

ANGEL PEACE MESSAGES

BY ANDRIA R. WAGNER, FOUNDER AND HEALER

The New Children



Visit www.AngelPeace.com For more information.

Today's children are more sensitive than ever. If we examine causes of their increasing allergic reactions, increased diagnoses of ADD/ADHD, Autism spectrum disorders,

depression, obesity, violence, lack of respect for authority and the list goes on, it is difficult to determine why the situation seems to be worsening rapidly. Since the causes range from environmental to dietary, to the breakdown of the family unit, debates continue as to why this is happening. By understanding the concept of the New Children, otherwise known as Indigo and Crystal children, we can begin to see how we can help today's youth rather than focusing on the problem.

(continued inside)

Andria is an Indigo whose mission is to help children find their path too.

Which would you choose?

Fear is darkness

Love is light

Fear is sadness

Love is joy

Fear is resistance

Love is acceptance

Fear is holding onto

Love is letting go

Fear is closed off

Love is flowing

Fear is running

Love is facing it all

Fear is turning your head

Love is staring at what's in front of you

Fear is an illusion

Love is here and now

**Upcoming Classes:
Call 408.603.7875
to register.**

**March 15th, 3-5pm,
Healing With Crystals
\$33/person**

**March 29th, 3-5pm,
Angels 101, \$33/person**

**April 12th, 3-5pm,
Indigo Children- For
Teachers and Parents,
\$33/person**

**Class size is limited so
please register early.**

Natural Remedies for Post-Partum Depression

Learning how to properly maintain and improve your health during pregnancy can help prevent post-partum depression and there are many holistic ways to achieve this perfect health. After childbirth, it helps to have healing time scheduled at least

once a week to keep you healthy. Surround yourself with loving and supportive people. Turn off your phone and computer, and sleep as much as you can in the early weeks. Continue taking naps often. If you are breastfeeding, your body is expending a lot

of energy (500 calories/day), so it's important to eat a lot of the right foods for yourself. Give yourself time to grieve not being pregnant if you need to, and make sure you get time alone every day to bathe, read, or sip some tea. (Continued inside)

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Green Smoothie
2 C Spinach blend with water and lemon juice, add 2 apples, 2 bananas, acidophilus, flax seed oil or anything else you'd like.

Love is Raw

My raw journey began in April 2007, after a colleague affirmed, "Green smoothies make you more psychic." I instantly knew this was meant for my ears. My guides had been telling me for a long time to cleanse, not just short term, but for a real lifestyle change. I grew up with my dad telling me, "Put some more meat on your bones, girl!" I was born in Chattanooga, TN, as you can imagine, I did what he

said and ballooned to almost 200lbs by the time I was 19. So, to make a long story short, green smoothies do make you more psychic, not to mention thinner and healthier too. The first book I recommend is 12 Steps to Raw Foods by Victoria Boutenko, then read Living on Live Food by Alissa Cohen. Get a good blender and a food processor and you're good to go. Here's my fave breakfast smoothie, drink all morning

as much as you want, make more if you're still hungry. I don't measure so eye-ball it. Blend:

2-4C fresh OJ

1-2C Mango (frozen OK)

1C Papaya

1C Pineapple

Handful of strawberries if you have some

"Let's not sensationalize suicide and miss the boat again and again. Use my story to help others."

This is going to be a paraphrase because I did not journal this message right away, but promised I would deliver the general message.

Heath was a real human being, with a real family, and a real case of depression that went untreated. He is quite dismayed at the media coverage and has been very upset at what it's

doing to his family, so he requests that we not buy magazines with him on the cover nor watch TV shows about him. Rather, focus on helping loved ones, especially Indigos (born between 1975-1999) and seeking holistic healthcare and treatment for anger and depression issues. He did not know what he was doing, all he knew was his suffering. He is sad to see

his family now suffering. Please just pray for his family to heal, and pray for your own family to be healed. If you know someone who is severely depressed or with a serious addiction, please seek help. Let's focus on what we can do to help others, rather than focus on the past, thank you.



Give, give, give, and then give some more!!

