

Angels and Healing Tools à la Anthony William

CONTENT: Info p.1+2, tools p.3+4.



Angels and the Invisible Healing Forces

Based on ideas by © [Anthony William](#) of Medical Medium.

Positive approach, wording, and adaptation © [Marja de Jong](#) van HARTvoorWHOLE-BEING, dated 5-6-2025.

This way, more people can apply the beautiful ideas of AW while focusing only on what they want to strengthen in their lives.

Note: AW states on every site that it is uncertain whether his info is fully accurate — likely to avoid legal issues. Still, from my own experience, I fully support sharing the following information as it reflects simply healthy thoughts. Heartfelt greetings, Marja de Jong.

The essence of what Anthony William shares in his podcast about Angels (and in the accompanying audiobook *Angels & Spiritual Tools*) centers around a spiritual perspective on health and empowerment.

Below I give you a clear summary of the key points:

1. Angels Are Here to Support Us – Especially the “Uninvited Angel”

Anthony William emphasizes that angels truly exist and support us, even without us explicitly asking for it. The most important of these is the “Uninvited Angel” – a powerful spiritual energy that helps us, even when we are not aware of it.

These angels are always present to guide us toward love, safety, and healing, no matter the circumstances. They strengthen our energy and help us stay connected to the Light during times when life feels challenging.

You can actively connect with these angels by expressing prayers or intentions that align you with love and light. This helps you further strengthen your positive energy and support your spiritual path.

- **Example of a prayer or intention:** *“I am open to the help of the Uninvited Angel. May my path be illuminated by love, strength, and wisdom.”*

2. During Temporary Challenges, Which We Can Overcome by Aligning with the Light

In times of challenges, we can focus on healing our energy, which can sometimes feel unsettled when we find it hard to keep peace, feel uneasy, or experience emotional imbalance. These moments can gently invite us to reconnect with the flow of our energy. We can transform them by connecting with Light, Love, and Healing Power.

Restless thoughts or emotions are not external forces. Therefore, they can be easily healed through positive energy and intentions. The goal is to transform our energy into joy, peace, and abundance.

- **Focus on positive energy:** By directing your energy toward healing thoughts and loving intentions, you create space for the light to strengthen and support your healing.

3. Spirits are Souls that will connect with the Light

Spirits are souls who may still be in the process of fully transitioning into the Light. They can be lovingly supported to connect with the loving energy of the universe. It is important to gently guide these souls toward the Light, so they can peacefully continue their journey.

- **Positive energy** in your surroundings helps these souls find the healing light flows and connect with the positive universe.

4. Connecting with the Light Is the Key to Health and Harmony

Continuously aligning with the Light is essential for good health and spiritual well-being. Anthony William suggests regularly strengthening your energy through positive prayers and intentions that help you tune into the higher, healing vibrations of the universe.

Prayers and intentions support you in staying in your own power, leading to emotional well-being and physical health.

- **Example of a positive intention:**
"Today, I am one with the Light. My energy is clear and strong, and I am connected to the universe that supports me with love and health."
- **Use of sacred objects:** Silver, crystals, and other sacred items help to strengthen the energy in your surroundings and create harmony. They support you in staying connected with the Light.

5. The Power of Spiritual Hygiene – Enhancing your Energetic Alignment

Maintaining spiritual hygiene is essential for good health and well-being. This means caring for your spiritual energy daily through positive habits such as meditation, visualization, and speaking healing intentions.

- **Meditating on Light:** Take time each day to align yourself with the energy of the universe. Visualize yourself surrounded by golden Light that opens your heart and strengthens your spiritual growth.
- **Positive affirmations:** Set daily intentions for growth, love, and abundance. For example:
"Today, I am a channel for love and abundance. My energy is in harmony with the universe."
- **Spiritual hygiene** not only helps strengthen your energy but also connects you with your higher self and the universal flow of healing power.

6. Physical and Emotional Health are supported by Spiritual Growth

According to Anthony William, physical and emotional health are closely connected to the state of your energy and how you align with the Light. Spiritual cleansing and healing are therefore fundamental for your overall well-being.

By connecting with the healing powers of the universe, you can ensure that both emotional and physical energies flow smoothly again, improving your health and vitality.

- **Example of a healing intention:**
"I am in harmony with my body and mind. I trust my inner strength to support my health."

