



The  
diana cooper  
FOUNDATION

empowering people to spread the light of angels, ascension and the sacred mysteries of the universe

**Full Moon Meditation for 5<sup>th</sup> March 2015  
with Serapis Bey and the Ascension Flame at Luxor Temple**

Close your eyes and relax ... breathe deeply and let go of all tensions ... clear your mind. Call forth a column of pure white ascension light to enfold you and start breathing in the white light ... until it fills your body and aura.

Take your attention down to your feet which are placed firmly on the ground ... Visualise golden white roots growing down through all the layers of the earth right down to its centre ... Here you can see a beautiful pure white heart and you can anchor your roots into it .... Feel the energy coming up .... up through your roots .... up into your Earth Star ..... up your legs and into your heart.

From your heart send your love up through your crown ... your higher chakras ..... and all the way up to God. Feel God's response ..... a ray of divine white light that comes down from the Universe and into your body ... into your heart ... down to your feet ... and through your Earth Star ..... down to the centre of the Earth.

Call forth Archangels Michael and Faith to enfold you with their deep blue protective energy and sense them transmit courage, strength and faith to you .... Faith in the divine plan and faith in your divinity and divine purpose ..... Then invoke your guardian angel and your guides ... You now feel safe and secure ... You feel deeply grounded and perfectly aligned with the Divine ready to start this sacred journey.

**Imagine** it is early evening and that you are on an ancient wooden boat, together with your angels and guides, as well as other people you might know ... slowly cruising down the river Nile ... You are admiring the beautiful, poetic landscape on either side of the river, lush green close to the river bank and desert further behind..... It is warm and you can feel a light evening breeze on your face. The sun has set and a beautiful full moon rises in the night sky, shining its silvery light and bathing you in it ... transmitting to you its nurturing, divine feminine energies ....

The boat is approaching its destination now ... Luxor. It is time to disembark ... and on the shore there are camels ... waiting to take you to the Temple. Climb onto your camel and relax as it carries you ... the gentle rhythmic movement taking you into a profound meditative state. You are now approaching the Temple ... visualise it in all its ancient glory .... As you descend from your camel take a moment to thank it for having carried you ... and to honour its divinity and wisdom ...

A being of light is awaiting you and greets you ... You intuitively recognise him as Serapis Bey as he is radiating so much white light. He leads you down the long avenue lined with sphinxes that takes you to a magnificent golden portal ... You walk through and arrive in a courtyard where there are giant statues of pharaohs ... From there you progress along an avenue lined with tall columns ... until you are in a second, much larger courtyard.

From here you move into a beautifully decorated hall. The pilasters and columns are covered with mysterious ancient Egyptian signs and symbols ... images of animals ... gods and goddesses. Serapis Bey is inviting you to observe them .... As you do so you sense a shift ... an expansion ... of your consciousness and you feel yourself transported onto another higher plane ... into another dimension ...

You are now in a chamber of light and in the centre you can see an enormous white flame ... you instinctively know that it is the Ascension Flame .... It is flanked by two beautiful Archangels dressed in white, Gabriel on the right ... and Hope on the left.

Serapis Bey is now inviting you to step into the Flame ... As you stand within it ... take three deep, cleansing breaths of this white healing light ... and absorb its light codes ...

You now have the opportunity to transform all lower energies in your aura. Name them if you can. ... Ask that you now transmute any and all negativity ... any mental distractions and distortions ... poverty consciousness ... anger ... worries ... guilt ... and ask the flame to purify your vision and perception.

Ask Serapis Bey to blaze the flame through every cell, atom, electron and organ of your physical body. If you have any specific physical problem you can ask the flame to focus on it ... and ask that all physical blocks be dissolved ...

Ask the flame to blaze through your etheric body ..... your emotional body ..... your mental body ..... and your spiritual body .....

Ask the flame to blaze through each chakra. ... Take your time as you do this and visualise each of them lighting up with the Ascension Flame ..... the earth star ... sacral ... navel ... solar plexus ... heart ... throat ... third eye ... crown ... causal ... soul star ... and the stellar gateway ... Sense your chakras expanding and growing, becoming one spiraling, flowing chakra column of energy .....

Blaze the flame up through your entire chakra column ... Now visualize the chakra column extending all the way down into the centre of the earth ... and all the way up to God ... This is your antakarana; your connection to your divinity ..... Blaze the Ascension Flame through the entire antakarana ... visualise it pure and full of white light .....

You are now overflowing with white light ... so send it along the ley lines of the earth, to all the pyramids and sacred power sites ... See the planet lighting up. And ask that all sentient beings be touched by the Ascension Flames ... Ask Archangels Gabriel and Hope to send their legions of angels to help with this ... Visualise all of humanity being touched with the White Ascension Flame. And all of the kingdoms of nature, animal, mineral and elemental ... If there are specific situations or people that you would like to send the flame to ... do so now ... and visualise it happening. ... Seraphim angels are appearing now and they are showering the Earth and all beings on it with their blessings and angelic singing ...

Serapis Bey and the angels are thanking you for your service work. They are very appreciative and want you to know what a great contribution to the divine plan you are making. You thank them too ... and also thank all the beings of light that have assisted you for this opportunity.

Now it is time to return ... Visualise yourself returning into the beautifully decorated hall, where you admired the wonderful symbols and images on the pilasters ... Together with your guardian angel you make your way out of the temple ... through the courtyards and colonnades ... returning along the avenue of sphinxes ... Take a last glance at the magnificent Temple of Luxor ... and now

bring your consciousness back into your body ... and back into the room where you started. Remember those golden white roots anchoring you safely to earth. Sense archangel Michael's deep blue cloak of protection still being around you. With a smile and a knowing that you radiate pure white light ... open your eyes.

Created by Franziska Siragusa, Monterotondo, Italy