Children's Charity Corner

If you know of a children's charity that you would like featured, please email Andria@angelpeace.com

There are many local organizations that work with children. While giving money to help your own children is awesome, we hope you will donate to those who are less fortunate; foster children,

abused children, needy children and donate as much as you can stand. If it makes you wince a bit, it means you're giving the right amount :-)

Angel Peace proudly donates a minimum of 10% of all proceeds to Children's Charities and as we grow, we will give more than 10%. Our mission is to help

children, parents and the Earth fill with love and light. It's very hard to focus on being happy when your basic needs aren't met, so we ask that you compassionately and generously donate away. Thank you.

Here's a local charity worth checking out:

www.allstars.org

Feed Your Wild Woman

All women have a burning inside them, a wild, feral, wolf woman dying to break free of domestication and the restraints placed upon them by modern society.

Depression, fatigue, stress, having a short fuse, and health problems all indicate a separation from this primal force within.

To get back in touch with your true, wild, creative, imaginative self, begin journaling, gardening, painting, reading, writing,

dancing, singing and howling at the moon. The next full moon is March 21st.

When we give up our creative stirrings to conform to a mold we weren't made for, it leads us down a self-destructive path.

The following is a quote from Women Who Run With the Wolves by Clarissa Pinkola Estes:

"Sometimes a woman is afraid to be without security or without certainty, for

even a short time. She has more excuses than dogs have hairs. She must just simply dive in and stand not knowing what will happen next. It is the only thing which will retrieve her intuitive nature. "

It takes time and dedication to retrieve your former self. Begin with a contemplative practice to determine when you lost your fire within, sit in non-judgment and follow your dreams from now on.



Set your inner self free, break free of molds and self-imposed constraints. Do what makes your heart sing.

The Heron - A Power Animal

If you've recently visited Vasona Lake or Oak Meadow Park, you will often see the Great Blue Heron flying over-head, or casually walking on the green.

These beautiful birds bring so much joy to us enchanted birdwatchers.

If you are always tuned in to animals, you will love reading Animal Speak by Ted

Andrews. It's a perfect guide for anyone wishing to learn more about the powers of animals, powers which the Native American shamans worked with closely.

The beauty of the Great Blue Heron lies in its graceful, slow-moving strides, it's stillness, poise and mindful watching.

If you feel a connection to The Heron, you may have this as a power animal totem. Heron people are "jacks of all trades", stable, lone-hunters, evolving, comfortable in instability, adaptability, revolutionaries, unique stand-outs, have excellent vision, move aggressively toward opportunities. If this speaks to you, meditate with Heron.

"The beauty of the Great Blue Heron lies in its graceful, slow-moving strides."



Loving What Is

So, what is IT, anyway? Is IT you? Are you IT? If you are, if IT is, do you love IT? Or do you judge it, hate it, deplore it, complain about it, nay-say it?

If we are all Source energy, created in God's perfect image, filled with love at all times unless we're stuck in our ego-filled illusions, then we are it, we love it, IT

is us. There is no separation. We are all one. Bob Marley got it. If you aren't getting it right now, try listening to "One Love" and get back into the oneness groove.

From the Upanishads: "All is perfect, so perfectly perfect! Whatever being lives, moves and breathes on Earth at every level from

atom to galaxy is absolutely perfect in its place, precise and choreographed, because "that" flows from the Glory of God, The Lord, The Self, Consciousness, The Source, Awareness, Peace, and Love, And is therefore perfect. When you have surrendered your ego to "That", you will find true happiness. Never envy



envy the place of any other man or woman.

The New Children

- by Andria R. Wagner © 2006

Today's children are more sensitive than ever. If we examine causes of their increasing allergic reactions, increased diagnoses of ADD/ADHD, Autism spectrum disorders, depression, obesity, violence, lack of respect for authority and the list goes on, it is difficult to determine why the situation seems to be worsening rapidly. Since the causes range from environmental to dietary, to the breakdown of the family unit, debates continue as to why this is happening. By understanding the concept of the New Children, otherwise known as Indigo and Crystal children, we can begin to see how we can help today's youth rather than focusing on the problem.

