



# Realms of Earth Angels

## Introduction

We are all infinite spiritual beings having a human experience at this time.

This information is intended to help you recognise what potential realms you may be from and is based on Doreen Virtue's books Realms of Earth Angels and updated in 2014 after I completed her Realm Reader Course.

Once you have identified or resonated with some or all of the realms listed, this information will help you understand some of the challenges you may have encountered or are challenged with. There are suggestions of places within the Sanctuary to support you after each core realm and at the end of this report.

You will quite likely be a mix of the core realms or have aspects of all of them like myself.

There are the blended realms identified in this report after the core realms.

However, please remember we do not fit into boxes and there is so much more to you than listed here!

My suggestion is to read the whole report through once and make notes as you go. Alternatively, print this report off if easier and highlight what resonates with you

There is information on the personality, life purpose, physical characteristic and relationship styles of all the core realms and most of the blended realms.

Peace, Love and light always

*Sarah xxx*

## Types of Earth Angel Realms

There are 2 types of Realms – The **'Core' Realms** and the **'Blended' Realms**, which are a combination of the core realms. A bit like primary colours and all the combinations they can make.

**There are 4 main Core Realms of Earth Angels.**

These are:

**Incarnated Angels**

**Incarnated Elementals**

**Star People**

**Wise Ones.**

Some earth angels are just ONE of the core realms and as you read the description which includes personality, life purpose, physical characteristics and relationship styles, it will describe you to a Tee.

**However, most earth angels I meet are more than one of the core realms.**

This can cause a lot of confusion as you resonate but don't fully. Read each description and notice what does and doesn't ring true about you. Make notes as you go along.

Once you have read the whole report and all the core and blended realms, you should hopefully be able to easily identify where you are from and why you are the way you are!

This will give you new insight into yourself and also help you understand some of the challenges you have and therefore be able to use the Earth Angel Sanctuary to support you better.

Please remember, that our ultimate purpose is to be happy!

And this is doing what brings us joy, makes us feel good.

The most important person is YOU and by working on you and letting go of all that does not make you feel happy and following your bliss, will have the biggest impact of all on the planet.

## Core Realms of Earth Angels

### INCARNATED ANGELS

Incarnated Angels are literally Angels who have elected to live an entire lifetime in a human body because their mission required them to have a human presence. There has been angels who have taken on human form temporary, however the incarnated angel is here for a lifelong experience.

Previous to being 'human' they were indeed angels – There are many blended realms as some are angels from other planets and star systems. Just as there are many different levels of angels, there are also many different levels of incarnated angels on earth today. They may also have lived more than one lifetime in human form and many have forgotten their angelic heritage. However there are tell-tail clues...

#### **Personality:**

Incarnated angels love angels!

They decorate their homes with angel statues, pictures, have many angel books and cards, wear angel inspired clothing and jewellery, wear 'angel' perfume...

They love everything about angels and are often told 'you're such an angel'.

They love to help, as that is what they did being an angel! They are the dearest light workers imaginable. They come from their hearts, care deeply and just love people. They are the 'good' girls and boys, who love to follow rules and live up to standards.

They are the givers, and rarely ask for help themselves, usually saying no to help as they are genuinely more concerned with others. Their wish is that everyone is happy.

They are happy, warm, endearing and have good social skills. Out of all the core realms, they are the most sociable, although they can be shy at first as they can be self-conscious. They are very talkative, often with the gift of the gab and love to talk details and feelings. They also apologize all the time and feel guilty saying no.

They have a very sensitive nature to harsh energies and don't want to know the shadow side of life. They just tune out as they only want to acknowledge light not problems

They can often turn to addictions of food and can binge of white sugar and processed white flour products. This builds a shield of extra weight so they don't feel the harsh energies too much or other people's emotions, as they often don't know the difference. They can also suffer with chronic fatigue syndrome which is a main symptom of absorbing lower energies.

This extra weight can often lead to low self-esteem issues as they worry about it. They want to please others and often try to lose it to please others not themselves which can cause the yo-yo effects.

They often struggle with health challenges - fibromyalgia and gynaecological problems, which on a mind/body connection referred to as 'loving too much'.

They carry a lot of guilt as they unconsciously remember being able to help in an instant so can feel helpless in this human body. They are the rescuers and can be very trusting of people.

### **Life Purpose**

Incarnated Angels enjoy professions where they are professional helpers.

Such as in nursing, teaching, counsellors, social workers, even flight attendants. They are wonderful healers and love working one client at a time as they don't like audiences. They are shy in groups and self-conscious as they worry about what others think.

They do very well working for organisations as like to follow rules as long as feel like they are making a difference otherwise it is not in integrity. They have a good work ethic, are a team player and are also good at working for themselves.

### **Physical Characteristics**

Incarnated angels look like angels, whether male or female. They have beautiful and handsome faces which are sweet, heart-shaped, with cupid-bow lips and large doe-like eyes and which radiate pure unconditional love. There is acceptance, innocence and I love you energy.

They are often told they look like plus size models and males look like cuddly teddy bears as incarnated angels tend to be heavysset with a large frame, often shielding themselves with the extra pounds

They also lighten or highlight their hair and they seem to glow with a large aura. They have no 'edge' to them.

### **Relationships**

Incarnated Angels are often sent to dysfunctional families as the 'Guardian Angel' and feel disconnected and isolated from their family.

They also often have histories of abusive relationships. They rarely have trouble attracting romantic partners or friends but do have difficulty in finding fulfilling ones. They look past the surface and fall in love with someone's potential. As a 'rescuer' they tend to attract people who should have been clients. They tend to think my love can fix you and can have co-dependent relationships with addicts and alcoholics.

