

Archangel Rapheal - Health, Travels, Overall Wellness and Fitness

**Beloved and respected Archangel Raphael,
I ask you to please help me to care about, and for, my physical body.
I wish to feel well and to have vigour, vitality and energy.
Please release my fears that I may have about living a balanced lifestyle.**

Please increase my motivation to walk more, eat healthfully and take excellent care of my physical body.

Finally, please purify and bless the food that I consume and the space that I live in with your healing, loving and positive energies.

I also thank you for ensuring a smooth trip by helping me to stay well prior to and during my travels for business or vacation.

I love you and thank you with heartfelt gratitude and joy.

(Note : Only if anyone is sick, you can use the below invocation.)

Dear Archangel Raphael,

Please attend to [name of person] and help him/her to be healthy, happy and strong.

Please bring God's healing light to this person and ensure that he/she is healthy in spiritual truth.

Please allow the cure to manifest instantly.

I request and pray to you to please reduce or eliminate pain stemming from short-term and chronic conditions.

Also, please guide me as to how I can help as well. Thank you.

(To recite both of the above as many times as comfortable or till your work gets done. Do it any time during the day or night when you are free. No other compulsions or conditions for both these invocations.)