The terms Indigo and Crystal according to many authors including Lee Carroll, Jan Tober, *The Indigo Children* and Doreen Virtue, PhD, *The Crystal Children and The Care and Feeding of Indigos* refer to the colors of the child's aura. A newer take on these terms however is described in *Beyond the Indigo Children, The New Children and the Coming of the Fifth World* by P.M.H. Atwater, L.H.D. Atwater maintains that most children born today seem to have violet auras meaning their spiritual and psychic gifts are more prevalent than in previous generations, therefore she makes no distinction between Indigos and Crystals as they seem to possess similar traits. For the purpose of this article however, a distinction will be made between the two based on personal experience as a public school teacher and parent.

Indigos today are likely to be in their twenties or teenage years, although there are older and younger Indigos. Crystal Children tend to be under age ten; most began arriving after the year 2000. However, there are some children who seem to carry traits of both groups, which verify what Atwater writes about. It is important to note here that neither group enjoys being labeled in any manner. Indigos tend to be angry, frustrate easily, have difficulty coping with change, and can often be misdiagnosed with ADD/ADHD. Crystals tend to be peaceful, healing others, very connected to people and animals, are said to have something special in their eyes, and can be misdiagnosed as having autistic spectrum disorders such as Asperger's syndrome because they tend to talk late, sometimes as late as age four. They talk late because they communicate telepathically and they expect you too as well.

Both groups are highly sensitive to noise, violence, negative energy, and chemicals in food and in the environment. They are here to change all of that. Indigos are natural-born activists, putting their rage into undoing political corruption and inequalities in society, which is why they resent those who are unfair or lie to them. Crystals are here to heal the world their spiritual gifts and peaceful mannerisms. Both groups have strong psychic capabilities; they cannot be manipulated and can discern lies from truth immediately.

Indigos have an intense look about them, whereas Crystals have love in their eyes that seems to pierce right through to your soul. It is important to know that both groups are loving, caring, and empathic humans. They desperately need our protection from the harsh world, understanding about their special qualities, and guidance for coping in their environment to help them retain their gifts throughout childhood.

So what do you do if you think your child is one of these New Children? Start by reading up on the topic in one of the aforementioned books. Learning how to help sensitive children such as these requires dedication, consistency and an open mind to appreciate their particularities. When your five-year old is talking to an imaginary friend named Judy and your dead mother's name is Judy, assume your child is really talking to Judy's spirit. If your sixteen-year old hates you and the world, find out what's bothering them and help them channel their anger into a cause larger than themselves. Bring them somewhere to volunteer or help them become an activist.

If you are becoming a parent, consider a peaceful, drug-free birth. Breastfeeding is preferred as these children are commonly allergic to dairy and soy products. They seem to have sensitive digestive tracts and the closeness to the mother helps shield them from the world while they're young. Learn about alternative forms of medicine, such as Homeopathy, Ayurveda, Chinese Medicine, examine selective vaccination, and try to feed them as much organic, whole foods as possible. You may have read current articles in Mothering Magazine showing cases where Autism and ADD have been cured with a change in diet and through the use of alternative healing modalities.

All children need to be outdoors playing much more than they do at present. Not only will this solve the obesity epidemic, but it will make them peaceful and happy if they're allowed to explore outdoors for at least an hour a day. It helps them ground their energy so they feel more centered and are able to focus on tasks indoors.

You may want to consider alternative schools such as Montessori or Waldorf, as well as home schooling, as they better accommodate the needs of sensitive children. As a public school teacher myself, it is hard to deny that kids spend way too much time immobile at a desk, taking tests and would benefit greatly from increased freedom of movement and creativity.

Alternative schooling is an excellent solution, however changing the current public school system to better meet students' needs for greater physical activity and free expression is necessary. Public schools can help by beginning to increase awareness and create programs to educate teachers how to help these children and by teaching students how to cope with stress. More needs to be done to stop bullying, which is a top-down issue that needs to start with sincere and effective administrative policy change. Federal and State governments need to shift the focus from excessive standardized testing to supporting a child's need to learn through exploration and discovery. This will greatly reduce teacher attrition and inspire college students to become teachers. The current system is making it very hard for teachers to allow their students time to be creative. If you are a parent, you know this to be true as you watch your frustrated fifth grader spend two or more hours a night on homework.

