



Full Moon Meditation – 18th May 2019

***Connect with your 5th dimensional heart energy of pure love
(To send out love and forgiveness to yourself and others to step
more fully into your Power by being Love)***

**Visualisation to reaffirm your dedication to the Divine Plan with the
Ascended Masters in the Wesak Valley (Himalayas), 18 May 2019
05:11 PM (New York), 10:11 PM (London), 21:11 (Geneva)**

Let's close our eyes and sit comfortable. We take a few deep breaths and relax. We set the intention of connecting with all our brothers and sisters that are doing this visualisation wherever they are in the world or the universe.

We bring our awareness down below our feet and visualise big strong golden roots, that are winding and spreading through the layers of the Earth all the way down into its core where they wrap themselves around a great crystal that sparkles and shimmers and anchors them.

The energy from the crystal is flowing and travelling up along our roots, into our Earth Star, Base, Sacral, Navel, Solar Plexus, into our Heart ... up through the Throat, Third eye, Crown, Causal, Soul Star and Stellar Gateway chakras and all the way to Source.

Source sends down a column of divine light. This is flowing down through our chakra column, unifying all our chakras into one single chakra column. Then it continues down into the planet to be anchored.

Visualise your Antakarana shimmering and sparkling with beautiful light reaching from the core of the Earth all the way up into the cosmos to Source. We are firmly grounded and aware of our beautiful special connection with our Creator.

Let's now invoke Archangel Michael to enfold us lovingly with his deep blue cloak of Protection. We feel it and see it shimmering in a beautiful majestic blue colour around ourselves. We are aware of the power it transmits to us. Invoke your Guardian Angel and sense him by your side.

Be aware now of the presence of an Ascended Master or Lady Master in your space. Take a moment to connect and find out which one it is. The Master is inviting you to focus your attention on your own personal vehicle of light, your Merkabah, shimmering all around you.

Be aware that your Merkabah is unique to you and given to you at birth. It contains and protects your bodies of light. Its size, shape and colours vary in accordance with your own ascension journey. Get a sense of what your Merkabah looks like.

You are now ready for your journey and you take off in your Merkabah together with the Master and your Guardian Angel to meet with your brothers and sisters who are also travelling through space and time to the Wesak Valley. You can see their glorious Merkabahs from afar.

As a group, we are now approaching the Wesak Valley at the foot of the Himalaya mountains. We can see an oval shaped rocky valley with high mountains on either side. Looking down we can see the disciples, initiates and the whole Spiritual Hierarchy gathering. They have arrived from all over the Earth, and from all over the Universe for this important yearly festival.

You now have a moment of time to socialize and greet members from our group, old friends, fellow teachers and Ascended Masters ...

Silence falls as the Full Moon begins to rise in the night sky. We are all looking Northeast, towards a straight passage. Before the passage there is a big flat stone which emerges from the Earth. Onto the stone has been placed a great crystal bowl filled with water that shimmers in the moon light.

The three great Lords have positioned themselves in sacred triangulation with the stone and crystal bowl at its centre. The Christ Lord Maitreya at the summit, the Manu Allah Gobi on the right and the Mahachohan St Germain on the left.

We, and all the huge crowd are connected as one being, one consciousness, swaying with the impact of the high frequency vibrations. The Full Moon reaches its zenith, and the three Lords are

raising their hand. We are all excited with anticipation at the arrival of Lord Buddha.

In the distance we can see a small shiny point approaching ... as it gets closer it becomes brighter and we can recognize the figure of Lord Buddha in the lotus position arriving from Shamballah. He is wearing a saffron-coloured vest and he is immersed in light.

He has now reached the crystal bowl on the big flat stone and takes his place floating above it. He extends his hands to bless us all In all humility we bow to honour Lord Buddha and the sacredness of this moment.

Lord Maitreya begins to chant a sacred Mantra used only for this special occasion which celebrates the immense devotion and dedication of everyone to the Spiritual Hierarchy and the Divine Plan to bring Heaven to Earth.

Lord Buddha transmits to the Christ Lord Maitreya a cosmic energy which comes from the heart of God. This energy circles from the Christ to the Manu and from the Manu to the Mahachohan and into the water ... then to everyone present here.

See the bowl of cosmic water being passed round. It regenerates as people drink from it. It is your turn now. Visualise yourself taking a sip and as you do so reaffirm your dedication to the Masters and the Divine Plan. If you wish you can make this into a sacred vow ... Then stand firm in your power as a Master representing the Spiritual Hierarchy here on Earth, as you send the high vibrational energy that flows through you into the planet reaching all there is and you know ONENESS.

In this state of expansion we petition Lord Buddha in his role as Planetary Logos to grant us the divine dispensation to slightly lift the consciousness of every single human being here on Earth at this moment in time to accelerate the ascension of the planet and humanity ... pray and visualise for this to be granted.

You now have the opportunity to speak with the Masters that are working with you and that you are working for to discuss your greater purposes and mission here on Earth. Take a deep breath, relax and see the Master(s) approaching... take a few moments to converse and to receive a blessing..... Say thank you for their guidance.

We bring our attention back to Lord Buddha who has started to rise into the sky in the lotus position ... travelling back through the passage towards Shamballa in the Northeast.

It is time to return. In your beautiful Merkabah travel back across time and space. You are feeling much empowered by this experience and newly excited about your mission here on Earth.

You are now back in the space where you started your visualisation. Bring your consciousness gently back into your physical body, feel your feet firmly on the ground and start moving. With deep gratitude and feeling highly motivated about your path ahead you open your eyes.

Contributed by Franziska
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