

*JOURNEY TO  
GRATITUDE*

*An Angelic Prayer and Gratitude Journal*

By Jen Casper, Spiritual Guide & Intuitive Coach

## *My Divine New Friend:*

Welcome to your journey! Choosing to pick up this journal means you are willing to create a new pathway that allows for you to see gratitude in your past, recognize the magic of gratitude in your present and create more gratefulness in the future.

To begin our journey, I ask you to define “gratitude.” For each of us, this word means different things. By defining it, you will know what it means to you as you write in these pages. I then ask you to become more aware of what is around you and what gratitude looks like already around you. With each journal entry, you will become more aware of what gratitude means to you and how it plays out in your life. You will see how gratitude is already apart of your life, you just may have missed it. Once you are aware of gratitude, it is easy to make it a point to share it wherever you are.

In these pages, you will find a message from each Archangel Angel. This special message is for YOU. Each message will come to you when you are ready to receive the message from this Archangel to help you through your journey. After the message, you can write a prayer to that Archangel specifically asking for help, assistance, healing, or anything you need. Know that with each word you write, it goes directly to the higher powers that be.

You will find guided journal prompts to help you through this journey. Each prompt has you look deeper within yourself to find gratitude within the situation. By being honest with yourself through these journal prompts, it will bring your awareness to the power of gratitude and prayer.

You can use this prayer and gratitude journal any way that seems natural. You can write in it every day. You can write in it when you are feeling low and need a pick me up. You can begin on page 1, or you can ask the angels to help you begin where it is you are needed to begin and then just open the book where you are drawn to begin. Wherever you take your first step on this journey, your journey, know that the Archangels are walking with you to help you, to encourage healing, to be with you always.

As a Spiritual Guide, I have journeyed, I have traveled. I have hurt, I have stumbled, I have cried, I have healed, I have loved, I have forgiven, and I have moved forward. I have gone through what you are experiencing and it is with love that I tell you journaling your journey will help you get through this time. It is through writing your thoughts, praying to a higher power and finding gratitude in the experience that you are able to get through the experience with ease and strength.

Grasp my hand and let's begin. Let's journey together as we begin My Journey through Angelic Prayer and Gratitude.

With love and gratitude always,

*Jen Casper*





*A Prayer from Archangel Michael*

Dear One...

There is going to come a day when you feel at a loss. At a loss for words, for strength, for courage. You may want to give up. You may want to just run far away from what is before you. Call upon me to help you. I have more than enough love, energy, support to help ALL who have the courage to ask for help. I am able to give you the protection you need to survive one more day. I am confident with one more day under your feet you will see with clearer vision. Allow me to help you lift the heavy burdens you have in life. Allow me to help you fix and repair what looks broken. Listen to my words of wisdom that flow through your conscious. Allow me to be felt with a warmth that was not there before. I can help you, but it needs to start with you asking for me to be present in your life. Allow me to be a part of your day, your world, your life, and watch as things begin to change!

With love,

*Archangel Michael*















*A Prayer from Archangel Ariel*

Loved one...

I see you are in need, desire, a state of wanting of something. You are searching for answers, guidance, and clarity. Allow me to enter your life and help you begin to experience the calming effects of peace only nature can offer you. By having peace within your world, you can hear my words of wisdom on changing your career to include helping the environment. If you have a pet who needs extra love and care, ask me to help you. Are you looking to discover the fun of playing with the Fairies? I work with them all the time and would love to introduce you! Manifesting earthly possessions is easy when you ask for help. I am here to guide you. I am here to help you begin feeling more peace.

With Love Always,

*Archangel Ariel*











*A Prayer from Archangel Raphael*

Divine One...

You are on a journey. This journey is exciting, interesting, intriguing, scary, full of emotion and learning lessons. With each step you take, I am by your side. I guide you through the easy passage ways where you feel confident and assured. I stand by your side through the darkened hallways that lead to places unknown and dim. I help you through each situation, getting you to where you need to be at the exact moment you are to be present. Often I am called upon to help you heal. I appear before you when your body wants to give up, your heart is breaking and you just can't decide where to turn to. Walk with me, through the easy and the difficult, the strange and the unusual. Allow me to guide you to the place where you are meant to be. Allow us to navigate together to meet others who are all a part of your journey!

With loving joy,

*Archangel Raphael*









*A Prayer from Archangel Uriel*

My Child...

Hope. It is a strong word for some. Today, I bring you this message of *Hope*. I bring to you messages of understanding, ideas, enlightening conversations. See, you are seeking answers to questions that lie below the surface. Each question you discover, leads to an answer. But the answers you seek only inspire more questions. I am here to help you see *Hope* and spiritual peace. With each inquiry you bring to me, I bring to you Hope of discovery. This discovery can be internal discovery, inner peace, a solution or understanding. Hope takes all forms. We just need to be open to see it. As you continue on your excursion through life, call upon me when you are ready to see the answers.

*Archangel Uriel*











*A Prayer from Archangel Azrael*

Divine Soul...

Funny how we should meet here, right now. If you have come across this message, know that it is time for you to transition. Some transitions require more of your time than others. This transition is going to go smoothly, just allow. Allow us to work together to create the most magical of transitions. It is time to let go of the past, let go of what no longer fits and release. I want to help you heal and in order to move forward, you need to be ready to *transition* from this life to the next. The next life can be even more amazing than this one, but you need to want to embrace the newness. Together we can do this. Let's transition together!