Happy children need exposure to the elements. They need to play in the dirt, with rocks or crystals, dance, sing, play, and learn that life is not about "to do" lists. They need consistent, loving discipline, honesty and integrity from adults, time for quiet reflection, and exposure to the arts and alternative healing modalities such as Reiki and yoga. Crystals and Indigos understand they are different, that there are fairies, angels, goddesses and they relate to life in terms of energy. They feel and see things that their parents may not be able to. They come into the world with spiritual gifts you'd find in Maya Angelou, Martin Luther King, Jr. and Mother Teresa. They truly are saints and angels walking the Earth and deserve the respect of adults.

We have a lot to learn from our children and can do so by maintaining an open mind and heart. Your children want you to learn how to properly support them so they can fulfill their life purpose to create a happy, healthy, and peaceful world ensuring the evolution of the human race. They are here to raise our collective consciousness, it is their job and we must help them.

Preventing and Treating Post-Partum Depression Naturally

By Andria R. Wagner

Andria@AngelPeace.com

Learning how to properly maintain and improve your health during pregnancy can help prevent post-partum depression and there are many holistic ways to achieve this perfect health. After childbirth, it helps to have healing time scheduled at least once a week to keep you healthy. Surround yourself with loving and supportive people. Turn off your phone and computer, and sleep as much as you can in the early weeks. Continue taking naps often. If you are breastfeeding, your body is expending a lot of energy (500 calories/day), so it's important to eat a lot of the right foods for yourself. Give yourself time to grieve not being pregnant if you need to, and make sure you get time alone every day to bathe, read, or sip some tea. Demand help if you need to. The honest truth is that sometimes we have to take the initiative to assert that we deserve help; many times our husbands are busy working and are not intuitive enough to discern that we need help.

Love and nurture yourself so you can meet your baby's needs. Mothering is demanding work that requires women taking excellent care of their bodies. Anti-depressants can help, but many times all of the reasons why you went on them, will be there when you go off of them. It's crucial to address these issues at the root cause and treat them individually without delay. Using lack of money as an excuse not to seek effective and proven holistic treatments is akin to saying you are not worth it. It is a fact that drugs are cheaper, but at what cost to your own health and well-being? This is often the core of the issue. If you are not worth a massage every other week or going to the gym once a day, how can you be worthy of being happy, healthy, and whole?

Give yourself a break and accept help guiltlessly. You are not less of a woman because you admit you need help. It takes courage to assert that you need more time, space, and energy for yourself. You are the epicenter of your household. If mom is miserable, nothing else functions properly. Many of your family member's problems are resolved after focusing on getting your own needs met. You are not selfish; you are a real, authentic, hard-working, honest woman deserving of way more than our society allows. Over are the days of self-martyrdom, and needless sacrifice. Not only will you reap the benefits, but your children will learn how to take care of and honor themselves as they grow older. There is nothing more devastating to a woman and new mother, than wanting to die or harm her own baby. Know that it is very common in our society and less so in others where women are held in higher esteem. You don't have to grin and bear it. Communicate what you need to those around you; your partner is not a mind reader. Be pro-active before childbirth and line-up your helpers so you can enjoy the babymoon period. Know that your feelings will change frequently (every 5 minutes it seems), and know that things do get better and there is a light at the end of the tunnel.

Use the following affirmations daily and/or add your own: I deserve good, I deserve love, I deserve time alone to do whatever I please, I deserve rest, I deserve healthy food and loving treatments as often as I need them, and I deserve help.

Our bodies work very hard during pregnancy and birth. Breastfeeding burns our nutrients and energy, therefore, supplementation is necessary. Anti-depressants have their place and are effective, however, it's important to be aware of the risks of dependency on drugs. There are natural ways to prevent and treat depression of any kind. If you are pregnant, plan now for increased support during at least the first twelve weeks post-partum. Your sole focus should be to take care of yourself and then the baby. Enlist the help of your spouse, parents, family, friends, neighbors, a housekeeper and a knowledgeable team of people such as doulas and midwives to call when you need help. Below are recommendations for filling your tank when you feel like you're running on empty.

