



Full moon Meditation for Monday 5th January 2015

The Capricorn Full Moon occurs on 5 January at 04.54 GMT

It is helpful to understand Capricorn as a zodiacal sign of great density and materiality; but for that very reason it is also a sign of great opportunity. For the spiritually inclined – and we assert that this now applies to humanity as a whole – the path will be one of spiritual affirmation, of realisation and of service. Let us draw inspiration from the insight that it is at the time of greatest darkness that the light is seen. Let us draw hope from our knowledge that the heart of humanity is sound. Let us help humanity to navigate a way to a better future.

Finding yourself somewhere quiet to sit, close your eyes and fall deep into a state of meditative bliss. Taking your awareness to your breath ... breathe in bliss.... and breathe out deep peace.... Ground yourself deeply by visualising golden roots growing from the soles of your feet, lengthening and growing stronger and longer deep into the earth. Allow Lady Gaia to reach out to your roots and hold them deeply, anchoring you strongly to the core of our planet. Now take your awareness to above and see the gold ray of the angels coming down through your higher chakras, deep into your mind and down into your heart.... Then see the pure white ray of the Masters coming down through your higher chakras, deeply into your mind and then your heart. Now see the rainbow ray of light that is the Elohim and Devas, and allow this to transcend down through your chakras, coming into your mind and then your heart. ... Now open your heart and be your higher mind, your soul; expand your consciousness as the rays of light within you expand through each of your bodies. Your aura resonates with purity and unconditional love. You become aware that you are not alone. A golden white cloak is now draped around your physical body, you are surrounded by angelic hosts who open their wings to protect you, and you are then placed in to the golden orange cube of Metatron. You sit ... and take a moment to allow all the beings of light who wish to work with you to come close...

You find yourself at the base of one of the great pyramids ... You look up in wonder at the sight, as you see the pyramids transform to their former shimmering white glory. A door emerges at the lowest level ... you are drawn to go forward and enter the great space.

You find yourself within an awesome space filled with gold ... You look around and in the centre of this space is a lone chair, this is for you. Walk forward and sit upon the chair..... You activate the pyramid as you sit ... You look above ... your seat gently reclines so that you can view the roof of the pyramid.... Great doors at the pinnacle above you now open. They slide away revealing the stars... twinkling so brightly in the midnight heavens... And you are connected to your galactic star constellation. It shines brightly as you are held transfixed and mesmerised... You link up to the higher beings of light within your star constellation.

A beam of light gravitates to your third eye and you are illumined with Holy Spirit. You find your mind being filled with love that transcends through your body and into your heart. You feel your mind and heart opening to great wisdom and knowledge ... You remain here absorbing these illustrious energies... (long pause).....

Your awareness is now such, that you are enlightened to the vision and plan of Shamballa... You have a part to play in aiding humanity in the realisation that mankind must change his thoughts, words and actions, to attain Heaven here on Earth... You see in your mind's eye our beautiful planet in complete love,

peace and beauty ... where all live and love in harmony ... side by side ... in simplistic, unconditional form...

Speak the following mantra in your mind:

I Am the light, I Am the divine,
I accept I Am light,
I accept I Am that I Am,
I Am in service to all,
As all, we Are One.

Listen to your heart, your inner heart..... Be the truth and live by it. (Pause)

Stand in your light and be the light... (Pause)

Allow yourself to blossom, as the planet heralds forth in its ascension.... as the Masters and Angels guide us with benevolence and trust. Go forth and spread the light.

As the New Year awakens give blessings for what you have or are about to receive. (Long Pause)

Your focus is drawn to the stars once more... The beam of light to your third eye slowly retracts back into the heart of your star constellation... The doors in the roof of the pyramid slowly and silently close across the skies... Your seat gently tilts forwards so you are upright... You find yourself bathed in gold...

It is time to leave the pyramid ... knowing you may return whenever you wish ... Thank all the wonderful beings of Light who have been with you. Feel yourself safely seated in your chair ... Grow your golden roots once more deep into the earth and ground yourself with Lady Gaia. Cloak yourself in the midnight blue of Archangel Michael's cloak, ask his angels to surround you and protect you.

Bring your awareness to your breath and slowly open your eyes and find yourself wide awake ... totally inspired to welcome the wonderful new energies of 2015.

Namaste

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