



Full Moon Meditation-- November 14th 2016

Lady Master Kuan Yin's Flame of Compassion and Mercy for the Planet

The beautiful meditation, by Arianna Roghi, Palombara ,Italy is created to become a carrier of Lady Master Kuan Yin's flame of compassion and mercy.

Create a sacred space and light a candle.

Close your eyes and breathe in deeply. Take a few slightly deeper breaths.... relaxing and letting go with each breath. Relax your face.....your neck....your shoulders.....arms..... stomach....legs feet.... ... Feeling completely relaxed.

Now gently take your awareness to below your feet .Sense strong, golden roots growing from below your feet and going deep into the center of Mother Earth where they wind themselves around a magnificent white crystal. Lady Gaia anchors your roots and reminds you that she loves you unconditionally. Sense her love the love flows up through your roots into the center of your heart..... filling each of your cells with divine nourishment and love..... The love moves up through your higher chakras until it reaches Source.

You are now completely connected with Source. His unconditional love comes down through your higher chakras ... into your body and lights it up, illuminates it and purifies it. It flows down into your heart ...down through the Earth Star...through your roots directly into the heart of Lady Gaia. Her heart begins to shine and she fills the whole of Mother Earth with divine light and love from Source.

Invoke Archangel Michael to place his deep blue cloak of protection around you. You feel safe and protected.

Visualise the Gold Ray of Christ around you giving you complete protection.

Place yourself into the centre of a bubble of white reflecting light with all the colours of the rainbow so that only that which is of the highest order of love and light can enter.

Call upon for the presence of your Guardian Angel and your spiritual guides. Sense them near you.

Invoke the presence of Lady Master Kwan Yin and her Angels of Divine Light. Visualise her arriving in her cerise pink ray, coming towards you, bringing with her the Flame of Compassion and Mercy. She is surrounded by her Angels of Divine Light. As she arrives before you, ask her to send her Flame of Compassion and Mercy to mother earth. You see this beautiful Flame of Divine Light, which spreads and surrounds the planet filling it up completely

At this point the Lady Master Kwan Yin invites you to be a vehicle and channel for the Flame of Compassion and Mercy. Visualise yourself accepting (if you choose to). Lady Master Kwan Yin places in your heart a ball of sacred divine light. She asks you to share this divine light with all and to invoke its qualities of unconditional love often. You express gratitude to her for this beautiful opportunity. She also thanks you for helping her with her mission of love. She raises her hands and blesses you. You are engulfed in

her energy of compassionate love. You bid her farewell, knowing that you can be with her anytime you desire.

You also thank your Guardian Angel and your spiritual guides for being with you on this journey.

Slowly take your awareness to your feet. Sense your roots, strong and thick, grounded deep in mother earth. Feel yourself attuned with the divine. See the protection of Archangel Michael's blue cloak around yourself.

Bring your consciousness back into your body. Stretch and open your eyes. As you do so you feel the compassion and love within ... you sense a readiness to share it with the world!!

Namasté.

Contributed by Arianna Roghi, Palombara ,Italy