Nutrition: Taking fish oil, pre-natal vitamins, extra magnesium, pro-biotics (acidophilus, etc.), and super-green foods will restore your body with vital nutrition, which will help balance your hormones. Herbal teas with red raspberry leaf, oatstraw, and nettles will help cleanse the liver and provide extra nutrition. Chamomile and/or St. John's Wort tea will help soothe the nerves. Drink 1-2 gallons of water per day and eat plenty of organic, whole foods.

Sleep: Lack of sleep is the major cause of post-partum depression. Sleeping will give your body a chance to recuperate and will help your hormones balance. Hyland's Calm Forte and Rescue Remedy ease anxiety and help you fall asleep. Beware of chocolate, sugar and caffeine. Although they work, they do disrupt sleep and hormones causing depression to worsen. Find healthy food substitutes for your cravings and eat more foods high in protein.

Exercise: Endorphins and Serotonin are hormones released during exercise – a vigorous walk, fresh air, and sunshine are important on a daily basis. If you are sitting indoors all day, lethargic and unhappy, exercising seems like a lot of work, but I promise you – the shift in your mood after exercising will motivate you to do more. Find a sitter if you need to, but honor your body by moving it.

Breastfeeding: Our bodies release calming hormones while nursing a baby, not to mention the extra bonding time helps too. Stare into your babies eyes and don't be afraid to fall in love. Open your heart to the huge change you welcomed into your life. Get support through a doula or La Leche League.

Homeopathic Medicine: Sepia is a common post-partum remedy, but it is wise to consult a homeopath as there are many depression remedies. Once you find the right one, you will experience an enormous shift. It is completely safe and natural and homeopathy can also help a colicky baby.

Massage: A good therapist who is also attuned in Reiki will give you two treatments in one. Go every two weeks – you need it and deserve it.

Chiropractor: Physical pain post-partum is common. A good chiropractor can help get your hips, sacrum and pelvis back in alignment. Make sure you go to one who adjusts your sacrum properly, not all chiropractors do.

Energy Work: In addition to massage with Reiki, you may need deeper energy work to remove old blockages. Childbirth and childrearing tend to unleash childhood trauma or issues. Finding someone who can access deep layers of your energy body will help a great deal. Talking about our problems can help, however, transforming the energy by letting someone else remove what is bothering us, gently brings major improvement to our well being.

Acupuncture and Chinese Herbs: There are many formulas of herbs and different types of acupuncture, so I recommend you experiment in finding one that meets you needs. They help you relax by balancing your hormones, bringing you increased vitality and improved health.

Dead Sea Salt Baths: Take a daily bath as soon as you're healed, to release toxins, tension and stress from your day. If you have a colicky baby, you can and should take a bath if you are at your wits end. You need as many breaks from the crying as much as possible.

Aromatherapy: Lavender and chamomile oils, among others will be helpful if added to your bath or sniff as needed. Find a scent you like, it's probably the one you need.

Flower Essences: Bach Flower remedies, especially Rescue Remedy helps during labor and after delivery. Take a few drops in the mouth as often as needed and add it to your bathwater along with your essential oils. Visit www.AlaskanEssences.com for a wide variety of formulas.

Birth Options: Consider a drug-free birth with a doula or a home birth. Depression can be caused by a traumatic birth experience, which can be minimized by hiring a doula or having a home birth. Also, a post-partum doula or midwife is highly recommended.

Expressive Arts: Music, dancing, singing, chanting, yoga, meditation, journaling, or any hobby you used to love will keep you engaged and passionate about life. Being a mom is so time-consuming and often we become resentful because we no longer do the things we love. Enya, Joanne Shenandoah and Deva Premal are excellent singers to listen to when you need to shift a mood. Know that a good crying session is essential to release old toxic energy, allowing the new happier energy to move in.

Hypnotherapy: I call this the one-hour vacation to happy land. It removes fears and blockages to your happiness. Hypnotherapy is very relaxing and stress-reducing.

