



The
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FOUNDATION

empowering people to spread the light of angels, ascension and the sacred mysteries of the universe

Releasing with the King of the Unicorns

As we enter into 2016, a year full of magical opportunities, it is time to let go of anything that no longer helps us to fulfill our true spiritual potential, time to let go of any limiting self beliefs, old patterns of behavior or thought forms. In this meditation you will connect with the King of the Unicorns who will allow you to do just that - enJOY!

Sit quietly, take a deep breath in and take your awareness down to your feet, you can feel soft golden liquid gently overlapping your feet and this golden energy is connecting you to Golden Earth, to Gaia.....

Feel the soft golden liquid now starting to move through your feet, up your legs, your torso and further up until it reaches the top of your head where you can feel it expanding and now connecting you to the Heavens.....

Ask for Archangel Michael to now step forward and gently place his beautiful blue cloak of protection around your shoulders and just get a sense of this happening

As you sit quietly, ask for the King of the Unicorns to step forward and over light you on this special guided journey..... Notice now how the room is filling with beautiful platinum light. Sense it pouring down from the heavens and as you breathe in feel this platinum light going into every cell of your body and as you breathe out see the light filling your aura. Just sit in this energy for a few moments, feeling completely at peace, completely loved and completely protected.

You start to feel a serene, loving energy beside you and you sense that your Guardian Angel is close. They smile lovingly at you and ask if you are ready to let go and release anything

that no longer serves you and you take their hand as you say yes.

As if by magic you find yourself and your Angel standing in a beautiful forest. It is a winter evening and the frosty ground glitters and sparkles like little diamonds in the moonlight. You feel warm and comfortable and as you look up you see a wonderful shimmering silver full moon shining down on both of you.

You start to walk through the forest and notice you are walking up a gradual hill. The trees become sparser and the frost on the forest floor has turned to snow. As you walk further up you realise you are no longer in the forest but are now walking safely up a path on the side of a crystal mountain. You continue to walk easily and comfortably to the top of the mountain and when you reach the peak you find a majestic white unicorn waiting for you. This is none other than the King of the Unicorns. Feel how his strength and his power radiate out from his soft, white coat. How honored you are to have this meeting !!!

This mighty unicorn tells you that now is a perfect time for you to let go of any old, stuck energies or negative emotions that are holding you back from your true potential. He asks you to spend a few moments thinking about what you need to release for your highest good and for the good of others.

The King of the Unicorns asks if you are ready and you nod your head in agreement. A white cauldron then appears in front of you and the King of the Unicorns gently touches it with his beam of light. As he does this, shimmering white flames emerge from his beam of light and begin to burn inside the cauldron.

Invisible hands now present you with sheets of white parchment. The King of the Unicorns asks you to focus on anything you wish to let go of and as the thoughts come into your mind you see them start to appear magically on the sheets of paper. You start to throw the paper, one sheet at a time, into the cauldron where they are destroyed by the white flames.

As each sheet dissolves into flickering ashes which rise up and disappear into the ethers you feel lighter and lighter and lighter. The King of the Unicorns tells you that you have successfully released all blocks and you will never have to worry about them again. You thank him and give him a heartfelt hug.

Your guardian angel has been silently watching from a distance and you know that it is now time to go back down the mountain with them and return to the forest. You say goodbye to the King of the Unicorns who in turn bows his head to you as a mark of respect. As you walk back easily down the mountain path you notice that the weather is changing and it is no longer a winters evening but a beautiful sunny spring day, the start of your rebirth and new beginnings. When you reach the bottom of the path you say goodbye and thank you to your Angel and then find yourself quietly reflecting on your wonderful experience ready to move forward into 2016 shining your light.

When you feel ready, start to bring your awareness back to your surroundings, take a deep breath in, wiggle your toes and your fingers, have a stretch if you need to and only when you are ready slowly open your eyes bringing yourself back into the physical realms.