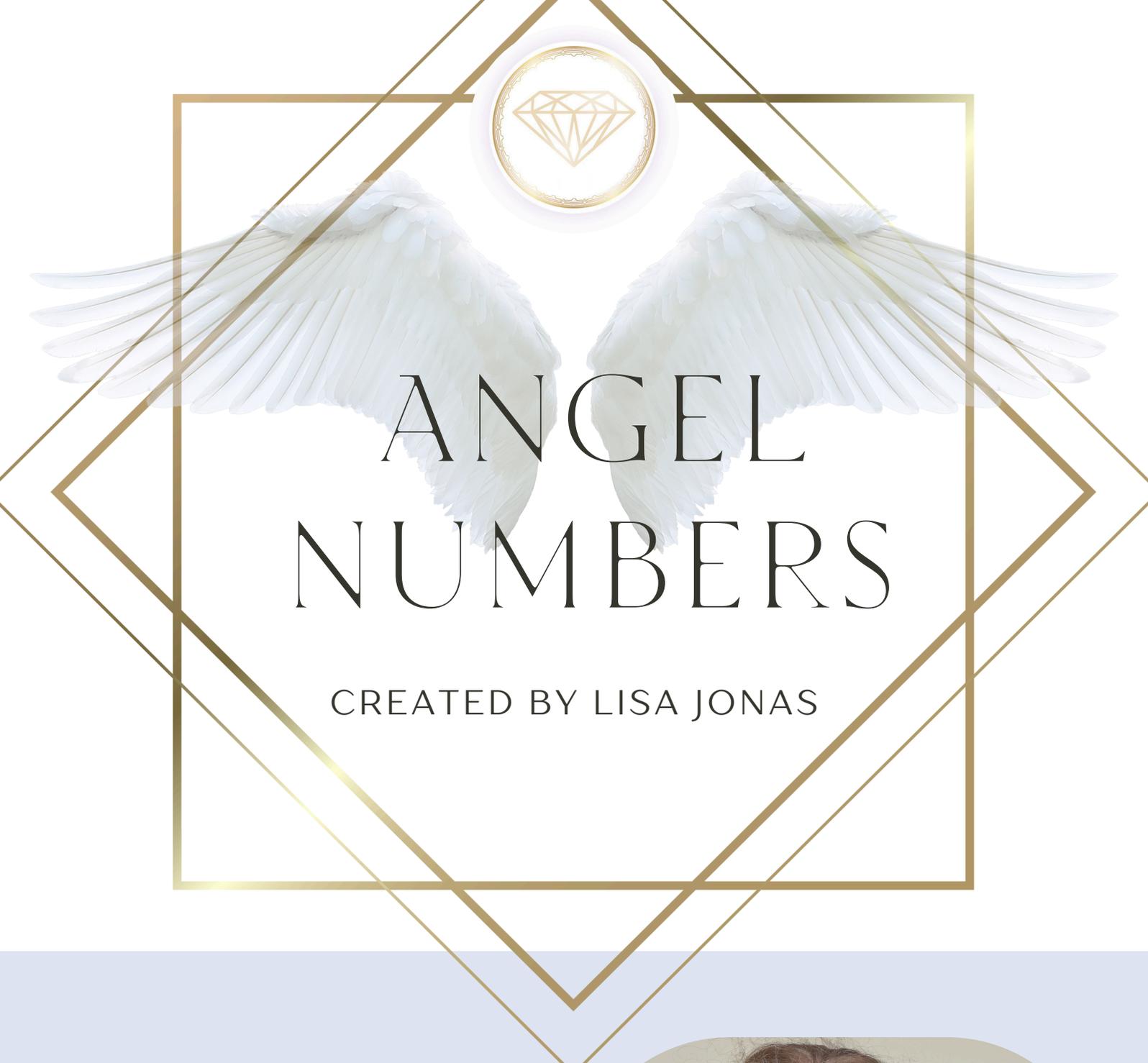
999 prompts you to release what no longer serves you. A meaningful cycle is coming to an end and you are asked to find closure. Process any sense of loss you might be feeling and let go of attachments to the old version of you.

Remember that every ending is followed by a new beginning. You will soon make new choices that will alter your life trajectory. Let go and surrender.

# 999 – MELTING CANDLE MEDITATION

SIT OR STAND COMFORTABLY AND CLOSE YOUR EYES.

IMAGINE THAT YOU ARE A WAX CANDLE THAT IS LIT. FEEL THE WARMTH OF THE FLAME ON TOP OF YOUR HEAD. NOTICE HOW YOUR HEAD AND YOUR NECK ARE MELTING. ALLOW THE CANDLE TO BURN FURTHER AND MELT THE WAX OF YOUR SHOULDERS, ARMS AND UPPER BODY. BURN THE CANDLE ALL THE WAY DOWN – MELTING YOUR HIPS, LEGS AND FEET UNTIL THE CANDLE SHAPE HAS DISSOLVED COMPLETELY. YOU ARE NO LONGER.



# ANGEL NUMBERS

CREATED BY LISA JONAS

LISA JONAS IS AN 'INNER GIFT EMBODIMENT & SOUL ALIGNMENT COACH, WHO ENCOURAGES WOMEN, LIGHTWORKERS AND ALLIED HEALTH PROFESSIONALS TO ALIGN WITH THEIR SOUL WISDOM, RESOURCE THEIR INNER GIFTS AND RECLAIM THEIR AUTHENTICITY.





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