They stay in relationships much longer than a normal person might because it makes them feel needed and fulfilled, then blaming themselves when that person doesn't change, thinking it must be my fault and maybe I need to change.

The love to talk and have long phone calls talking feelings and expressing how they feel. They are very loyal and don't see the bad stuff, just the good. However not everyone wants to be fixed. Breakups and betrayal are very painful and cause heart ache for the incarnated angel.

If you resonate with the information listed here, keep reading as you may also with the other core realms and the blended realms are listed after.

## Please remember if you do resonate with the Incarnated Angel Realm to:

### **Protect your energy!**

Ask the angels to help you. Archangel Michael is the angel of protection.

You can also just hold the intention to being protected by imagining, visualizing or feeling yourself in surrounded or in a 'bubble' of protective white layer of love and light.

Use the Protection Techniques in the Earth Angel Basics Section of the Sanctuary.

### **Clear negative energy**

Take sea salt baths, get in nature, smudge yourself, ask the angels, use meditation to cut cords etc.

Use the Energy Maintenance within the Sanctuary to regularly clear your energy.

### **Connect with the Angels**

Use angel cards or guided Angel Meditations on YouTube to help you connect deeper with you angels, are you are one after all!

### **Inner Growth**

Use the Inner Growth under the Energy Library to clear negative emotions such as worry and guilt – incarnated angels feel a LOT of guilt as we just want to help others and can feel guilty not being able to immediately!

## INCARNATED ELEMENTALS

The next Core Realm is the Incarnated Elementals, who are Nature's Angels. There are many sub-categories of this realm and they physically look like their namesakes - fairies, elves, devas, mermaids, dolphins, whales, animals, crystals and unicorns. There is also many blended realms of elementals.

They do tend to have egos because of the density of the earth however they are here to protect Mother Nature and the animals. To do this they had to take on human form.

### Personality

All Incarnated Elementals have difficulty in being indoors for very long and need a lot of space and time alone especially outside in nature. They have very few health problems but a high frequency suffer from depression, which is normally related to not being able to be outdoors. They also prefer not to have clothes on!

Incarnated Elementals can't stand rules and never met a rule they couldn't break, although usually get caught. They have a really good sense of humour, usually using it as a defence. They love to party, play practical jokes and are always looking for a laugh. They are however, often prone to substance abuse issues and can be addicts. They prefer playing over hard work.

They are fiery and passionate and have a lot of anger at people who abuse nature, animals, and the planet. They have a big temper when pushed and can literally throw fireballs of energy. They have a bit of an edge, are street smart and don't feel a sense of guilt.

They would rather spend time with animals, preferring the company of plants and animals to people and can be shy at first whilst sussing out someone's energy. They can sense instantly if someone is out of integrity.

They are reluctant healers or helpers and can easily manifest abundance or the complete opposite.

### Life Purpose

They elected to take on a human life and body to have more power and say so in cleaning the Earth's air, water, soil and helping the animals. They are passionate about the planet and their life purposes almost always involve environmentalism or animal rights causes, charities or occupations - often meaning teaching these values to others or by direct involvement. This is important to the Elementals as it gives meaning to life. They are naturally good at it and enjoy it.

Many are in the helping professions involving people however this is usually because of a 'calling', not because they want to as they prefer working outside such as forest rangers, gardeners, landscapers, working with trees or animals, veterinarians, pet trainers or healers, dog walkers or pet sitters.

They are excellent healers with natural elements - Naturopaths, herbologists, working with flower essences and healing with crystals and colour. They are great teachers giving healing talks and will have the audience laughing.

They are highly artistic and creative, loving the arts, being party hosts, playing music and dancing. They do very well in dance, theatre, comedy, poetry, publishing, motivational speaking and performance arts. They love to laugh, play and be silly.

## Physical Characteristics

Incarnated Elementals all look like their namesakes and there are **Subcategories of Incarnated Elementals:**

### Flower Fairy

These are the Angels of elemental realm and can feel like don't fit it with other elementals who can be mischievous!

The females are beautiful like petite angels, with perfect complexions, big eyes and flowing hair. They are very shy and can have low self-esteem and confidence, doubting themselves. They are very humble and love flowers! They are very happy and good at anything to do with flowers

### Forest Fairy

The forest fairies are also beautiful with tall lean bodies. They have red in their hair in some form.

They naturally love trees and can feel what the tree feels, they can hear them and need to be around them.

### Star Fairy

The star fairies are a blend of fairies and the star people realm, an elemental from another planet.

They look like Amazon women, being very tall and big framed. They can carry extra weight due to their star person influence and are also socially awkward, feeling like they don't fit in. They have an unusual look and dress different to others

### Mer Fairy

The mer fairies are little mermaids. They are curvy but thin and petite. They love the ocean and bodies of water and are very good with anything to do with water. There are many other Mer People realms explained more in the blended realms.

### Incarnated Unicorns

Absolutely Unicorns roamed the earth and have already ascended. They are very attractive, aloof and mysterious, with long flowing hair and outfits. They do not like feeling restricted in any way and are flirtatious. Their life purpose for coming back here in a human body is to bring a higher vibration to our planet.

### Elves

The elves are the natural born doctors, channel the elemental realm and love anything to do with nature. They are very wise and here to get job done!

They look like elves, with thin bodies. They love practicable jokes and have a playfulness, mischievous look in their eyes. They are always up for good time

### Relationships

People are naturally attracted to the incarnated elemental as they have a great sense of humour, although other realms can find too immature. They have a temper and when they get really mad can throw fireballs of energy, which is not fun to be on other side of as it can create pain.

