



Full Moon Meditation – 22nd December 2018

Meeting Archangel Uriel, to heal thinking clearly (meditation for healing clarity)

Golden **grounding** roots connecting with the Divine Feminine and a Column of white light attuning you to the Divine Masculine

Self protection; silver band of light, Archangel Michael's cloak of protection

Room protection – Golden circle of light around your meditation space with the angels surrounding you

Gently start to see or sense Archangel Uriel's angels of peace are surrounding you and bathing you in light. One of these angels comes towards you and places a glowing white cloak over you, that covers you from your shoulders to your feet. A feeling of calm washes over you. In front of you, a golden stair case starts to form that leads up into the heavens. One of these angelic beings, your guardian angel, takes your hand and gently leads you up this staircase.

As you ascend these golden steps, the clouds in the heavens part to reveal in the distance, a colossal golden castle. The structure of this castle is vast and sprawling. There are many towers and high vaulted walls. The draw bridge is lowered, and you walk through. There is one large tower spire at the centre. You make

your way to this tower. As you do, you pass through green lush gardens. Apart from the foliage, everything about this castle structure, the walls, columns, paths, everything is lined and laced with gold.

As you walk towards the arched doorway of the main castle tower, you notice the door is already open, just as the draw bridge was already down. You start to realize that really, there was a lot there for you to discover already. No special key needed. Just you..... As you pass through the open door, you find yourself in a small circular room, with gold inlay everywhere. The floor tiles, the walls..... Standing right in front of you, is a tall 7-foot figure standing in the centre of the room that. This figure is dressed in light cream-colored clothing. You notice that this figure has wings. You realize that this is Archangel Uriel.

There is complete silence in the circular room. Not a single noise. There is no furniture either. Nothing. Just you and Uriel. You notice that Archangel Uriel is holding a small hand size gold lantern, with clear glass panels. There is a small flame burning brightly inside the lantern. She notices you looking and holds it out for you to see. You step closer to look in. At first you think your eyes are deceiving you, so you look again. The flame has no wick or candle attached to it. It is just a small flame hovering mid air inside the lantern.

Uriel says to you, "This is your flame. It is you. Never forget yourself, who you are and who you are meant to be." Archangel Uriel now asks you to spend some time really thinking about the life you want and why? If you are unsure about this, spend some time discussing this with Uriel. Be clear about the end goal of how you want your life to be.

Once you are clear on this, Uriel hands you your lantern. Your light. Uriel asks you to spend some time sending this light all your goals and dreams. Send this Light thoughts and intentions

for where you want to be in life. One goal at a time.....Visualize the end goal, not the steps in between. Do this for all parts of your life. As you do this, the small flame in the lantern grows brighter and brighter.

You now stop and admire the large bright flame in the lantern. Uriel reaches over and opens the latch on the front panel of the lantern. He asks you to reach inside and take your flame in your hands. As you do so, you realize that the flame is not hot at all. Just bright. As you watch your flame blaze brightly with the life you are working towards, this light starts to absorb into your fingers, hands, arms, chest..... up towards your head..... and all the way down your body to your toes..... You look at your own body, you can see Light running and pulsing through your whole body. You can sense the flow of energy and all your inspirations as real. All you can sense is ideas for how to make your dreams a reality..... Any time old fears surface or any sense of low self esteem, this light washes it all out. As this inspired Light continues to run a pulse through your whole body, you start to find yourself thinking about the life you want.....what are you doing..... what are you saying..... where are you.....You are being flooded with images for the life you are meant to be living or are starting to now live and discover..... You allow all these soul inspired inspirations to flow through you..... these images now start to slow down..... until you are completely sure of the end goal or goals you would like to reach.....This is the last image to run through you and be absorbed into your being.....As the images stop, you find that you are still in the small circular room with Uriel. He is holding the lantern that is now empty.....He looks directly at you and says.....”Never forget your light came from you. I was just holding it for you”You give thanks for all the healing that has taken place and all that has been received.....Your guardian angel is at your side once more.....This angel gently takes you by the hand and leads you out of the spire tower.....open arch way door.....Through the lush gardens.....Though and

pass the Castles structures.....back over the lowered draw bridge..... Back towards the golden stair case.....

You start to descend this stair case with your guide by your side. At the bottom of this stair case is the same group of angelic beings waiting for you. They are radiating warmth and comfort. Surrounded in safety, you close your eyes. You can sense yourself surrounded and bathed by light. You sense your own heart beat..... Your own breathing. You notice your own body, sense your own head, neck, chest, midsection, hips, legs and toes.

Wrap your aura in closer to your physical body.....Connect in with your grounding roots again that you put down earlier. Sense being grounded and present.....Release the golden circle of protection around the building.....You might want to wiggle your toes and your fingers to really connect back in with your physical body....and when you are ready gently open your eyes.

Write down the goals and inspirations you perceived during the meditation in your diary or journal. Burn petitions responsibly for continuing to reach goals.

Contributed by Chloe Folan (©Chloe Folan 2018)