



Full Moon Meditation – 6th September 2017

This beautiful meditation is a journey to the Heart Centre of the World to Heal and Enhance your Energies on your Soul Path

Sit comfortably. If possible light a candle. Place your feet firmly on the floor and place your hands in your lap, palms facing upwards. Close your eyes and take a few deep breaths..... Feel a wave of relaxation enter your body from the top of your head, going down relaxing your scalp.... your shoulders.... your arms,.....your stomach..... your legs..... your entire body from head to toe.

Take your awareness to the base of your feet. Visualise thick golden roots, growing from the base of your feet and going down through the Earth's crust, through the layers of soils and sub soils into the heart centre of Mother Gaia, our Mother Earth. Wrap your roots tightly around the big, beautiful heart shaped crystal here, pulsating with the energies of divine cosmic love.

Now take your awareness to the skies above, to Source where we all come from. Visualise a column of white light coming down from Source, entering your body through your crown chakra and filling up your entire body and aura completely.....

Archangel Michael now steps forward and puts his dark blue cloak of protection around you. He zips the cloak up and pulls the hood over your head covering your crown chakra and your third eye chakra.

Place the healing green light bubble of Archangel Raphael around you.

Now place the wonderful energies of love within Archangel Chamuel's pink light bubble all around you.

Your guardian angels now step forward to take you on this journey. They guide you to your unicorn and you climb on top of your unicorn

with ease. If you feel the need, you can ask your guardian angel to ride with you.

Your unicorn takes you to the magical Glastonbury, the heart chakra of this planet. As you look down, you can see the beautiful mists of Avalon, the twinkling lights of the fairies and as you begin to descend, you can see the tower of Archangel Michael located on top of the Tor.

Your unicorn lands gently and you thank this majestic creature. As you set foot on the ground, your guardian angels guide you to step inside the roofless tower. Archangel Michael and Archangel Faith are waiting for you inside. They are dressed in beautiful robes and emanate a deep blue energy.

As you step in front of them, Archangel Michael steps forward and speaks to you of your mission to bring love and light to the planet. He then tunes into your throat chakra and your heart chakra and with your permission, cuts any chords that are connected to anything that is blocking you and hampering your progress on your soul path.

He strengthens your throat chakra for you to be the voice of God in action and a channel of spreading divine wisdom and awareness in the world. He offers you the water of the healing streams to drink and you feel your heart chakra pulsate as it connects with the heart chakra of the world/planet and you feel the Oneness with all that is.

Archangel Faith steps forward and offers you a gift. She has a message for you. Listen...

Archangel Michael now steps forward and puts a healing light bubble around you to seal the energies.

It is time to say goodbye to Archangels Michael and Faith. You offer your gratitude and step out of the Tower. Your guardian angels guide you to your unicorn and it brings you back to the place where you started.

As you alight, you thank your Unicorn and your guardian angels.

Now, bring your awareness completely to your body, your surroundings. Tune into your chakras and bring them to a level you are comfortable with, place a white feather of protection on all your chakras.

Take your attention to your aura and pull it closer to a level you are comfortable with for your day to day functioning.

Feel the presence of Archangel Michael's deep blue cloak all around you. Place a green light bubble of Archangel Raphael around you.

And place a reflective white light bubble around you.

Take your attention to your golden roots and feel yourself held and anchored by Mother Earth. Thank all the light beings and with complete awareness, very slowly and gently open your eyes.

Namaste

Contributed by

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