They have an interesting relationship with money and have a magical manifesting ability, blinking eyes and creating it although it can be feast or famine. Elementals manifest with thoughts and when in fear or worry, money will leave you however if you look for your pot of gold, you will find it.

## Please remember if you resonate with the Incarnated Elemental Realm to:

### **Spend time in nature**

It is essential to be outdoors regularly, regardless of the weather as this help to ground yourself and keep you connected to nature.

### **Do something to help nature**

Recycle, pick up trash, support, and volunteer or give donations to charities involved in cleaning and helping the Earth and animals. Do what you feel inspired or guided to do.

### **Make time to play**

Remember to laugh and play often. Elementals that don't can often become depressed so it's important to lighten up, be silly and make time to play!

### **Inner Growth**

Get help with your anger, don't let it eat you up inside and come back to haunt you. Remember to how powerful your thoughts are and work on letting go of negative thoughts and beliefs.

Use the Emergency SOS in the Sanctuary to help clear anger etc.

Listen to the Connecting with the Elemental Kingdom replay.

## STAR PEOPLE

Star People are from other stars and planets who have been called into duty to take on a human body to help avert mass destruction of the planet and therefore the universe. If the Earth is destroyed, the negative effect would ripple many galaxies. For many it is their first earthly life and because the planet is so violent, they often feel overwhelmed and wish to return home.

There are also many blended realms which have the Star Person influence, angels, elementals and wise ones from other planets. These are shared in the blended realms.

### Personality

Star people are peace loving and very helpful although they don't want the credit or any attention. They are very nice people who are friendly but distant, you can only get so close. Nobody really knows them as they are very shy and softly spoken. They don't talk about themselves or their feelings. They don't like competition or competitive sports.

They are extra sensitive to harsh energy, violence and repulsed by fighting of any form. Most do not watch, listen to or read the news as it upsets them too much. They are highly sensitive to crowds, people and places.

They have a fascination with certain star systems such as the Pleiades, Andromeda or Sirius and naturally have interests in UFO's, life on other planets, space travel and ET's. They love all kinds of science fiction, movies, video games, TV series like 'Star Trek' and anything else that relates to these themes and topics. It reminds them of being back home and they often have dreams or visions of space crafts or other planets. They love technology, are task orientated and are workaholics.

They are usually viciously teased and bullied in childhood, sometimes into adulthood as well because of being different. They are seen as loners or outsiders and may well feel disconnected from their birth family parents and siblings. They don't know the ropes so to speak

They have an intuitive sense of spirituality over a religious form and love symbols, codes, runes and sacred geometry. They must live near water. They love the ocean and being in the ocean, underwater feeling free reminds them of home.

### Life purpose

Star people's global mission is to be a nice person and they are super helpful, kind and considerate. By doing so it passes it along and helps defuse anger, stress and rage. There is concern on other planets that earth could destroy itself. So spreading kindness and common decency, they can be found everywhere that kindness is needed. Star people are the undercover do-gooders, they prefer to stay behind the scenes and hope that no one notices them.

They do well at any sort of job that gets their life purpose fulfilled. They also do well in any profession involving technology, as they are light years ahead in knowledge. Anything to do with space travel, exploration, writing science fiction movies and books, finding free energy resources. They also do well in energy healing and can make a career of it. A high percentage are Reiki Masters.

### **Physical Characteristics**

Star people can look out of this world and like they are from outer space. They dress different although not to get any attention and wear little or no makeup. They are usually tall and lean with females more petite and with extra weight.

They have large and unusual colour and shape to their eyes, with small mouths by comparison. They also have unusual eyebrows, which can be plucked very thin, painted or tattooed on and often shaved off.

### **Relationships**

Star people are often task-oriented over relationship-oriented and do well with other star people in relationships. They are not comfortable socially or talking about feelings, they don't have sense or vocabulary to talk about them. They are used to mind to mind communication.

Females tend to get married and have children later in life, often by Caesarean section. Other planets don't give birth like humans and it's a bit like the movie 'Cocoon'

As they are loners they don't tend to meet many other star people so a great way to is on scuba diving adventures or Sci-Fi conventions. There is also quite often a big age difference in Star People marriages.

## **Please remember if you resonate with the Star Person Realm to:**

### **Know that small acts of kindness do count.**

You may feel like you are not doing enough but remember small acts of kindness do count and add up to a huge contribution towards a peaceful planet!

### **Appreciate your uniqueness**

You are very much wanted here and remember you are only on a temporary assignment. Just because your priorities may be different from others, stand firm in your beliefs and don't try to water down your capabilities by trying to conform.

### **Protect your energy**

Protect your energy from lower energies by intending it – see, feel or just think about yourself surrounded in protective layer of love and light. You are highly sensitive.

Use the Protection Techniques in the Sanctuary under the Earth Angel Basics.

### **Ground your energy.**

It is very important to stay grounded which you can by eating food from the ground like carrots and potatoes, visualising self like a tree with roots and asking for assistance from the Universe/God.

Use the Grounding Techniques in the Sanctuary under Earth Angel Basics

### **Know you are not alone**

Your Spiritual Family is out there waiting for you. There are so many watching and surrounding this planet right now, waiting for you! There is going to be a big celebration when you go home! Please just be mindful you don't create any karmic debt.

Remember we have the members only secret Facebook Group where you can connect to other members and you are not alone.

## WISE ONES

Wise Ones know the planet very well as they have been humans for eons. Although they feel different, they are more comfortable with Earth life than the other realms as they are more detached from other people's opinions.

Wise Ones can be reincarnated Sorceresses or Sorcerers, High Priests or Priestesses, Wizards or Witches, Shamans etc. They have been called out of 'retirement' from the Spirit world in order to come back to Earth for the current urgent situation of the planet.

