



The
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FOUNDATION

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

Full moon meditation for Tuesday 3rd February 2015
Gratitude for being of Service

2015 has already been challenging for some people as we release and clear that which no longer serves our highest purpose. At times it can feel as if all we are doing is letting go of stuck emotions and that nothing wonderful is re-filling the space that is left. Of course, at a SOUL level we know that this is not the truth. However, as humans, we sometimes need to know that all is well and that we are on the right path. This meditation will help you to realise just how powerful your contribution is to the energy of the New Golden Age and also how grateful all the higher energy beings are for what you are doing on this planet at this time.

Find yourself in a peaceful space and sit or lie down. Take a few deep breaths and start to feel yourself relaxing. Visualise golden roots growing down from the bottom of your feet. See them growing down through all the layers of the earth. Feel your roots anchoring you firmly. And they continue to grow down, right down to the very centre of the earth, where there is a great crystal. Wrap your roots around that crystal and draw the pure, loving, golden energy of Mother Earth up your roots, see it coming up through all those layers, up through your earth star chakra and into your feet. And as the golden energy rises up through your body it lights up every cell, filling them with pure loving energy. Feel your heart being filled with pure love. And as the pure golden loving energy continues to rise through your body it moves up to your crown centre, up through your higher chakras and then up, and up and up, right up to Source. And Source sends down a beam of shimmering, brilliant white light. See it coming down through all those different dimensions, down through the four ascension constellations, stars and planets, to be transformed to a level that you can access. And that brilliant white light continues down through your higher chakras, down through your crown and into your heart centre, where it fully merges with that pure loving golden earth energy, creating a whole new energy of golden white light. And this new energy spreads throughout your body; moving down through your chakras, down through your earth star. And the golden white energy continues down your roots, down to the centre of the earth, where it connects with that great crystal. So you know you are connected, from the very centre of the earth, up to the heavens. You are one with the Universe.

Call on Archangel Michael to surround you with his deep royal blue cloak of protection. Pull up the zip from under your Earth Star chakra beneath your feet, right up to your chin. Pull the hood up over your Stellar Gateway and covering your Third Eye, so you are totally protected and safe. Call on Archangel Sandalphon to keep you grounded and to create a

protective barrier around you. Reach down through your Earth Star chakra, right down to Hollow Earth, from where you draw up a ball of pure red seventh dimensional light. See that light coming up from Hollow Earth, up through your Earth Star chakra and filling the whole of your aura in a seventh dimensional layer of protection. See a layer of golden light around the outside of the ball, holding you in a light of protection and wisdom. Call on Archangel Metatron to place you in his ninth dimensional, golden orange ascension bubble of protection.

Now start to see, feel or sense yourself sitting on a beautiful amethyst throne, surrounded by many violet flowers. The aroma is beautiful and you feel so calm and relaxed sitting here.....

You are dressed all in violet, the colour of transformation, the colour that connects us to the Heavens and the Angelic Beings.....

All your life you have been working for a greater understanding of where you fit into the universe, a deeper understanding of your life purpose. And as you sit on your amethyst throne you start to remember why you are here and what you need to share with humanity..... You may see images, you may hear words, or you may just KNOW all is as it should be.

As these memories become more vivid, you notice that the room is starting to fill up with many, many archangels all dressed in shimmering bright white gowns..... Some you may recognise, some you may not..... but one by one they slowly glide towards you on your amethyst throne and respectfully bow their heads ... as they recognise the commitment you have made to humanity and the courage you have shown throughout your journey so far.....

There may have been times when you have felt like giving up and returning home; times when there has been a lack of light and you have felt stuck in the dark; times when you have felt all alone..... During all these challenging times you have shown your courage, your strength, your determination to rise above it all. And now the Angelic Realms want you to know and see that they honour your commitment. And most importantly they wish to thank you for being of service... For this they are eternally grateful and you are eternally loved.... THANK YOU.

Start now to become aware of your breathing, the physical room around you, wiggle your toes, move your fingers and when you feel totally ready ... slowly open your eyes.

Created by Penny Wing, Alicante, Spain

These words of affirmation come to mind

I AM the Cosmic Diamond Violet Flame

I AM the Flame of Mercy

I AM the Flame of Joy

I AM the Flame of Oneness

I AM St. Germain

I AM Gabriel, Zadkiel