



**For those friends of the Front Range Cafe who were not able to attend live on 17 May 2024, Dr. Andrea Rentea has been gracious to provide a list of her research sources as well as a Mantra that she shared with us. This will hopefully allow further individuals to live into the topic of Guardian Angels in addition to those that heard her presentation at the Cafe.*



“How to Love and Respect our Guardian Angels”

Many times when we pray we are not aware that we are addressing our Guardian Angel. We trust that they stand by us, help us, guide us but what do we need to do to show our gratefulness for their assistance? To begin with we should get to know them better, familiarize ourselves with their being. Rudolf Steiner and others can help us to enter more consciously into their realm and make ourselves worthy of their help. We will explore some ideas in this direction and try through presentation and group discussions to gain a higher understanding of these high spiritual beings.

1. CW 157, Lecture from Rudolf Steiner given on 1 September 1914 in Berlin: “Destiny of Individuals and Nations”
 - a. “My friends, these are the days when every soul imploring thoughts to the spirits it believes to be its guardians. These spirits may be asked to show us the right way into our age.” “And we shall know in our hearts what is right, shall be conscious of the right power in our soul.”
2. CW 182, Lecture from Rudolf Steiner given on 9 October 1918 in Zurich: depending on the translation “What Does our Angel do in our Astral Body?” or “The Work of the Angel in our Astral Body”.
 - a. The Angels go deep into our Astral body where they are of cardinal significance to the human being and mankind.
3. CW 205, Lecture from Rudolf Steiner given on 17 July 1921 in Dornach
 - a. From the book “Guardian Angels, Connecting with our Spiritual Guides and Helpers” from Rudolf Steiner Press reprinted 2010
 - b. Lecture 5 entitled “The Human Being and the Hierarchies”
 - c. “Nowadays you cannot say ‘Well , if there are Angels we do not need to believe in them in our waking state, of course, for when we are asleep they are bound to look after us. No, they do not go with us if we deny their existence during the day.”
4. CW 268, Mantric Sayings, Medications... 1903 - 1925 page
 - a. In German:

In Todes gefahr

Du Geist meines Lebens schuetzender Begleiter,
Sei Du in meinem Wollen die Herzensguete,
Sei Du in meinem Fuehlen die Menschenliebe,
Sei Du in meinem Denken das Wahrheitslicht.

- b. In English (Translated by Andrea from the original German):

In Danger of Death (guardian in the sense of protective guardian)

You Spirit of my life, Safeguarding Companion,

Be you in my Will the Heart's Graciousness,

Be you in my Feeling the Human Love,

Be you in my Thinking the light of Truth

Assumptively given to Dr Emil Homburger, Vienna Archive -Nr A5345

5. Iris Paxino's book known in German as "Engelstunden", 2nd edition 2021. In English (as translated by Matthew Barton and available in 2023), the title is "Speaking with Angels: Life Lessons from the Angelic World" available at Steiner Books, Amazon, Barnes and Noble, etc.

Important Thoughts discussed with the open group:

1. There are many A
2. Angels but the one of immediate concern is our Guardian Angel who protects us. Lovingly we are able to approach the guardian Angel.
 - a. One method is to remember scenes in your life where you were in a dangerous situation and were suddenly helped .
 - b. Think of a situation where nothing happened to you, but you could have died. A whole day without an incident you realize it could have happened but didn't, your Guardian Angel protected you.
 - c. Awakeness in our destiny and everyday life is needed.

The above were the seeds that were taken into the breakout rooms, where we were asked to discuss and share life occurrences where the Angels were involved.

In the breakout rooms we discussed life situations. Individual participants shared their life occurrences where the Angel's were involved.

***Note:**

Dr. Andrea will be expanding on significant aspects of the theme about Angels (along with other topics by other presenters) at the Lili Kolisko Fall Conference in October to be held in Hartland, WI. To be notified of the conference and registration details, please visit their Kolisko Institute website via <https://www.koliskoinstitute.org/> to Subscribe to their email list.