There are also many blended realms of wise ones having the angel, elemental or star person influence as they have also come from other star systems and planets.

### Personality

Wise Ones have spent lifetimes here developing their Spiritual and magical gifts so they know the ropes. They are extremely powerful, possess profound wisdom and are highly intuitive. They can also affect the weather and are highly sensitive to the moon phases.

They are wise beyond their years and can be intense, solemn, serious and highly opinionated in a helpful way. They know what they are talking about and if you ask them a question, you will get a long and detailed answer. They give answers based on wisdom and give good solid advice. They are deep people, dislike small talk and they want to get to the heart of the matter! There is no point trying to lie as truth is apparent to them, they know. Many complain wise ones talk at them not with them.

They are wise teachers who were born to teach and their deepest wish is that everyone would listen to their advice! They have a clear knowing through thought downloads, they know they have been here before and love and cherish Mother Earth. They can describe knowledge from all life times.

They are very well practiced in Spiritual arts of manifestation, alchemy and healing. Many enjoy and have studied Shamanism, Astrology, Wicca, Alchemy, Kabbalistic healing or other ancient systems of healing and information. They are fascinated with earth based spirituality and the ancient esoteric cultures of Egypt, Greece, Atlantis, or Mayan and have a deep fondness for the old eras.

Many have vivid memories of past lives. Memories of the 'Witch burning craze' makes Wise Ones nervous about fully reopening their spiritual gifts and can have a history of heart related problems. Their hearts have been broken with seeing all the environmental issues and lives they have suffered. They have a heaviness about them that they carry.

They also have a special affinity with the Elemental Kingdom.

### Life Purpose

Some Wise Ones reluctantly agreed to return and a few were unable to handle the current climate and exited immediately. Others regulated themselves but felt depressed and angry about it.

The best adjusted were those who resumed the study of Earth based Spirituality such as Astrology, Wicca, Kabbalistic Magic, Paganism, Rituals, Crystal healing, Herbology, Candle invocations, Shamanism, Mediumship, Psychic, Tarot and oracle card readings and so forth.

They are teachers who only teach what they respect and is meaningful to them. They know from experience and do not want to waste time! They are excellent in any role from a school teacher to a Spiritual teacher or instructor.

It is very important to be in a job they know is meaningful as if it's just for money, heart issues will be compounded.

Some Wise Ones can foresee tragedy, negative situations and blame themselves. These psychic insights are the opportunity to do something about it, if you know how or to pray about it. If you are meant to intervene, you will be told clearly or know what to do.

They are keen at picking character of someone and can be leaders of social activism. They are good at channelling anger at petitions, speak out and making a difference. They are here to fix the problems on the planet and there is only a short window of time to do it.

### **Physical Characteristics**

There is a certain element of mystery that accompanies wise ones. They can actually look like wizards, witches, goddesses and even like romance novel characters.

They tend to have a serious, heavy, almost depressed energy about them and can be quite stern. They prefer their hair long and dress in dark clothing and heavy fabrics. They look older than their age and can have the deep lines of someone who's an elder. They can get grey streaks in hair early as 20 and can have wrinkles and bags under their eyes, which are full of wisdom, knowing and sadness.

### **Relationships**

Wise ones can often become involved with the elemental realms. As a lot of past life work was outdoors with rituals etc so they partnered up for work they did.

They can be intense to partner although they relax and find enjoyment in simple ways like a sunset or a nature walk.

Because they have a job to do, they can dominate conversations and try to explain. They can be intimidating as there is a big anger energy there and trust is a big issue to wise ones. They know the shadow side and rarely 100% trust others which can therefore have unbalanced relationships. As they give through teaching they often do not get their needs met. They think deep down what they know should be common knowledge and want to help in explaining that so in relationships, it is important to drop your guard and let the softer side come out.

## Please remember if you resonate with the Wise One Realm to:

### **Teach what is important to you**

Remember that you have come back to play a very important role and teach what is important to you by example. It is important to model it in your own life.

### **Focus on desire not fear**

Focus your energies on manifesting what change you desire and your life purpose. You manifest so quickly, make sure you are focused on what you want not fears or doubt in yourself.

Use the Emergency SOS and Energy Clearing Library videos in the Sanctuary to help you shift any fear or doubts

### **Beware of your Power!**

When you sling anger towards another, it is akin to casting a dark spell. You are powerful, use your power carefully as you can hurt others as well as causing karma.

### **Honour your past**

You have been here many times so please work on clearing any leftover emotions such as anger and heartbreak that will be holding you back along with all the unconscious fears and traumas from how you may have been treated in past lives.

Use the Sanctuary videos to support you in doing this.

### **Inner Growth**

The Sanctuary has Past Life Vows and lots to support you.

## **WALK-INS**

A Walk-in is not so much a realm but a process however I feel it deserves a mention as I have encountered walk-ins and the bodies and souls can come from any of the core or blended realms.

A Walk-in is when a soul bypasses the usual process of being born by making an agreement with another soul to make an exchange of life energy at some point.

A Walk-in may wake up one day and feel like their life is a bad dream or one they don't recognise anymore. They may not remember parts of their childhood or significant chunks of their life. They often make sudden and drastic changes to their lives such as changing their first name, moving, divorcing, switching careers, adopting different religious beliefs and so on.

Family and friends often comment 'You're not the same person anymore'.

The Walk-in soul is from a high Spiritual level that needs immediate access to an adult body to fulfil their high level mission and purpose. They may have an urgency to get on with their mission and no matter what their day job is, they use whatever methods to be a role model for peace.

