



Full moon meditation for 21 January 2019

Visualization to open our Heart and to receive the Golden Christ Light

Let me invite you to Close your eyes and simply relax. Take a few deep breaths to center yourself. Relaxing your whole body, feel your feet firmly on the ground. Take your awareness down below your feet and visualize thick **golden roots** growing from the bottom of your feet reaching deep down into the center of the Earth to anchor themselves into the big shimmering crystalline heart of Mother Earth.

Take time to feel the energy of Mother Earth rising up through your roots into your feet and up into your heart. In your heart feel all your love and send it up out of your crown chakra all the way to Source. Source invites you into his heart and you know that you are immensely loved. **He sends down a column of divine light** which enters your body through the crown and travels down to spread into your heart and fill it with divine love. Send the energy down through your feet into Mother Earth to spread and light it up.

Invoke Archangel Michael to wrap you into a deep blue **cloak of protective** energy which shimmers and sparkles all around. Invoking your Guardian Angel, Mother Mary and Jesus to assist you on the journey which you are about to undertake.

Sensing the loving presence of your Guardian Angel by your side and taking his hand. He is flying with you across time and space to a special sacred place in France, this place is Lourdes.

Arriving at the Lourdes, your Guardian Angel is now taking you up a Mountain which is special to Mother Mary. You are now standing on the mountain looking around and taking in the beautiful views. You notice the presence of Mother Mary surrounded by aquamarine liquid light, looking as if she is surrounded by shimmering sea water. She comes closer to you now and embraces you warmly ... and you can feel her loving energy nurturing you.

Feel Mother Mary bathing your heart with pure transcendent love. As she does so visualize and feel the 33 petals or chambers of your heart opening like a blooming flower. Whilst this is happening your heart chakra is expanding and shining with pure white fifth-dimensional light.

You are now becoming aware of the presence of another being of light. Surrounded by the golden light, Lord Jesus is coming closer to embrace you. As he does so you feel golden Christ Light flowing from his heart into your heart. Your heart is glowing with love and you feel your connection with Jesus. As you are being flooded with a stream of immense love and divine qualities you know that you are warm-hearted and caring. You are generous, open to giving and receiving which are one and the same.

You are welcoming and love all human beings, every single one of them because we are all brothers and sisters on our journey home to Source together, as one human family. You love yourself with all your heart and feel compassion for yourself and everyone.

Your love is so immense now that it encompasses all there is in and on Mother Earth, but also the other planets and stars, the

universe and the multiuniverse. You have reached a state of Oneness with all there is.

Now take a moment to send love to all people that are in your heart ... and also to all people which you found challenging earlier, let them also into your heart, there is space for everyone because your love is unlimited and available in infinite amount...

Mother Mary now steps forward once again and places a present into your hand ... Lord Jesus steps forward with a message for you ... which you listen and fully understand..

Thank them both for the gifts and messages you have received here today in Lourdes. It is time to return. Take your Guardian Angel by the hand and return safely, flying across space and time, to the room where you started your visualization. Stretch gently and move your fingers and toes and open your eyes shining with love and gratitude.

Contributed by Franziska, Rome, Italy.