



## Full Moon Meditation – 12 th March 2017

*The meditation created by Yvonne Fields, Turkey is a beautiful underwater journey to reminisce how you became the precious pearl that you are.*

Find a place where you are warm and comfortable and will not be disturbed. Take 3 calming breaths.... in through the nose, out through the mouth... As you inhale, breathe in peace and calm .....as you exhale release any cares of the day. Visualise or intend that the colour blue (or another colour may come to you ) is entering your body. Blue is the colour of peace and as it fills your body your feel calm and at peace.

In your mind's eye, visualise roots growing down from the soles of your feet and going deep into the Earth.... deep into Mother Gaia. .... the first dimension and home of rocks, stones, crystals and gems all of which hold memory.... and as you do so they help you to re-memember the ancient knowledge and wisdom that you carry. Your imaginary roots go deeper to the core of the earth and connect with the fiery, red, mouton iron ore at the centre of the earth... If you wish you can bring this red, fiery up your imaginary roots... up through the mineral kingdom...through the soles of your feet.... up your legs to anchor in the red root chakra at the base of the spine. .... feeling rooted and anchored to Mother Earth.

Now in your mind's eye visualise a silver cord (or any colour of your choice) going up from the crown chakra on the top of your head, up, up to seventh heaven. .... the home of God, Goddesses, Great Spirit, Ascended Masters and the Angelic realms ....you can connect to the deity or ascended master of your choice. Here In the seventh dimension or seventh heaven is pure love.... pure light.... pure energy.... If you wish you can bring this

pure, loving light and energy down your silver cord... down.... down to the crown chakra. Anchor the light in the crown chakra and the love in the heart chakra... Allow the energy to flow in through the crown and flow through the body in a figure of 8, the infinity symbol, cleansing and purifying every cell in your body as it goes... Continue to visualise that pure energy flowing out into your aura, your energy field also cleansing and purifying within and without...

Invoke the presence of the Mighty Archangel Michael and request he places his cloak of royal blue around your shoulders .As he does so tuck it under your feet, zip it up the front and pull the hood over your head. You are now rooted in the 1<sup>st</sup> dimension, connected to the 7<sup>th</sup> dimension and are fully protected, for we are multi-dimensional beings that can traverse from the 1<sup>st</sup> dimension to the 7<sup>th</sup> dimension. We are now ready to go on a magical journey so call on your Guardian Angel to accompany you.

Imagine you are a mermaid and you are sitting on a rock in the shallow sea. Your luxurious golden hair tumbles over your shoulders and down your back, caressing your flawless skin. From the waist down you have iridescence scales that shimmer in the light of the full moon and a most magnificent tail that you gently flap in the turquoise water. .... You see the moon reflecting on your perfect naked body and listen to the seabirds circling overhead before they rest for the night. ....You can smell the saltiness of the sea as you inhale, knowing the saline water is purifying you inside and out... You are at peace with yourself knowing that with a flip of your tail all worries can disappear, can be swept away, and taken by the water. In this peaceful state you lie back on your rock and start to sing the most melodious song. The vibration is carried on the airwaves and is irresistible to all who hear it. This is the song of the Siren.

After resting it is now time to continue on your journey. With the swish of your tail you dive from your rock into the silky, warm water. You are amazed at the speed and distance you can travel with very little effort. At a coral reef you pause and wonder at the breathtaking beauty before you... Such vibrant colours of the coral as they gently sway in the ebb and flow of the tide, under the influence of the moon, the feminine energy... Colourful fish, large

and small, swim lazily, alone and in shoals, around the coral reef, knowing they have all the time in the world. There are no clocks, no deadline to meet, no pressure from others. You can be yourself, free from all constraints found on dry land. As you blissfully swim around you see seashells of every shape and size, the subtle hues of mother of pearl glinting in the moonlight reaching the sandy sea bed... Between the gently swaying seaweed you notice an oyster shell and swim towards it. Inside is the most precious and beautiful pearl you have ever seen... your eyes move over the satin surface. You wonder what is a pearl? It is a grain of sand that causes irritation to the oyster so that it secretes mucus around it that eventually becomes the pearl. Seeing it you remember that at times it may be necessary to have a period of irritation and challenges before you can have something as beautiful and precious as a pearl... You reminisce over your life and muse over the challenges in your life and indulge in the beautiful remembrance of the events that led you become the beautiful, gorgeous pearl that you are...you dwell in this beautiful knowing... knowing that whatever your journey on the planet presents to you is only to polish you to shine your light even brighter. The oyster lovingly gives you permission to take the pearl as a memento of your experience and a remembrance of its message. You accept it with gratitude and love.

It is now time to return and with a swish of your tail you return to the rock from where you started your journey. You give thanks to the oyster for your gift of the pearl and the knowingness of its beauty and to your Guardian Angel who has accompanied you. Now it is time to return to dry land, to the place where your journey started. Knowing you came from the sea and you can return there, in your mind, eye at any time you wish.

Be fully present in your body and remember your roots going deep into the core of mother earth. Listen to the subtle sounds around you. Wiggle your fingers and toes and give a little stretch. When you are ready open your eyes with the awareness of the beautiful pearl that are.

By Yvonne Fields in Turkey.