A lot of time is spent discussing possible soul exchange. If the decision is made to go ahead, the Walk-out soul may engage in a suicide attempt, an accident, surgery or an out of body experience. The soul exchange can also take place during sleep, napping or meditation.

During the exchange, the old soul leaves and goes to the afterlife plane and the new soul enters the body and takes over. There is usually no memory of the Walk-in process.

## Blended Realms

These are combinations of the Core Realms identified, although please be aware that just like the colours on the spectrum, there can be infinite combinations!

### MYSTIC ANGELS

Mystic Angels are 1/2 Wise One, 1/2 Angel.

They are aligned with mission of Archangel Raphael and express their angelic side through healing and teaching others wisdom and with their energy.

#### Personality:

Like incarnated angels they are sweet and giving but they have an edge as they have been to earth many times and seen the bumps of life so got tougher. They aren't afraid to acknowledge the shadow side of life and are comfortable with it. They are interested in it and want to help with problems.

They appreciate rules because they abhor chaos and are loving, helpful and caring yet street smart and edgy. They like to party and have current or past addictions to smoking or drinking. They are also very comfortable with colourful language!

They do apologies although don't really mean it as just want to get on with life and considers themselves tougher or stronger than average person.

#### Life Purpose:

As the life purpose of a mystic angel is aligned with healing archangel, their overall purpose is as a healer. They have this longing which can create depression or anxiety if they are not healing in some form because they want to be and will feel much better about themselves when doing so.

As they share much of the characteristics of both the angelic and wise one realms, they make excellent teachers, speakers and workshop presenters because they are not timid in front of groups. Teaching about any kind of healing, working in healthcare or hospitals, teaching angel cards and being Reiki or angelic Reiki masters etc.

Because most have unconscious memories of past life times when being a spiritual healer got them killed in different ways, many are blocked by fear from doing healing work. They worry, often unconsciously that something bad will happen.

#### Physical Characteristics

Mystic angels have angelic faces and wise ones intense and heavy features. They wear their hair long and may highlight or bleach it.

They often have extra weight and like heavier and darker clothing with big chunky crystals. They are not afraid to be seen and can have tattoos and piercings. They don't care what others think and have a sense of humour.

Their eyes are filled with compassion and intuitively feel what you feel. They understand and have no judgement as have been through so many experiences they know what it is like.

### **Relationships**

Mystic angels are self-sufficient and can feel lonely. They are tough and gentle like leather and lace. They have very good hearts and are loyal although have control issues. They want to do all the giving, helping and be in control which can get out of balance.

Because of their tough exterior, they can be overly expressive on masculine side which people take advantage of. They don't ask for help and don't get offers of help!

It is important to balance giving and receiving because you have a lot to give to this world!

## **KNIGHTS**

There are two types of Knights - **The Knights Paladin and the Galactic Knights.**

### **The Knights Paladin**

These share many qualities of Mystic Angels in that they are 1/2 Wise One, 1/2 Angel however they are aligned with and express Archangel Michael's Protective energy. They are the magical or holy knights that represent the protective guardian side of angels.

They have lived on earth before and performed service as mystical knights, protectors of sacred secrets. They respect authority, organisation and rules and are custodians of orderliness and upholders of truth. They are trustworthy and extremely helpful to people.

They served as Knights Templar and bodyguards of high priests, priestesses, saints and sages. They are often drawn to the modern equivalents working in the armed services, security and police work however must often take solo missions to fulfil their destinies, following the orders of their internal guidance.

### **Galactic Knights**

The Galactic knights are similar to Jedi knights in that they are 1/3 Angel, 1/3 Wise One and also 1/3 Star Person. They are fascinated with movies like Star Wars, Star Trek and all things Sci-fi.

### **Personality**

Both male and female knights are very protective of their family and the role they play, with female knights like Joan of Arc. Reliable and trustworthy, they are excellent at keeping promises and secrets. They have integrity, believe in justice and in doing right thing.

Usually very strong physically and emotionally, their greatest wish people will behave and act in integrity. They are fascinated with books, movies and tales involving knights and very interested in dragons. Believe it or not, there are actually incarnated dragons in this realm.

### **Life Purpose**

Aligned to Archangel Michael, their purpose is to guard and protect, physically and energetically. They must believe in what role they play or it may result in physical illness. All forms of protecting, prayer work, invocations of Archangel Michael, are energetically and spiritually fulfilling purpose.

### **Physical Characteristics**

Knights look like their namesake – alert with straight posture and standing to attention. They can have thin or big body frame, which is usually muscles not being overweight, although this can be a problem with the angel influence. Their eyes are extra alert and aware as looking around at what's going on. Because the galactic knight had the star person influence, their eyes are different and unusual, like from a Sci-fi movie.

### **Relationships**

Knights are wonderful loyal partners and friends, giving all to those they love and will do anything. They are right by your side which can be smothering. They are over protective and need to give breathing room in relationships so they can grow. The Galactic Knight once again due to the star person influence may have difficulty discussing feelings

## **ALADDIN GENIES**

Aladdin Genies are 1/3 Wise one, 1/3 Angel, 1/3 Elemental and are the lucky people of the world and believe in magic and miracles!

### **Personality**

Their key trait is passion, about whatever they are doing, it's infectious! They are charming, irresistible and magnetic to everyone. They frequently move home and change their phone number. They are light hearted, very kind and love to travel. Drawn to areas of desert and mountains, where there is an element of fire and anywhere warm, they love spicy food, bright colours and campfires. They live for sunshine and are sun worshipers. They can have ego and go into judgement to those not taking care of planet.

