



***This meditation created by Manjula Singh , India is dedicated to celebrate Lord Gautama Buddha's birth which is on Wesak full moon day on 10, May 2017. The meditation is a journey to the Sacred Valley in Bhutan to receive blessings and light from Ascended Masters and Archangels to accelerate our ascension***

***This meditation could be done on 10<sup>th</sup> and / or 11<sup>th</sup> of May 2017 .***

Light workers worldwide celebrate this day and it is believed that Ascended Masters visit Earth on this day to support the Ascension process all those who are ready to connect to them. Huge energies flow down and bring forth a shift into humanity and all living Beings in the Universe.

If you so wish decorate your altar with flowers, photographs of Ascended Masters and Archangels. If possible light a candle and dedicate it to the energies you are going to receive to accelerate your ascension and that of the planet. Call upon your Gurus / teachers and guides from this and all past lives, express your gratitude and invoke blessings from them. If you have a living Master / Guru you can connect to him.

Sit or lie down in a comfortable position. Center yourself and allow your body and mind to relax.

Imagine golden roots going down to the core of mother earth...Connect yourself to the heart of Gaia and let the roots connect deep into the crystal at the center. Now visualize golden healing light from the huge crystal rising above .... this golden light travels up and fills your Earth star chakra ... The golden light spreads upwards into your Basic chakra..... Sacral Chakra .....Naval Chakra .....Solar plexus Chakra..... and travels to Heart Chakra ..... See or sense the light spreading fully into all these chakras.

Now visualise Divine golden healing light from above flowing as a column of light into your Stellar Gateway Chakra....Soul Star Chakra.... Casual Chakra.... Crown Chakra... Third-eyeChakra ... and flowing down into your Throat Chakra.... and further down down filling your Heart Chakra. Here both golden lights traveling through our lower chakras and golden light from your higher chakras merge and spread into all our bodies and aura. Now we are totally immersed and soaked in this healing golden light.

Call upon Archangel Chamuel to spread divine love around us..... Invoke Archangel Raphael to surround you with his healing light .... And Archangel Michael to place a blue cloak of protective light around you. These lights heal and simultaneously protect you.

Connect to your higher self, with confidence that you are taken care and led by the Divine Beings. Be open to receive from the Masters.

Call upon Guardian Angels your Unicorns to be with you.

Now your Unicorn is coming near you and ask you to climb on it. Your Unicorn starts flying taking you gliding on the clouds towards the sky.....He is taking you to a sacred valley in Bhutan..... As you reach the valley your Unicorn starts descending and slowly stops in the valley .You get down..... You sense the beautiful energy there and as soon as you step in the valley you sense your aura expand..... You start vibrating at a higher frequency. .... You sense shimmering silver gold light filling the valley and you allow this beautiful light to fill within you as well.

You walk ahead and as time passes you can sense or see Archangels and Ascended Masters who have gathered in this valley . You hear sacred chants..... This music vibrates around, within and merges within you.

You can see a ball of bright light coming down towards the valley.... As it comes closer and closer you can recognise it as Lord Metatron cube. At every intersection of this symbol you can see a Master,/Guru standing. Now the whole valley is lit up with this light. This symbol carries the energy and light of divinity of these Masters, Gurus in it .

You receive the Masters / Gurus love and blessings and you feel the bliss in this unconditional love. Now you ready to spread this unconditional love to all your family members, friends, to known, unknown people who all are ready. ... to people who are challenging and have come on this Earth to teach you..... to places which needs healing and love. You as a channel of Divine unconditional love spreading your light to as many places and people as you can..... Allow this golden silver light to fill the entire planet.

You can feel the magnetic manifestation power of the Universe and you are blessed in a Divine way.

Be in this light for a while.

When you are ready your Unicorn comes near you to say that it's time to go back to your place. You are climbing on your Unicorn and your Unicorn brings you back to the place where it took you from. You are climbing down from your Unicorn thanking and kissing this Unicorn.

Be in this light as long as you want, sending this light to every Being.

When you feel done, raise your hands (Stellar gateway region) above your head in Namaste position and call upon Source , bring your hands in Namaste position to your Soul Star Chakra, call upon Ascended Masters, Holy Beings, Guardian Angels and Archangels, Unicorns and Dragons and any other higher Being who is helping you in your life..... bring down your hands in Namaste position to your crown and call upon all you Gurus / Masters / teachers from this or any other lifetime say, I thank you all with Gratitude and Respect. Now bring your hands in Namaste position to your heart chakra and thank them all with unconditional love.

Feel gratitude and slowly come back and move your fingers and legs slowly.

Since you have received energy of high frequency, just sit for a while. Drink water or a warm drink and slowly get up.

Stand in front of your altar, feel the energy spread all around you.

Move on with gratitude and love with the knowingness that a beautiful shift has taken place in your journey.

Namaste

***Manjula Singh , Chennai, India***