On a personal note, I (Marja) offer you these two helpful videos for inspiration

VIDEO: [Bringing Body and Mind into Balance](#), to Stay High in Your Energy. Various handy techniques combined to help you start your day well in just 2 minutes, set a beautiful intention, boost your energy, and more. ***) subtitles**

VIDEO: [Speaking to Your Cells for Health and Vitality](#) by Hans Wilhelm

How we can influence our genes to promote the health and well-being of our body's cells and organs. Your cells listen to every thought you have; this shows how powerful the connection between mind and body is. Your cells respond to every word you speak. They are like attentive listeners, and your mind shapes your body. Hans Wilhelm is a mystic, author, and illustrator of more than 200 books for all ages.

VIDEO: [Coming to Yourself in 3 mins.](#) ***) subtitles**

***) subtitles:** Enable automatic subtitles by clicking the screen icon at the bottom right of the video.

Then, go to settings (gear icon), select 'automatic translation,' and choose your preferred language. Works well!



Praktisch Overzicht van Helende Tools

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Below I give you a clear summary of the key points:

1. Regular Prayers and Intentions to Connect with the Light:

Anthony William emphasizes the importance of a spiritual connection with the Light. Surrounding yourself with positive energy and tuning into it strengthens your inner power.

- **Intention to Connect with the Light:** “I am deeply connected to the Light of the Source. In union with the Source, I radiate love, joy, and abundance.”
- **Intention for Growth and Healing:** “I open myself to the healing energy of the universe. I am one with the Source and receive loving life force that supports my growth.”

Note:

Prayers and intentions help you strengthen your spiritual energy and stay aligned with the Light of the Source.

2. Harmony and Connection with the Light:

Anthony William recommends using sacred objects and crystals to enhance positive energy. These tools help you maintain a strong connection with your higher self and the universe.

- **SILVER:** Silver promotes a pure connection with the higher light and helps keep your energy balanced, so you remain powerfully connected to the Source.
- **CRYSTALS:** Crystals like amethyst and rose quartz are energetic tools that help open your heart, attract loving energy, and strengthen your inner power.

Note:

These objects are meant to raise your energy and help you tune into positive, healing frequencies.

3. Salt for Grounding and Connecting with the Earth:

In Anthony William’s work, salt is often recommended as a tool to cleanse your energy and stay grounded. Salt helps you maintain harmony with the Earth and keep a clear energetic state.

- **Sea Salt:** Placing salt in your environment or using it in baths can help ground your energy and realign you with the natural flows of the universe.

Note:

Salt is used here to harmonize your energy and raise your awareness of the powerful connection you have with both the Earth and the universe. Anthony William advises minimizing added salt in your diet.

4. **Light Visualizations and Intentions for Growth:**

Instead of shielding from negative energy, you can use visualizations to strengthen your positive intentions and promote your growth. Visualizations help you connect with the source of abundance and love.

- **Visualization of Growth and Connection with Light:**

- Imagine yourself surrounded by a golden light that strengthens your energy and opens your heart to love, joy, and healing.
- Envision this light illuminating your path and connecting you to everything you need for personal growth and spiritual blossoming.

Note:

These visualizations focus on attracting what you want to nurture in your life, rather than repelling what you don't.

5. **Spiritual Hygiene for Growth and Healing Power:**

AW recommends practicing spiritual hygiene—a daily habit that helps you stay clear, strong, and connected to the higher energies of the universe.

- **Meditation and Connection with Your Higher Self:** Start your day with a moment of silence and meditation. This helps you tune into your inner strength and deepen your connection with the Source.
- **Positive Intentions:** Set daily intentions for growth and abundance. For example:
"Today, I am open to love, joy, and abundance. My energy flows in harmony with my highest good."

Note:

Spiritual hygiene supports you in strengthening your connection with your higher self and maintaining alignment with the Light.

Summary of Recommended Tools for Connection with Light and Growth:

- **Prayers and intentions** focused on strengthening your connection with the Light and the Source.
 - **Sacred objects and crystals** that help raise your energy and keep you in harmony with the universe.
 - **Salt for energetic cleansing and grounding**, to maintain awareness of your connection with the Earth and the universe.
 - **Light visualizations** to attract positive energy and growth into your life.
 - **Surrounding yourself with positive energy sources** such as inspiring media and loving relationships to support your spiritual growth.
 - **Spiritual hygiene** through daily practices that help you stay aligned with your higher self and the universe.
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