### **Life Purpose**

There are really good at seeing others potential and can see what others can do. Because they are very entertaining, they make excellent speakers, actors, musicians, dancers and authors. After eons of living in desert plans and traveling outdoors under stars, they make great astrologers and astronomers as they are very connected to the stars. They love any profession involving travel and make great pilots or professional drivers. They like change of scenery and to keep moving.

### **Physical Characteristics**

As they are sun worshippers, they have tanned skin and dress in bright cheery colours like red, orange and yellow. Clothing with eastern influence and exotic looks like belly dancers with Eastern style jewellery. Many are very thin and are like hummingbirds, always moving. Their eyes twinkle of magic and their perfect faith gives hopes to others. They can grant wishes as they believe in power of wishes.

## **Relationships**

They attract excitement, are fun to be with and are popular friends as they can grant wishes. They are very sociable, warm hearted and talk to everyone. They are passionate in love relationships although because of nomadic nature with moving this can cause havoc.

## **ATLANTEANS**

Atlanteans are 1/3 Wise One, 1/3 Angel, 1/3 Star Person and lived in Atlantis. They possess the confidence and wisdom of wise ones, the love and giving heart of angels and combined with the technical abilities of a star person.

### **Personality**

After Atlantis fell, those who survived went on to bring wisdom to areas they travelled to like Greece, Egypt, Mayan Territory and Peru. So they love these cultures and travelling there, to emerge in the spirituality of these areas. They are fascinated by pyramids, sacred geometry and feel or know they lived in Atlantis because it just rings true.

Most love oceans but won't get in and swim as terrified of drowning, often having this as a phobia from deep unconscious memories that can still haunt them. They have a stronger connection to dolphins than most other realms and are extremely connected to Mer People.

They also have a strong connection to crystals because Atlanteans used crystals for everything with the pure sunlight – with healing, transportation and renewable energy. They are deeply concerned with renewable energy and finding free energy sources. They love technology.

They are very serious natured and relate more to ascended masters than angels. Many are incarnated angel masters who were teachers at such a high level, because of which they were often given Demi god status. They are also deeply concerned about government corruption as Atlantis perished partly because of government corruption where large crystals were taken behind the backs of the peace loving Atlanteans and used as weapons and to take over land masses.

### **Life Purpose**

They are brilliant teachers of ancient wisdom, sacred geometry, anything esoteric and anything to do with Egyptian spirituality, Greece, Mayan or Peruvian.

They do very well with advocacy for the oceans and for dolphins as they are strong leaders who speak up for the ocean and protecting its inhabitants. Ensuring our use of energy is sustainable, eco-friendly and safe. They are also activists to call the government officials to not sell out on us and have deep suspicion of large corporation and governments as they lived with and perished because of this in the past. It is important to get in touch with Atlantean aspect, really stand up and be leaders on what they find meaningful, to bring about peace in the future.

### **Physical Characteristics**

The majority of Atlanteans have a perfectly tall posture with black or very dark often straight hair. They can have a plain don't notice me look. Their eyes are an unusual shape, texture or colour and serious, intense with

a faraway look. There is often a spaciness or un-groundedness about them. Similar to Cherubs, they have large eyes, thin eyebrows and smaller mouths with large lips. Whereas the cherubs have light playful and happy energy, Atlanteans are always serious and intense.

### **Relationships**

In relationships, they need to look out for being the teacher and talking at people. They are not comfortable with small talk and have a tendency to focus on future and past not the here and now. The workaholic part which is the star person influence focuses on getting the task done and what the futures going to bring as they have unconscious memories of the past. They are the ones most aware of the importance for why they are here, feeling the time urgency for a very good reason!

They must learn how to stop and be in the now, getting in touch with their physical body and the earth. With sacred body art such as massage, dance, body movement and swimming.

## **CHERUBS**

1/2 Angel, 1/2 Star Person, these are known as the 'spa angels'.

### **Personality**

Highly romantic, cherubs love Love, falling in love, Valentine's Day, romantic movies or romance novels and are the most romantic of all the realms. They put little hearts above name, have hearts on stationary and around their homes. They decorate both their home and selves romantically, with sparkly decoration, Victorian style draping pearls and velvet. They are all about beauty and a perfectionist about it. With themselves and everything being perfectly beautiful.

They take lots of self-care and won't get involved with natural beauty if it takes getting dirty! Most love ocean because of star person aspect however they just want to look at beach, they don't want to deal with hair getting messy or dirty! They love spas, facials, massage, manicures and anything to do with beauty indulgences, although they are always fighting weight which is a protection on their body. They can be addicted to white sugar and flour.

They are frequently called cute and have a sunny happy personality. An optimist, warm and very generous, they laugh easily and everyone loves them. They are also world class shoppers and love to shop with shopaholic tendencies, always on the hunt for the perfect gift and loving to shop for others.

They are always looking for perfect partner, falling in love quickly and having relationship after relationship. They are also really good at match making others.

### **Life Purpose**

As cherubs are a people person who everyone loves, they make wonderful hosts, sales people and personal shoppers, anything in fact connecting with the people. However as they have expensive taste, they need a job with plenty of money to feel satisfied! They do really well beautifying others including people's homes, interior decorating and using feng shui. Also anything involving relationships like a dating coach, professional

match maker or writers of romantic books and screen plays. As they fall in love whilst doing so, they can express really well.

They have a childlike quality and therefore very good with children making wonderful teachers as long as earning enough. Writing children's books or for children's shows, designing children's clothes, decorating bedrooms etc. They do need to watch out for perfectionism though.

### **Physical Characteristics**

Cherubs are beautiful, with dimples and beauty that comes from the sunshine within. The majority have dark hair they wear long and love to curl and look romantic, like something out of a romance novel. They can wear lot of heavy make up as they love makeup, makeovers and spend the most on out of all the realms.

