



How to calculate an individuals Guardian Angel: Requirements and Methodology

In order to calculate an individuals Guardian Angel, several data points are required. Specifically, the place, exact time and date of birth must be known, as well as the time of sunrise during the year of birth, and the exact time of the initiation of the 0 degrees of Aries for both the place and year of birth.

Physical Angel (week of birth)

Experience divine guidance in every aspect of your life, including work, health, finances and overall well-being with the help of the Physical Angel, as interpreted by the Kabbalah. Allow this spiritual being to serve as a powerful and supportive presence on your journey, providing you with the wisdom and guidance you need to flourish in all areas of your life. Trust in the power of the physical angel to bring you the prosperity and abundance you deserve.

The first step in determining the physical angel corresponding to an individual's week of birth is to determine the [degree of 0 Aries](#), along with the [latitude and longitude coordinates](#) of the place and year of birth.

As an illustration, let us take the case of Jose, **who was born on April 7, 1972, at 10:25 a.m. in Madrid, Spain.** To proceed with the calculation, it is necessary to determine the latitude and longitude

coordinates of Madrid, which are 40°30'N / 3°40'W. Next, we must find the beginning of the 0 degree of Aries in Madrid in the year of Jose's birth, which occurred on March 20, 1972, at 12:21:24 UT.

The weekly reigns of the Zodiacal Wheel can be determined manually by following the steps below:

- Angel No. 1 presides from March 20 to March 24.
- Angel No. 2 presides from March 25 to March 29.
- Angel No. 3 presides from March 30 to April 3.
- **Angel No. 4 presides from April 4 at 12:21 p.m. to April 8 at 12:21 p.m.**

Once the weekly reigns have been determined, the corresponding physical angel for an individual's week of birth can be determined. In the case of Joseph, whose week of birth corresponds to the period from **April 4 at 12:21 p.m. to April 8 at 12:21 p.m.**, his **Physical Angel is Angel No. 4, Elemiah.**

Emotional Angel (day of birth)

With the guidance of the Emotional Angel as defined by the Kabbalah, you will experience a sense of emotional well-being and balance. This powerful spiritual being helps you navigate difficult emotions like sadness, helplessness, anger and rage. Whenever you feel overwhelmed don't forget to call upon your Emotional Angel for guidance and support. To find your way back to a place of emotional calm and stability, trust in the healing power of this divine being. You can overcome any negative feelings and regain your emotional strength and resilience with your Emotional Angel by your side.

To calculate an individual's Emotional Angel, one must first determine the [degree of 0 Aries](#) using the [latitude and longitude coordinates](#) of their birthplace and year. For example, Joseph was born on **April 7, 1972 at 10:25 a.m. in Madrid, Spain, with the coordinates 40°30'N / 3°40'W, then the 0 degree of Aries in Madrid began on March 20, 1972 at 12:21:24 UT.**

Next, one must consult the daily regnums starting with the exact date of the 0 degree of Aries in the year and place of birth. For example, for the above example, the regencies would be as follows

- March 20 12:21:24 to March 21 12:21:24: Angel No. 1
- March 21 12:21:25 to March 22 12:21:25: Angel No. 2
- March 22 12:21:26 to March 23 12:21:26: Angel No. 3
- March 23 12:21:27 to March 24 12:21:27: Angel No. 4
- March 24 12:21:28 to March 25 12:21:28: Angel No. 5
- March 25 12:21:29 to March 26 12:21:29: Angel No. 6
- March 26 12:21:30 to March 27 12:21:30: Angel No. 7
- March 27 12:21:31 to March 28 12:21:31: Angel No. 8
- March 28 12:21:32 to March 29 12:21:32: Angel No. 9
- March 29 12:21:33 to March 30 12:21:33: Angel No. 10
- March 30 12:21:34 to March 31 12:21:34: Angel No. 11
- March 31 12:21:35 to April 1 12:21:35: Angel No. 12
- April 1st 12:21:36 to April 2nd 12:21:36: Angel No. 13
- April 2nd 12:21:37 to April 3rd 12:21:37: Angel No. 14
- April 3rd 12:21:38 to April 4th 12:21:38: Angel No. 15
- April 4th 12:21:39 to April 5th 12:21:39: Angel No. 16
- April 5 12:21:40 to April 6 12:21:40: Angel No. 17

- **April 6 12:21:41 to April 7 12:21:41: Angel No. 18**
- April 7 12:21:42 to April 8 12:21:42: Angel No. 19

Finally, based on the individual's time of birth, the corresponding Emotional Angel can be determined. For example, **Joseph's Emotional Angel would be Angel No. 18, Caliel, since he was born on April 7 at 10:25 a.m., during the regency of Angel No. 18, which was from April 6 at 12:21:41 to April 7 at 12:21:41.**

Mental Angel (hour of birth)

Unlock the power of the Mental Angel to help you find answers, solve problems and make decisions with ease. According to the Cabala the Mental Angel is your ultimate guide to navigating through the most difficult challenges of life. Whether you need direction or a helping hand to solve a problem, your Mental Angel is here to provide the guidance and wisdom you need to succeed. Trust in the power of the Cabala and let your Mental Angel light your way.

In order to determine one's Mental Angel, several pieces of information are needed, including the sunrise time, place of birth, and year of birth. Let's take the example of José. He was born in **Madrid, Spain on April 7, 1972 at 10:25 am**. To calculate his Mental Angel, we need to first identify the sunrise time on the day of his birth, **which was at 6:48:28 am**.

Next, we proceed to calculate the regencies of the 72 Names of God by dividing the 24-hour day into 20-minute intervals, with each interval corresponding to a specific Angel. Joseph's Mental Angel can be determined by pinpointing the Angel that corresponds to the time of his birth. In this case, Joseph's hour of birth falls within the regency of **Angel Number 11, Laoviah, which spans from 10:08:38 to 10:28:38 am**.

To determine an individual's Mental Angel, a calculation is made using the start of sunrise intervals, which are every 20 minutes. **With a total of 1,440 minutes in a day, dividing that by 20-minute intervals results in 72 regencies of the 72 Names of God throughout the 24-hour period.** Using this method, each time interval corresponds to a specific angel.

- 06:48:28 to 07:08:28 corresponds to Angel No. 1
- 07:08:29 to 07:28:29 corresponds to Angel No. 2
- 07:28:30 to 07:48:30 corresponds to Angel No. 3
- 07:48:31 to 08:08:31 corresponds to Angel No. 4
- 08:08:32 to 08:28:32 corresponds to Angel No. 5
- 08:28:33 to 08:48:33 corresponds to Angel No. 6
- 08:48:34 to 09:08:34 corresponds to Angel No. 7
- 09:08:35 to 09:28:35 corresponds to Angel No. 8
- 09:28:36 to 09:48:36 corresponds to Angel No. 9
- 09:48:37 to 10:08:37 corresponds to Angel No. 10
- 10:08:38 to 10:28:38 corresponds to Angel No. 11
- **10:28:39 to 10:48:39 corresponds to Angel No. 11**

Using this method, the Mental Angel corresponding to an individual's hour of birth can be identified by determining which interval the individual was born in.