



The Seven Archangels I Work With

A Guide by Christine Rapp, PhD

There are many resources available online and in books that introduce the Archangels, their purposes, and ways to work with them. The number and names of the Archangels vary among religious, spiritual, and metaphysical traditions. This guide focuses on the seven Archangels with whom I personally work. The roles, colors, symbols, crystals, and chakra associations included here reflect my personal practice and may differ from those found in other traditions or sources. Lastly, these simple "Explore" options are simple invitations, offering you a starting point for connecting with each Archangel. Follow your intuition and adapt them in whatever way feels right for you.

Archangel Ariel

Role:	fierce, nurturing guardian of natural world, manifestation, bridges human world with elemental worlds, connecting spiritual awareness to everyday life
Color:	pale pink
Symbol:	lioness, cornucopia
Crystal:	pink crystals such as rose quartz
Chakras:	heart and root
Explore:	When you wish to deepen your connection with nature, Earth, and the elementals, call on Archangel Ariel. Ask Ariel to help you bring divine awareness and the wisdom of the natural world into your everyday life. Ariel can also support manifestation—helping you clarify your intentions, recognize available resources, and take grounded action to bring those intentions into physical form.



Archangel Azrael

Role:	compassionate guide, helps to work through grief, gives comfort, guides major life transformations and identity shifts, emotional healing
Color:	white, off-white
Symbol:	scythe; massive white, protective wings
Crystal:	soft white or yellow crystals such as yellow calcite
Chakra:	crown and third eye
Explore:	When you are experiencing grief, loss, or a major life shift, call upon Archangel Azrael. Ask for their guiding light, peace, compassion, and patience as you navigate the transformation and adjust to what is changing within you and around you.

Archangel Chamuel

Role:	divine love, peaceful relationships, pure-heart alignment, guardian of heart chakra
Color:	pink
Symbol:	dove
Crystal:	pink crystals such as rose quartz
Chakra:	heart
Explore:	Whenever you need to feel deep, unconditional love for yourself or in your relationships, Archangel Chamuel can help you connect more deeply with your heart chakra and the loving guidance and light you carry there.

Archangel Gabriel

Role:	communication (in all forms), messenger, truth, connection with divine messages
Color:	pure white
Symbol:	trumpet
Crystal:	clear quartz
Chakra:	sacral and crown
Explore:	Before writing or speaking, pause and ask Archangel Gabriel to assist you.



Archangel Michael

Role:	protector, cord cutting, cleansing and releasing, courage, truth, strength, power, divine protection
Color:	blue
Symbol:	the sword
Crystals:	blue crystals such as lapis lazuli
Chakras:	solar plexus and throat
Explore:	When you feel drained after an interaction, you may be experiencing a lingering energetic connection, sometimes called a cord. Ask Archangel Michael to cut any cords that no longer serve your highest good. Visualize him using his sword to gently release those ties and fill the spaces left behind with divine white light.

Archangel Raphael

Role:	healer, helps you navigate spiritual growth, assists healers
Color:	green
Symbol:	green ray
Crystal:	green crystals such as malachite, emerald
Chakra:	heart
Explore:	When you are feeling out of balance or in need of clearing, call in Archangel Raphael and ask them to use their green ray to clear and heal you. Visualize this green ray entering your body where you feel it is needed or allow it to completely surround you.

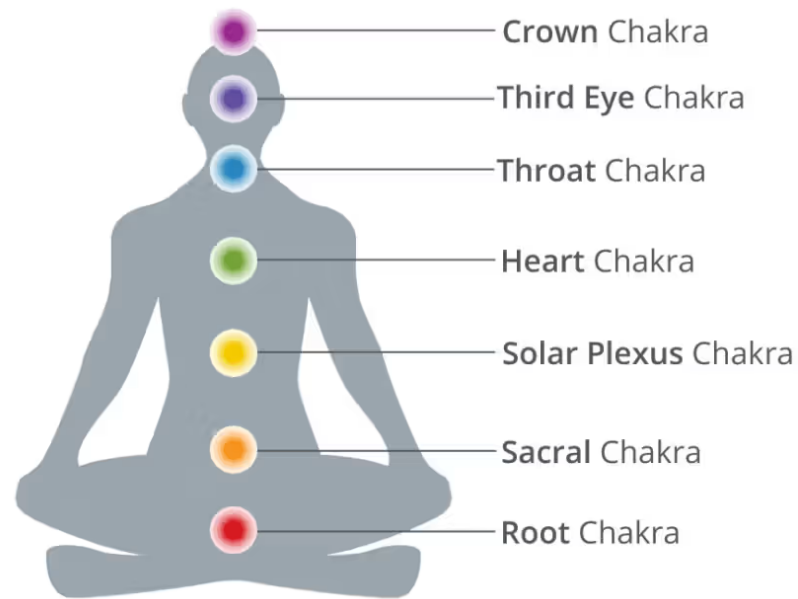
Archangel Uriel

Role:	self-actualization, confidence, self-empowerment, wisdom, insight, inner transformation, bridge between heaven and earth
Color:	gold
Symbol:	open flame
Crystal:	golden crystals such as amber, tiger's eye
Chakras:	solar plexus and root
Explore:	When you are feeling uncertain or ungrounded, ask Archangel Uriel to come to you and lend you support and strength to recenter yourself and your self-knowing.



The Chakra System

Chakras are energy centers within the body that are associated with different aspects of our physical, emotional, and spiritual well-being. The diagram below shows the location of the seven primary chakras referenced throughout this guide.





For further exploration ...

Choose one Archangel you feel drawn to and spend some time exploring that connection. You might:

- Sit quietly with the Archangel's name, color, or symbol.
- Work with the suggested crystal or chakra.
- Journal about any thoughts, feelings, images, or insights that arise.
- Notice dreams, synchronicities, or repeated symbols.
- Learn how the Archangel is understood in different spiritual traditions.
- Create your own prayer, meditation, or ritual for connecting or find one online (there are many options).

Allow the relationship to unfold in its own way and at its own pace.

Continue Your Practice

I have created a meditative exercise for connecting with the Archangels, so you can begin or continue your own journey with the Archangels. You can find it on my YouTube channel, **@FindingDharmawithChristine**. [Click here to access it.](#)

One Final Thought

Connecting with the Archangels is a personal experience that may feel different for each of us. You may notice their presence through thoughts, feelings, images, physical sensations, dreams, or synchronicities—or simply through a quiet sense of knowing. Remain open and curious, trust your intuition, and allow your relationships with them to develop naturally over time.