They have pouty heart shaped lips like the mouths on picture of cherubs with large expressive eyes with childlike glee and wonder, which they make look larger as they are skilled make-up artists. They tend to have a larger body and dress really well, often more up for all occasions. They love vintage and romantic clothing with lace and pearls, all things romantic.

### **Relationships**

They can put new lovers on pedestals which can cause a lot of pressure. They don't see or want to work on flaws in relationships. Because of the star person aspect, they can be cold and detached and unless aware of it, look at others as objects. Although very loving and caring, they can keep hearts closed. They are on the watch out for looking at others as a means to falling in love. Because of holding high standards and wanting to be a perfectionist, they can often feel bad about themselves due to extra weight as being 'thin' is considered beautiful. They are also the realm that gets proposed to the most.

## **MYSTICS & COSMICS**

### **Mystic Stars**

1/2 Wise One, 1/2 Star Person

Wise ones from other planets like Yoda and Obi-wan Kenobi, they are wise masters who brings knowledge through from other star systems and planets with a global purpose of inspiring world peace. They are highly sensitive and can feel other people's emotions. They are also highly intelligent and may unwittingly talk over someone's head without realising it!

### **Cosmic Angels**

1/2 Angel, 1/2 Star Person

Guardian angels of beings on other planets and star systems, they are angels from other galaxies and here to be angels. They have the belief and knowledge that angels have extra-terrestrial origins.

### **Mystic Angel Star**

1/3 Wise One, 1/3 Angel, 1/3 Star Person

Angels from other planets who are wise, street smart and have energy of having been here before.

### **Personality**

Mystics and Cosmics are extremely open minded however due to the star person influence can feel awkward socially like just don't fit in. They are extremely kind and helpful but can have some kind of wall. They have a strong connection to other planets and star systems and may know from where they are from. They are amazing energy healers bringing Reiki from Pleiades and energy healing forms that haven't even yet been tapped into.

### **Life Purpose**

As the fore front healers and teachers of new esoteric wisdom of multi-dimensional healing through time and space, to heal physical bodies, emotions, DNA and past life karma, they bring an amazing gift as professional energy healers and love to teach and learn. They are natural gifted with channelling.

### **Physical Characteristics**

They are tall, thin and can be angelic and/or with a serious even heavy energy, like they are burdened. They often wear metallic and sparkles to repel the energy they are so sensitive too.

The mystics are the heaviest, with dark hair, clothing and a heavy expression. They have unusual eyes with a faraway look and un-groundedness in them and unusual or thin eyebrows.

### **Relationships**

As they have the star person influence, their mind is in the stars, thinking about the galaxy. They are forgetful and therefore come across as you don't care because you forgot. They can be made fun of as too crazy or out there and as very sensitive can detach even more. They will do well in relationships with other realms with the star person influence as they understand forgetfulness, etc.

## **LEPRECHAUNS**

1/2 Wise One, 1/2 Elemental.

Leprechauns have a historical background. In Ireland people believe in leprechauns and they were originally known as the tuatha de' Danann who populated Ireland with their magic and manifestation until the invasion of the Gallics. They could fight back, run away or transform to little people that only those with magical minds can see and connect with. They now have a human form as have a job to do.

### **Personality**

They have down to earth common sense approach and the wisdom that comes from many lifetimes on earth and can vacillate between serious teachers and rowdy jokesters.

Very wise and knowledgeable, they can have a Jekyll and Hyde personality with a serious side and silly side. One minute they can be teaching you, giving you lots of knowledge and the next playing a practical joke. They have the intensity of wise ones and temper however also immature. They party way too much and are often addicts or alcoholics. They love music, dancing, comedy, theatre and acting. They need a lot of variety as get bored and restless easily.

### **Life Purpose**

A powerful force to reckon with who can help all of us when they channel their energy in their life purpose of entertaining and being teachers, although many must spend time in nature and recovery from addictions. They are wonderful storytellers, entertainers and make people laugh easily with an important message. Entertaining teachers who keep their student enthralled and interested. They love an audience, the more the better and love practical jokes. They love to help others and are lucky, always pot of gold near them.

### **Physical Characteristics**

Whether male or female, many members of this realm look like giant leprechauns. They have a Celtic appearance, with red in their hair and a ruddy complexion. They tend to be bigger and heavier set in size as their energy denser and have extra weight around their bellies. They love green, dressing in green and are often Irish descent, loving St Patricks day.

### **Relationships**

They make people laugh however may laugh at your expense and can be unpredictable so need someone who is patient. They can wake up serious or childlike personality and because can become addicts, there is a co-dependency element.

## **MERPEOPLE**

Mer-People originated from the water system and are often from Sirius that originally populated earth when it was covered with water. These are an Elemental and Star Person combination although there are also subcategories.

### **Personality**

They are obsessed with mermaids, are excellent swimmers and love baths and showers. They must live near a body of water to feel happy and can be constantly thirsty with dry skin, water imbalances and constipation. They feel the cold so love the tropics and have a strong connection to dolphins and whales.

### **Life Purpose**

They are here to help protect our oceans and have anger about the oceans pollution. They work with water and careers can be swim instructors, dive masters, boat captain and marine biologist. Also in protecting dolphins or whales. As long as feeling satisfied with their contribution to the waters of the world even if not full time job, they are making a difference to water.

### **Physical Characteristics**

They look like namesakes. Often have the colour green including hazel in their eyes, usually red hair which they prefer hair long and wavy. They wear ocean colours of green, turquoise and blue in many layers and have a curvaceous and hourglass figure.