*Archangel Azrael*







*A Prayer from Archangel Metatron*

Angelic darling...

From here, it looks as if you are working hard to understand and accept things as complicated or simplistic as they are. Often times you confuse the easiest of things, making them harder. Time is always on your side, even when you feel it is running out. I am here to help you. Help you heal, help you see with ease the answers to your many questions. I want to help you create more time in your life for you to do the things you want to do, not just what you feel you have to do. There is always more than enough *time*. It is your choice how you use your time. In time you shall see with greater clarity all that is at work for you, helping you to achieve your greatest potential.

With Love Always,

*Archangel Metatron*









*A Prayer from Archangel Gabriel*

Divine Love,

I can hear you call upon a power greater than yourself to help you through this time. Strength is what you ask for and I shall help you see within yourself the strength you request. This is a time of liberation. A time to realize your inner strength and inner beauty. If you open your heart and your experience to my presence, I shall guide you through signs, messages, and opportunities. I shall lead you to a place where you can heal and begin anew. I can help you write the script you wish to live. I can help you begin speaking your truth. I am here to help you by opening opportunities and creating experiences you will love to share! I just need you to be open to receive the gentle guidance I am offering. Let's work together to create something magnificent!

With Love Always,

*Archangel Gabriel*









*A Prayer from Archangel Haniel*

My Beloved Child...

I come to you with messages about your intuition. You have been given a gift of intuition. As time flows by, I find you seeking messages beyond yourself when you have the gift of intuition to use. Intuition is a heavenly gift to help you stay the course of time, of your life. There are times when you are in need that you do listen to it. I am here to guide you to use it more frequently and to rely on these messages that come to you. Do you wish to embrace who you truly are? Now is the time for you to do just that. Open your eyes and see the essence of yourself. Discover the truth that lies beneath.

With Love Always,

*Archangel Haniel*











*A Prayer from Archangel Jeremiel*

Heavenly being...

Change. It is upon you. Your life up to this point has been fun, but it is about to get better, sweeter, more enjoyable. I am here to help you review what is working in life and what needs to be released. Imagine being boundless and able to manifest everything and anything you desire. You have this ability. It is a matter of recognizing what it is you truly want and deserve. *How do you want to live?* Together we can make the changes necessary. It is with your willingness to redefine and desire to recreate that it is possible. Step into your future today!

With Love Always,

*Archangel Jeremiel*











*A Prayer from Archangel Sandalphon*

Hi...

I have heard your prayers. You have prayed and I have answered. I have touched your life in ways you can't even imagine. Sometimes you see it and other times it goes unrecognized as a higher power. I love you. I do indeed love you with all that is. As you read these words, think of the music of your life. The songs that touch your soul. The songs that make you sing. My messages to you come in songs and my words delivered by others. I hear your prayers and send them to the highest powers and ask for your prayers to be answered. Listen for my words in the songs you sing to yourself.

With Love Always,

*Archangel Sandalphon*







*A Prayer from Archangel Raziel*

Greetings...

Your past has created who you are at this moment. In lives gone by, you have been many things. You have learned by mistakes, created life lessons you feel you need to re-endure, and have helped create the world you currently live in. When you are ready to uncover who you were, you will learn just how far you have come. You will see your imperfections are truly perfect for who you are right now. You will see how time has helped you become who you are. With each moment you are closer to becoming YOU. Your dreams hold the secrets to all things possible. It is through your dreams we can give you clarity of your decisions and choices. It is where time does not exist and does not matter. Let's begin together!

With Love Always,

*Archangel Raziel*









*A Prayer from Archangel Chamuel*

My Friend...

I reach across this span of space to touch your life today. Today, right now, we merge as one.

Feel within you my presence in your life. Feel the peace that begins to seep through your body and allows you to divinely be. Be as you are, safe and secure within and outside in your world.

When you feel safe within, you will find the answers that you seek outside. The truth of what is important and matters the most lie within your heart. The only way to get to those answers is to step deep within yourself to discover the truth that lies beneath all you have conditioned yourself to believe. Your truth shall become present if you allow the truth space to materialize as fact. Be strong and true to yourself. Together we shall be at peace and know for certain the truth you desire the most.

With Love Always,

*Archangel Chamuel*







## *A Prayer from Archangel Jophiel*

Beautiful Child!

You have come to a point where your vibration is being lifted. You are being primed for a greater aspect of your life. To help you with this, I have come to you today to help you declutter your thoughts, your emotions, and your well-being. By releasing and letting go of the clutter in your home, your mind, your life, you will see things begin to open up for you. Opportunities arise, your vision on where to go becomes clearer, and you begin to move forward with confidence. Take a moment and open your heart to allow Love in. Allow me to help you begin creating more of what you love in your life!

With Love Always,

*Archangel Jophiel*











*A Prayer from Archangel Zadkiel*

You have read this prayer to forgive, to heal, and to be open to remembering where you came from. Forgiveness starts with you. It starts with recognizing you want to be freed from pain. The healing begins when you are willing to let go of the pain and to embrace a new story. I come to you today for you have asked and prayed for forgiveness, for healing and to remember a time when life was simpler. I stand before you with open arms and an open heart. I embrace you and hold you tight as you begin to let go, begin to forgive others and yourself, and declare yourself worthy of healing. Embracing the memories of where you came from, a place filled with love and Divine Power, allows you to accomplish this and so much more. Together, forgiveness and healing can begin!

With Love Always,

*Archangel Zadkiel*







