



The
diana cooper
FOUNDATION

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

Full Moon Meditation for 28th September 2015
Opening our 33 Heart Petals
with
Archangel Chamuel, Metatron and Mother Mary

Take a deep breath ... and relax ... Think for a moment about all the other DCF teachers doing this meditation and connect with them, heart to heart ... Take another deep breath ... Focus on your breathing ... You are taking in the breath of God and your whole body is getting more and more relaxed. Breathe in pink love ... breathe out pink love ... Continue to do so until your aura becomes pink ... Visualise your heart connected with Archangel Chamuel's heart by a pink shiny thread ... you feel very relaxed now and full of love, joy and expectation.

Now take your awareness below your feet. See your roots lighting up with golden pink light ... lighting up with life force ... Visualise them strong and thick ... growing down through the layers of Mother Earth ... down into the beautiful centre of the Earth ... where they wind themselves around a magnificent heart shaped crystal ... Sense the energy of this crystal coming up ... along your roots ... into your feet ... up your legs ... into your whole body ... into your heart ... filling your cells with divine nourishment from Mother Earth.

From your heart send love all the way up to Mother/Father God ... And he/she responds with a ray of pure white light with pink ... that travels down through the dimensions...into your higher chakras ... into your crown ... into your body ... to merge with the energy from the crystal heart of Mother Earth ... and it continues to travel down your legs ... into your Earth Star ... into Mother Earth and the leylines. You now feel very grounded and aligned with the higher dimensions.

Invoke Archangel Michael for your protection and the Gold Ray of Christ to be anchored permanently into your fields. Invoke your Guardian Angel and your personal guides to accompany you on this journey...

Visualise in front of you a beautiful shiny pink path lined with magnificent rose quartz crystals. Your Guardian Angel takes you by your hand and together you walk along this path ... knowing that it will take you across space and time towards ... Archangel Chamuel's spiritual retreat at St Louis, Missouri.

Ahead of you, you see a beautiful pink sunset ... and walking towards this pink light you start seeing the dome of Archangel Chamuel's retreat glittering in the light of the setting sun.

Brilliant white Angels of Love are coming towards you to welcome you warmly. If you look carefully you can see that within the pure brilliant white there are tinges of pink. These angels embrace you and you feel very precious, very much loved. They take you inside the temple and invite you to lie down on a glittering pink rose quartz healing bed. In the room you can see and sense the fragrances of beautiful roses in various colours ... and you can hear heavenly celestial music that relaxes you deeply.

Archangel Chamuel enters the room and asks you to imagine a beautiful white and pink rose inside your heart. Take a deep breath from this rose in your heart ... and visualise the 33 petals of your heart that start to move and to open up a little.

Ask Archangel Chamuel to touch your heart ... Feel his touch and sense how your heart warms up, expands and glows.

Archangel Metatron now steps into the room to pour his golden orange light, that shines like a glorious sun, into your heart. Visualise how the petals absorb these rays of light ... and sense that any lower 3rd Dimensional aspects that are still inside your heart are dissolving now for good ... Any emotional tensions dissolve ... All emotions come into the light to be transmuted.

Visualise the first 10 petals opening up fully 1 ... 2 ... 3 ... 4 ... 5 6 ... 7 ... 8 ... 9 ... 10.

Visualise the next 7 petals ... the 4th Dimensional ones ... fully opening ... and contemplate the special meaning they have:

- 11 Love for animals
- 12 Love of nature
- 13 Love for children
- 14 Love for your partner
- 15 Love for your family
- 16 Love for others
- 17 Love for yourself

Mother Mary now enters the room ... transmitting the high frequency light of transcendent love to the upper levels of the petals, the 5th Dimensional petals 18 – 33. Sense how they soften up and how the light is encouraging them to open. Again, contemplate the special meaning that each of them has as they open up:

18 **Empathy**, feel with other people, place yourself into their heart ... accept their feelings and views as they are.

19 **Compassion**, for yourself and others... Feel with them. Enfold them with love and healing..

20 **Caring**, for yourself and others ... To care for others you first need to take care of yourself.

21 **Forgiveness of others** ... as you would wish them to forgive you.

22 **Forgiveness of the entire Earth Experience** ... Atlantis. If you feel it necessary invoke the Gold Ray of Christ to heal this so that you can move forward.

24 **Forgiveness of self** ... If you feel it necessary invoke the Cosmic Diamond Violet flame and visualise yourself within this powerful flame of pure crystalline violet light ... You can now connect with your magnificence and let everything else go

25 **Warm hearted** ... Visualise the ice of your past experiences dissolving from around your heart and see the Golden Christ light flowing into it ...

26 **Generous** ... Your generosity is your gift to others.

27 **Unconditional giving** ... reflects the opening of your heart ... Call upon Archangel Charity to help you with this ...

28 **Love for humanity** ...comes from the complete acceptance of all souls ...Bless them all ...

29 **Unconditional Love** ... is the flowing of pure love without conditions ... If you sense limitations ask Archangel Chamuel to dissolve them now for good Then take a moment to send unconditional love to anyone you wish ...

30 **Transcendent Love** ... transmutes all lower frequencies through divine alchemy and takes them to God ... Send transcendent love to someone who has contributed to your challenges...

31 **Connection with the Cosmic Heart** ... Ask Archangel Chamuel to connect you to the Cosmic Heart ... Visualise a pink thread from your heart ... to the Cosmic Heart ... Now you are able to express your divine essence.

32 Look up ... Through a transparent dome you can see the full moon and the entire sky full of shimmering stars. Breathe in **Cosmic Love** ... breathe in the love of all the stars and planets ... into your heart ... Then send love back to them ...

33 As you open the last of your 33 petals you feel **at ONE with the whole Universe. You feel part of God and God is part of you. Visualise yourself merging with every atom in this Universe. You are all that is. In you heart within the white and pink rose you see a golden centre ... And from this golden centre there is a golden thread that connects you with the heart of God ... And you hear the Seraphim singing ...**

Now take a moment to communicate with Archangel Chamuel, Metatron and Mother Mary ... They may have a message for you ... Or you may simply want to thank them for their help in fully opening and expanding your heart ...

The Angels of Love are now coming to collect you and take you back outside once more onto the pink path ... As you walk back beautiful fragrant soft rose petals are pouring onto you ... The full moon is shining over you its sacred divine feminine energies ... You feel immersed in all encompassing love ... as you walk back through space and time to where you started your meditation. Start moving your body ... Feel your feet firmly on the ground and open your eyes with a big smile ... knowing that you are flowing beautifully on the current of ascension.

Contributed by Franziska Siragusa, Rome