



Full Moon Meditation - 23th November 2018

A Journey to Heal your Past so that you Walk on your Path with Ease to Fulfill your Divine Life Mission.

Close your eyes and take a few deep breaths to center yourself. Feel the peace within.

Visualise yourself being deeply connected with mother earth. Golden roots are going down from your feet, deeper and deeper towards her center till they reach her crystalline heart. Anchor them here so that you are deeply grounded. Draw mother earth's loving energy up through your feet. ...through all your chakras and then connect with heaven. Bring white light down from here lighting all your chakras, your whole body and your energy field.

Invoke Archangel Zadkiel to cleanse all your chakras and your aura and transform all lower energies into love and light.

Call upon Archangel Michael to put his blue coat of protection around you.

Place golden crosses in equal length around you.... to your left side, one to your right, to your back and to your front. Place one

above and one below you and another one into your center.

Imagine yourself walking in a beautiful meadow. The place is full of green trees and flowers shining in bright colours. It's a beautiful, pleasant day. The path you are walking on is making a bend and you can see a wonderful temple on a little hill. You walk towards it. When you reach the temple, you knock on the door and Lady Amethyst opens the door and guides you in. The room is adorned with amethysts and lit with beautiful violet candles. As you enter Archangel Zadkiel welcomes you lovingly. He invites you to lie down on comfortable lounge. He says: "I want to make a little journey with you through your life backwards and clear the past that no longer serves you". Say yes if you so desire.

As he takes you back through your life you see all kinds of scenes from the past flashing. In some you feel very fulfilled and in others you see the challenging and painful times you have been through. You keep going backwards till you reach the point when your soul decided to incarnate in this life. Here you examine your Divine soul contract and find out the purpose of being here on this planet during this lifetime. What is your soul's mission and why are you here? What does your soul wish to learn in this life? Maybe you get an answer, maybe you can see or feel something or you simply know it If not, you will get information later.

Archangel Zadkiel asks you to come back to the point where you have started in the here and now, on the lounge in his temple. As you do so, he asks you to breath out all the difficult and painful situations into a balloon to let them go. When you have released everything you knot up the balloon and let it fly into the light. As this happens Archangel Zadkiel transforms everything into love and light. He then says " The parts of your soul which have been lost in your life's journey are coming back to you cleansed and healed as much as is required for your highest good at this moment." You wait for a moment till

everything is integrated And as this gets done you feel more lightful as well as strong.

He now asks you to get up from the lounge and stand on your feet again. You thank Archangel Zadkiel. Lady Amethyst guides you through the room and opens another door.

As you walk through the door you find yourself in a beautiful rose garden. Here Archangel Gabriel welcomes you. He walks with you through the beautiful rose garden till you reach the door of the garden and to the path where you came from. Here you find your individual unicorn waiting for you. He welcomes you. Archangel Gabriel says, “ Now walk on the path of your soul. Your unicorn will guide you forward.” You thank Archangel Gabriel and say good-bye to him.

Your unicorn invites you to sit on his back. You are going back with him on the path, which you came from, passing the colorful flowers and the green trees. You see the little hill and the temple in the distance. He brings you back to the room where you started. You thank your unicorn and cuddle it lovingly .You say good bye to each other knowing from now on he will be always there with you, guiding you on your soul journey. The unicorn goes up into the sky, higher and higher, until you only can see a small light cone.

Slowly you come back into your body and feel your golden roots down into the earth. You open your eyes with a smile.

Namaste

Contributed by Sahar ,Germany