As you can see, there are many ways to eliminate post-partum depression. Overall, it's a time when women need a lot of extra attention, yet are often overlooked while all the attention is paid only to the baby. Moms want and need recognition for their hard work, and deserve rewards for being everyone's caretaker. Even if she seems to be wonder-woman, effortlessly doing it all, I assure you a massage and a salt bath will go a long way in making a happier mom. Do not delay in seeking treatment for yourself, depression can spike at four months post-partum, so be sure to begin these treatments early and continue them throughout the first year post-partum or until you are feeling better. Not only will these suggestions help during post-partum, they are a reminder to take excellent care of ourselves as a habitual, life-long practice of giving ourselves unconditional love and respect. You are worthy of unconditional love and pampering after childbirth as well as whenever you need it. Put yourself first and do not settle for less.



Andria specializes in parenting, dream interpretation, animal totems, shamanism, soul retrieval, yoga & meditation, magic, manifestation & more

“There are many stories of miraculous healings with Reiki.”



Your Angels want you to know that you are never alone.

Services Offered

We offer the following for adults and children of all ages:

- Reiki Healing & Crystal Healing
- Angel Guidance & Healing
- Angel Readings
- Spiritual Life Counseling or Coaching
- Angel Parties
- Workshops and Classes

Most clients schedule a 60 or 90 min. session, often by phone. Sessions may include a combination of a reading, healing and crystal therapy and most are done over the phone. Healing knows no time or place, as it always occurs at a place of ascension.

Please contact Andria via email before paying for a session. All sessions can be booked at www.angelpeace.com

Some clients do not know what it is they need, so we will then schedule a 60-90 min. session and by the beginning of the session, your guides and angels will communicate with Andria what needs to be worked on. Each session unfolds with grace and ease, always guided by God, the Angels, Masters and your Spirit Guides, for your best and highest good at all times.

What is Reiki

Reiki is a hands-on Japanese healing art where prana/life force/chi healing energy is channeled from Source through the healer, to the client. Many clients feel nothing, whereas some more advanced students of Reiki notice tingling, energy moving, or other sensations.

Distance Reiki is just as effective as in person.

Reiki can heal anything; physical ailments, emotional/mental problems, depression, creating life changes, manifesting, and much more. Everything around you is energy, it can always be transformed, so if there is any aspect of your life which needs transformation, Reiki can help.

If you ever saw the movie, “My Life” with Michael Kea-

ton, you have seen Reiki. There are many stories of miraculous healings with Reiki. It’s an intelligent energy that goes exactly where it is needed in the body. It’s gentle, and no harm can come from it. It is best to find a practitioner with whom you resonate vibrationally and who is a clear channel for this energy.

Angel Peace Workshops

Angel Peace Workshops or Playshops as we prefer to call them, cover a wide variety of metaphysical topics:

- Angels 101
- Indigo & Crystal Children— Learning How to Help
- Healing With Crystals
- Healing With the Angels

Increasing Your Psychic Awareness

Natural Pregnancy & Child-birth Classes

Chakra Clearing, Cleansing and Shielding

Raw Vegan Lifestyle

Giving Angel Readings

Powerful Manifesting

Metta Meditation and various forms of insight meditation

Guided Artistic Expression

Angel Peace Practitioner Certifications

Reiki Certifications (coming soon)

Most classes are 2 hrs. and cost \$33/person.

Angel Parties

Girls just want to have fun!!!! Men are certainly welcome too.

Angel Parties are a healthy way to have some light-hearted and intentional fun in the evenings. Most parties last 3 hours.

Andria arrives, we can meditate, pray or just get right to the readings. Readings are \$20 for 15 min. 30 min. readings are available.

Andria also teaches guests

how to conduct Angel Readings at home.

The host or hostess receives a free 15 minute reading. Parties are limited to 10 guests or fewer.

All readings are done in a remote room and are confidential.

No alcohol may be consumed prior to or during the readings to maintain clear communication between you and your guides.

Most parties are from 7-9

pm, but can be done at anytime.

These parties are tons of fun for teenagers too. Most children, especially girls above age 8 or 9, love playing with these card decks.

This is a fabulous way to connect with Spirit, God, your Angels and Guides in a relaxed setting.