## **Subcategories of Mer-People**

### **Mer-Faires**

Mer-faires are 100% Elemental and are drawn to rivers and lakes.

### **Mer-Angels**

Mer-angels also have the Incarnated Angel influence and vacillate between being naughty and nice, often living on the edge. They resemble Incarnated Angels and feel connected to the ocean. Mer-angels have larger curvaceous bodies and Mer-Cherubs will swim in ocean.

### **Star-Mers**

Star-Mers have strong Star Person influence and are often loners who are especially drawn to the ocean and looking at the starry skies.

### **Mystic-Mers**

Mystic Mers also have the Wise Ones influence and love to teach about anything related to the ocean.

### **Mystic Mer-Angel**

These have all of the core realms influence by being a blend of all 4.

### **Incarnated Dolphins**

These are dolphins that have taken on human form so that their message is clearly heard. They look like dolphins, with bodies are shaped like actual dolphin bodies and most have grey eyes. Most have sea-related professions and are passionate about preserving the sea's ecology.

They laugh like a dolphin, always have a water bottle close and don't like to work much!

## **Congratulations!**

You have now read all the realms identified!

What realm or blended realm did you identify with? I'd love to know!

Remember, there are infinite combinations of realms just like all the colours on a spectrum. These are what have been identified so far and you are unique because you are you!

You may be feeling unprepared, unqualified, overwhelmed and confused. You may even want to put this new awareness of yourself on a back burner... Please know anything you do with LOVE makes a difference!

The wise ones amongst us who have also had many lives here on earth can have many big fears around embracing their role here. There are past life blocks, memories and traumas. Beliefs ingrained, vows taken, contracts made and karma created. You may not know where to start.

Part of being human is to experience all the different emotions on this planet. We are in a 3D body and there is a lot of dense heavy energy which affects us all in different ways. We have a personal mission with spiritual lessons to learn and karma to play out. We are also here to help lift the vibration to love and peace. To be a shining example however many have low self-esteem and massive conscious and unconscious fears.

**This can hamper us instead of confidently moving forward in your life.**

And this is where the Earth Angel Sanctuary is to support you with the inner work.

Allow yourself to grow one step at a time and use this new awareness of you to know what to be aware of for your spiritual growth and expansion.

Watch and read what you feel guided to, be open to signs from the Universe which can come in a variety of forms. Follow your intuition and your hunches!

**You are not alone**

I am known as the 'healer that heals the healers' for a reason. If you need any personal 121 support from me, just book in under the 121 Sessions

Peace, love and light always

**Sarah xxx**

## Suggestions for all Realms

### **Protect your energy**

Use the Protection Techniques in the Earth Angel Basics within the Sanctuary

### **Clear negative energy**

Use the Energy Maintenance in the Energy Clearing Library

### **Ground your energy.**

Use the Grounding Techniques in the Earth Angel Basics

### **Meditate**

Connect with your higher Self, God, Divine Spirit and Universe. Take time to breathe, to write, to walk and enhance that deep loving connection. Listen to guided meditations including the Chakra Clearing Meditation in the Sanctuary.

### **Connect with nature**

The elements, the trees and flowers, the ocean or bodies of water, the stars and animals.

### **Make time to play**

You are not here to be saint like or perfect, you are here to be you! So fully experience this and remember to laugh and play often. Do what makes you happy, what lifts you and makes you feel good!

### **Connect with others**

You are certainly not alone! We have the Members Only Secret Facebook group to connect with other members plus there is the original Earth Angel Group I set up in 2008 here:

<https://www.facebook.com/groups/earthangelsworldwide>

### **Do what is important to you**

Whether that is teaching, speaking, writing, doing a job you love, just start taking small steps if necessary to do what is important to you and what is in your heart. You being happy and feeling good is so most important

### **Ask for help**

Ask the angels, God, Universe, members in the Facebook group and people who can help you. We are not here to work it out all ourselves so remember to ask for help from others who are in their gifts to help you. I am here to support you too if you need any 121 support.

### **Work on you**

Use the Sanctuary and all the resources inside to support you. Watch or read what you feel guided to, invest in programs to help you with your growth, learn the basics and do the inner work we all must to keep moving forward. Remember, you are not alone...

## About Sarah Rebecca Vine



Sarah Rebecca Vine is known as the 'Healer That Heals The Healers' and founder of the Earth Angel Sanctuary. She lives in Essex, United Kingdom with her children Angel and Evan and cat Magic.

After taking a leap of faith in 2008, Sarah set out on a quest to help others recognise themselves after finding all her early spiritual coaching clients shared this one thing in common in the fact they were earth angels and didn't know.

Creating her first report in 2009 based on Doreen Virtue's work, she completed her Certified Realm Readers course in 2014, just to update it for others.

Sarah has studied and qualified in numerous Life Coaching diplomas, NLP, is an Advanced Theta Healer and has studied many advanced healing modalities and practices. She created an online earth angels group on Facebook in 2008 to help others connect and know they were not alone.

Pregnant with her second child and hearing something that caused her to face her fears, Sarah started recording videos and put out on YouTube to be able to reach more people. This has since grown and includes interviews with others, all to help and inspire.

Feeling the pull to be of greater service and share her many gifts, Sarah founded the Earth Angel Sanctuary on 14th February 2014 as a way to globally support, assist and connect earth angels who are ready or already on their spiritual journey and create a resource to support and inspire that grows every month.

Sarah is a very old soul from the master angelic realm and has also been called 'the Angel of Destiny'. A power and intuitive healer, Sarah clears past life and inherited fears, blocks and traumas, attachments, vows and contracts. She clearly sees others potential, missions and soul perspectives