



## **FULL MOON MEDITATION – 4<sup>th</sup> November 2017**

### **A Journey to the Great Atlantean Crystal**

Sit with your feet firmly on the floor or lie down. Make yourself comfortable. Close your eyes and take three deep breaths.

Imagine energetic roots coming out of the soles of your feet..... Beautiful, healthy and powerful roots which are becoming longer and longer and are moving down through the floor... Let them go deeper and deeper... moving quickly, softly and easily through the different layers of the earth until they reach its center... Visualise a crystal here. It welcomes you and invites you to twine your beautiful roots around it – and you do so. Your roots move gently and easily around the crystal and ground you in the best possible way.

Now call in the Ascended Master Saint Germain and Archangel Zadkiel. Invoke them for the Cosmic Diamond Violet Flame. Call in Archangel Gabriel. Ask them to cleanse you.... to remove and transform all that no longer serves a purpose for you... Feel it happening.... Once done give gratitude for this cleansing.

When you are beautifully cleansed and grounded, your roots receive the nourishing, loving energies ... the golden light from mother earth and Gaia. They absorb this pure, golden energy and transfer it into your body. Feel, see, hear or know this golden light reach the soles of your feet. ... every single toe is provided with pure, nourishing golden light. It moves up from your feet and fills your legs... upwards to the buttocks... hips .... pelvis... let this energy move further up in your body. It fulfils your

abdomen...your internal organs...your back... the spine and chest. Softly, fast, easily and simply this energy moves further up in your nape.... in your shoulders... in the arms...in your hands... throat.... head... hair... Perceive how everything is nourished and starts to shine in this golden energy. Your whole body is glowing in pure golden light.

Allow this wonderful golden energy, this pure, nourishing light to grow further over your bodies.... over the higher Chakra.... further up and up... right to Source, the Creator of all that is. In this flow of golden light you give a golden string from your heart that anchors itself in the heart of Source, so that you are connected heart to heart with Him.

Source sends you pure white divine light that enters your higher chakra-channel and flows down through your body. Your body is lightened and nourished. This pure white divine light flows through your feet into your earthstar chakra.... into your roots.. and follows your roots right to the center of the earth. The crystal is filled with this beautiful pure white divine light and starts to shimmer.

You are now grounded, cleansed and connected with Source in the best possible way.

Call in the unicorns to put their cloak of protection around you. Invoke Archangel Michael to put his dark blue cloak of protection around you. Visualize the divine grid-protection sphere surrounding you. You are perfectly safe.

Know that your guardian angel is with you. Visualize him standing beside you. He takes your hand and you find yourself travelling with him to the inner worlds.

A golden path appears in front of you. Beautiful flowers surround the path. Some of them are shining in amazing colours and some spread a wonderful fragrance. Animals are there too. Two colourful butterflies greet you and fly around you. Even a small squirrel crosses the way in front of you and looks beaming at you. Maybe you hear birds singing and maybe you can listen to the sound of an owl or recognize other animals.

You follow the golden path along with your guardian angel until you see a beautiful glade. Here a unicorn is waiting for you. Look at it... maybe you know this unicorn already and you may have been travelling with it several times. You move to the unicorn along with your

guardian angel and greet him. He is pleased to meet you and invites both of you to sit on his back and to go on a journey to the Great Atlantean Crystal. With ease you take your place on the unicorn's back. Your guardian angel is sitting right behind you and supports you in the back.

The unicorn starts to fly. All three of you are travelling now to the Great Atlantean Crystal. You travel through the air and he brings you softly and easily to the great Atlantean Crystal.

When you arrive you move off from the unicorn's back and look at the amazing crystal. Perceive it with your higher senses... know it ... recognize it. It shines inside out spreading an amazing light and vibrates pure, divine energy. Look for a place in front of the crystal where you feel comfortable. Connect with it heart to heart. Give it your love, your attention and your openness.... Sense how it responds.... The great crystal shines at you and gets connected with you in astonishing ways. Notice what happens...

Information that the great crystal wishes to share with you in this moment flows to you. There are so many possibilities of this kind of transfer – in words, pictures, and sounds and there are so many other different ways. Be in awareness of what happens... Be open and allow yourself to receive... You can sense wisdom, knowledge, memories, light codes holy geometry or more flowing to you gently and easily. Allow yourself to integrate what you receive on a cellular level... Know only that will come to you what you are ready for.

Now ask the Great Atlantean Crystal “how can I be of service of the highest good of all?” and you will receive an answer...

Give gratitude to the Crystal and say goodbye for today. You know that you can travel to it anytime you desire.

Your guardian angel and your unicorn are coming to you. You sit on the unicorn's back and it starts to fly. You travel through the air until you reach the glade where you started. After your arrival, you and your guardian angel get off the unicorn's back, thank him and say goodbye.

You follow the golden path, surrounded by beautiful flowers. Look, the squirrel and the two butterflies are there – they have waited for you to say goodbye!

Your guardian angel takes your hand and guides you safely in this room. Give gratitude to him. Feel your roots, your connection to source and the protections. If you wish to sleep just do so and ignore the following. If you wish to finish this mediation gently open your eyes and stretch your body feeling relaxed and rejuvenated.

Contributed by Wiebke Detlefs, Germany.