



Full moon meditation for 19th February 2019

Higher Self Meditation

Please bring your feet on the floor and make it yourself comfortable. With your eyes closed breath deeply 3 times.

Visualize that from the soles of your feet, thick energy roots are coming out going deep down into earth. Beautiful, healthy and powerful roots. They are becoming longer and are moving into the depths of the earth gently and easily through all the different layers of the earth and the different layers of rock until they reach the centre of the Earth.

Visualize, that at the centre of the Earth is a crystal. The crystal welcomes you and invites you to wrap your beautiful roots around it – and you do so joyfully. Your roots receive the nourishing, loving energies, the golden light, from the earth and Gaia. Your wonderful roots absorb this pure, golden energy, this golden light and transfer it into your body, like the roots of flowers absorb water and nourish the roots like a plant.

Your senses to feel, see, taste, hear and know are awakening with this energy, as this golden light reaches your feet, every cell is being provided with pure, nourishing golden light as it moves further upwards and now fulfils your whole body. Every part of you begins to shine, and glow in pure golden light.

Let this wonderful golden, pure, nourishing light grow farther, and farther and reaching and merging to God, to source, the creator of all that is. In this flow of golden light you give a golden string from your heart that anchor itself in the heart of source, so that you are connected from heart to heart with the Source.

Source sends you pure divine light that flows through your body. Your body is enlightened and nourished. This pure divine light flows through your feet...in your roots, and follows your roots right to the centre, the heart of the earth. The crystal of mother earth begins to pulsate and is filled with this beautiful pure white divine light.

You are now grounded and connected with source in the best possible way. You are perfectly safe.

You now invoking to your guardian angel and acknowledge that he is always with you. Visualize, how he is standing beside you and how he takes your hand. Together you are travelling with your guardian angel to meet your Higher Self. You are safe, your guardian angel is always by your side and takes care of you.

In front of you appears a golden path now and you now begin to walk this path. You can see beautiful and amazing colours along it, you may also see beautiful flowers or smell and taste wonderful fragrances, you may also hear birds singing and listen to other beautiful sounds and music. You are totally safe here.

You are following the golden path side by side with your guardian angel until you see a beautiful glade. As you look at it you may have a sense of knowingness for this place.....you may have travelled here several times before. Together with your guardian angel you move to the glade and recognize the presence of your higher self.

Connect yourself with your higher self from heart to heart. Give it your love, your attention and your openness. See, feel, hear, smell, taste or know.....being totally aware. Notice what happening.

And there are so many possibilities of connection – in words, pictures, sounds and there are so many other different ways. Just notice what happens. Be open and allow yourself to connect.

If you have a question – you may ask now..... and receive the answer.

Being grateful for this connection..... You know that you can meet your Higher Self now at anytime again.

And now its time for you and your guardian angel travel back. You are travelling back where you started - softly and safe. Following back the golden path, surrounded by beautiful flowers, colours, sounds.

Your guardian angel takes your hand and guides you safely in this room. Give gratitude to him. Feel your roots, your connection to source. I will count backwards from 6 to 1 and at 1 you are totally awake, relaxed and recovered.

6 - The legs are fully awake and free to move

5 - The hips, buttocks and pelvis are quite awake and freely mobile

4 - The back, abdomen and chest are quite awake and freely mobile

3 - The arms and hands, throat and neck are quite awake and freely mobile

2 - The head is quite awake, fully clear and freely mobile

1 - You are quite awake, quite clear, free to move, rested and recovered in this room

Thank you very much for participating in this meditation!

Contributed by Wiebke Detlefs.