



## **Full Moon Meditation for 18th August 2016 Letting Your True Shining Self Emerge**

*The meditation for this month, written by Surabhi Kalsi, India is a beautiful journey to connect with Archangel Haniel and letting your True Shining Self Emerge.*

Create a relaxing space. If possible light a candle, sit comfortably and close your eyes. Focus on your breath allowing yourself to relax deeply.... Feel a wave of relaxation entering your body through your crown chakra and going downwards ..... relaxing your face.....your neck....your shoulders.....arms..... stomach....legs ..... feet.... Bring your awareness completely into this moment and connect with the gentle rhythm of your breath. This rhythm of life that connects you to everything that IS.

And now bring your awareness down to the base of your feet and visualise, see, feel or imagine, thick golden roots, growing from the base of your feet and going down wards... These thick golden shimmering roots go down through the earth's crust, the layers of soils and sub soils. They go into the heart centre of mother Gaia. And here you can see this big beautiful, heart shaped rose quartz crystal pulsating and shimmering with divine love, cosmic love. Allow your golden roots to wrap tightly around this great crystal, anchoring you to the energies of pure cosmic love. Now pull the energies of mother earth upwards, up through your golden roots, going up through all the layers of soils and sub soils, up through the earth's crust and gently entering your body through the soles of your feet. Then it is travelling upwards through your body into your heart centre. Allow your heart to expand with the energies of cosmic love.....

Now bring your attention to the heavens above, and visualise, see, imagine or feel a column of white light, coming down from Source and entering your body through your crown chakra..... Allow these energies to flow down to your heart centre, where they merge with the energies of mother earth – and now allow these integrated energies to flow out to each and every part of your body, blessing and revitalising each and every pore of your body

from head to toe..... Now allow these energies to fill up your aura completely – strengthening and healing it.

Archangel Michael steps forward and places his dark blue cloak of protection around you. He zips it up from toe to chin, pulling the hood over your head, covering your crown chakra and your third eye chakra. Know that you are completely safe and protected. Place a reflective white light bubble around you now and invoke the cosmic diamond violet flame to blaze through you and around you, clearing your aura and bringing in change.

Your guardian angel now steps forward to take you on this wonderful journey. You may call upon any angels, deities or ascended masters you wish to have with you on this journey. As you follow your guardian angel you find yourself at the edge of a beautiful meadow, lit with sparkling bright moonlight. You walk into the meadow and see the mystical energies of the full moon spread everywhere. It is a magical meadow with fairies, unicorns and butterflies dancing all around. You enjoy the scene and take it all in.

As you walk on, ahead you can see a clearing surrounded by a circle of trees. Through the trees and inside the circle a beam of light is visible. It's like a shimmering column of moon light going up to the heavens, up to Source. As you get closer you can see a glistening pool of water in the centre of the clearing and a magnificent angel standing next to it. .... Once at the edge of the circle of trees you step inside the clearing. Your guardian angel beckons you forward. The fairies and unicorns are dancing playfully all around ... it is a glorious sight to behold. You stop in front of the majestic angel. It is Archangel Haniel, holding a big round clear crystal, with a beam of light from the crystal going up to Source. As you look into her eyes you know you are ready to let your true self shine. What is my true self? Have you not often wondered? Archangel Haniel places the crystal in your hands. You hold the intention of being cleansed of all old behavioural and emotional patterns that no longer serve a purpose in your life ... those that you may have been holding onto consciously or unconsciously that do not serve your highest good ... on physical, mental, emotional and spiritual levels ... across all dimensions of time. You can feel the magnetic powers of the moon-like crystal cleansing you of all that does not serve you anymore, so that your True Shining Self may emerge fully..... Archangel Haniel has a message for you, listen to her.

(Pause a while ... )

Archangel Haniel takes the crystal back and sprinkles you with water from the pool. This is the pool of divine blessings and pure potential and it aligns your body, mind, spirit and heart with the divine spark that is present within you. You are pure divine potential. This is your higher self, your true self, your true being. You are a divine being connected to

Source and the cosmic heart. You stand in your full power now, ready to spread your light out into the Universe.

Archangel Haniel places a bubble of white reflective light around you. You thank her ... and walk back to the edge of the clearing where your guardian angel awaits. You start your journey back now, feeling totally rejuvenated, replenished and recharged.

As you walk back through the meadow many magical fairies, unicorns and beings of light come to greet you and bless you. The fairies dance around you sprinkling beautiful silver shimmer over you. The unicorns pour beams of blessings over you from their spiralling horns. What a wonderful reminder to always live life with a bit of magic and lots of joy.

At the edge of the meadow you thank your guardian angel and you are ready now to bring your awareness back to the room. You feel yourself settling into your body, you may wriggle your toes and move your fingers. Now take your awareness to your chakras and bring them to a level that is comfortable for you. Place a symbol of protection on all your chakras. Now look at your aura and pull it in to a level you are comfortable with. Archangel Michael comes forward and places his dark blue cloak of protection around you. He zips it up from toe to chin, pulling the hood over your head, covering your crown chakra and your third eye chakra. Reconnect with your golden roots growing from the base of your feet, feeling mother earth deeply anchoring you. Thank all the beings of light, Archangel Haniel, Archangel Michael, and your guardian angel for this beautiful experience. And whenever you feel ready gently open your eyes and stretch your arms and legs.

Namaste

Surabhi Kalsi

Mumbai, India