Purchase your own card deck to learn how to do readings at home.

Spiritual Life Coaching/Counseling

Counseling or Coaching can include all of the above, with a focus on moving you from point A to point B. Most begin with little knowledge or understanding of spiritual truths and within 1-2 sessions have opened up to an enormous array of knowledge.

Maybe you are seeking help with a particular life situation, need continued

guidance and more structured instruction, or enjoy one on one teaching.

Andria is a skillful guide, a knowledgeable facilitator, and a teacher who compassionately walks beside you as you begin your truth seeking journey.

This path is not an easy one, nor should it be. However it is deeply rewarding and

you will never look back.

Finding your true self is priceless, learning that you are perfect the way you are is healing to the soul, and you truly are perfect as God created you to be. This realization is one of our goals in working together.

We recommend at least 3 sessions, once per month, to start.

Know that all is in perfect divine order. Trust that all is well and getting well-er. Believe you can do this. God believes in you.

About Andria

Andria began her spiritual journey in Albany, NY, in an intentional way after the passing of her mother-in-law from lung cancer.

Her practice began with Kripalu yoga, chanting, pranayama, meditation, trance dance, reading lots of books on Buddhism and Hinduism, and dream journaling.

Andria, a former middle school French teacher, works closely with Saint Germain, Archangel Michael, Archangel Raphael, Jesus, Mother Mary and Buddha (Siddhartha).

Andria has studied Ayurveda, nutrition, homeopathy, herbals, natural pregnancy and childbirth (birthing two sons at home

in birthing pools), Usui Reiki, Angel Therapy with Doreen Virtue, PhD, Conscious Dreaming with Robert Moss, shamanism, soul recovery, crystal therapy, and much more.

She affirms, "Difficulties and challenges are life's blessings, it forces us to stretch our spiritual muscles for maximum growth."



Holistic Healing For the Whole Family

www.AngelPeace.com
Email us if you'd like to join a prayer circle, drum circle or if you are looking for a babysitting job. Visit our website for upcoming classes.

Phone: 408-603-7875
E-mail: Andria@AngelPeace.com


We work for peace!



AFFIRMATION: I FORGIVE MYSELF FOR: (LIST AS MUCH AS YOU CAN HERE)

Angel Peace is an etheric and local establishment serving all those in need of direction, peace, love and getting un-stuck. Is something just not right? Maybe you can't even put a finger on it, just this gnawing sense that there's more to life. With Reiki, Angel Guidance, and Crystal Healing, you are bound to find your way again, fulfilling your divine life purpose in perfect alignment with your own creative Source. Navigating spirituality often times requires a human guide. Our goal is to give you tools to complete your path, as you are the director. Andria specializes in healing trauma, sexual abuse, family issues, women in the child-bearing year & beyond, children and teenagers (especially the so-called difficult ones), and anyone seeking to truly discover their own personal path to enlightenment.



Andria's Favorite Things

This could get long, so I will try to narrow it to the essentials. These are perfect for the busy mom or dad, sensitive child, empathic individuals, or your average type-A personality.

Rescue Remedy Spray

Masada Dead Sea Salts Lavender

Homeopathy Works 50 remedy kit

Mango :-)

Yin Yoga

Peace is Every Step by Thich Naht Hanh

Hotei—Laughing Buddha

Distilled Water or Volvic

Fresh squeezed OJ

The Wisdom of Florence Scovel Shinn

Rose quartz, citrine, amethyst, hematite, sodalite, red carnelian, moonstone, lapis, and celestite

Doreen Virtue's Goddess Card Deck and Ascended Masters Deck

Conscious Dreaming by Robert Moss

Bach Flower Essences

Archangel Michael and all he can do for us

www.byrandeflores.com (God Bless, he doesn't even know I'm advertising for him:-)

Animal Speak by Ted Andrews

Sage—to burn

Nag Champa Incense

White Candles

Djembe Drums (Email me if you want to start a drum circle)

Deva Premal (any cd works)

Krishna Das (same as above)

Wah! (it's all good)

Deekshas—
www.onenessmovement.org

Massage with Reiki (2 for 1:-)

Raw Cacao in any form!