



## Full Moon Meditation for Saturday 29<sup>th</sup> August 2015

Please sit comfortably and gently close your eyes. Consciously relax as you softly breathe in and breathe out. Feel into your body and notice how any tensions disappear.... How your muscles become relaxed.... How comfortable you feel in the place where you are now. Imagine strong golden roots growing down from the soles of your feet. Watch how they grow deeper and deeper down into Mother Earth. They reach right down to the beautiful crystal at the very centre of the earth; that is shining with white light and sending out pure love. You can feel the loving, nourishing energy of it. Feel this energy moving up your roots and into your body, and filling every cell of your body, every system, with pure love. Your body is filled with this beautiful white light, pulsating and glowing with love. Now see a bright stream of light coming down from above, that bathes you in golden-white energy. Feel how this supports you and how beautifully it merges with the loving energy from Mother Earth. Both energies create a perfect connection, perfect balance within you. Breathe in their love... Breathe out love and peace... Breathe in love... Breathe out love and peace... Continue to do this ... watching how the love and peace spreads out all over the world. See the love and peace as they spread out from the place where you are sitting ... out into your neighbourhood, then your town or city ... then on to other towns or cities nearby ... and then all the areas around your country ... your continent ... and to the whole Earth. The energy of love and peace you are sending out spreads until it covers every corner of the Earth ... every land ... every ocean ... every river ... every city ... every village ... every person ... every animal and every plant. All stones ... all crystals ... every last little bit of the soil. And it spreads into the air, so every living being on the Earth can breathe it in and feel it. See how everything and everybody is filled with this energy of love and peace created and spread with your every out breath... The whole world is now totally safe and totally protected. You are totally safe and totally protected. Your angels and many other high vibrational Beings of Light are with you, coming to welcome you and to work with you. Please take a few moments to see who is with you ... to take the journey with you today.....

Now ... as you see the whole world bathed in peace and surrounded with love, totally safe and totally protected by the mighty Beings of Light ... take a look down at your feet. You notice you are standing on a gravel path. This gravel path is amidst wonderful, magnificent mountains. The sky is lit by the moon and stars. You know you are totally safe and protected. You can hear angels singing above you, as well as the tinkling murmur of a mountain stream running nearby. From where you are standing you can see a beautiful mountain lake, lit by the light of the full moon reflecting on the water. The light is so bright, the air so clean and clear, that you can see every single detail of the landscape around you ... and even every little ripple on the water. You feel a very gentle, warm breeze wafting the scents of nature to you. The view is magnificent. As you breathe in the mountain air you can feel the high energy of the mountains all around you and the waters of the lake. You can feel how they support you ... and everybody ... by raising the energy. There are beautiful green trees, carpets of mountain flowers and you even notice some mountain animals. They are very relaxed, peaceful and totally at ease in their world. You feel a oneness with the surrounding world. You are united with everything.

The energy of this place is created by Mother Earth and the many nature spirits. You know they take care of the trees, the plants, the stones and rocks, the water, every single part of this magnificent place. You notice as you look around you can see some of them. You open your heart to them so they feel they can approach you. See how some of them, maybe one or two ... or maybe more ... now come closer and want to talk with you. You find they are very cheerful and want to help you in taking care of our planet, our home. They want to help you to keep the connection with Mother Earth, to get to know you better and to create a bond with you. Take some time to talk to your new friends ... Ask them, what they would like you to help with. And also ask them if they have any special guidance for you. Maybe you discover this is not your first meeting with some of these beings ... ..

When your conversations with the elementals come to a close, please thank them for all the wonderful work they do in making the world look so beautiful. Then you relax and take some time to enjoy the delightful surroundings, to bask in the pure, magnificent energy of this place. It is enhanced by the light of the full moon spreading its silvery beauty over the scene. You can feel every cell of your body glowing with this pure energy of love, light and perfection. You are in alignment with your divine blueprint. Inhale this pure energy ... and exhale love and light ... so that it surrounds you and creates a huge bubble of pure loving energy.

When you feel ready to return ... please know that the bubble of pure energy comes with you... You will have it with you and thus you spread it around to others in your daily life, making the world better for everyone who is touched by your aura.

You are now back in the place where you started. Feel your body is still very relaxed. Slowly you start moving your fingers, your toes, your hands, you stretch your arms. You inhale slowly and exhale gently ... feeling that you are fully back in your body. Remember you are totally safe and protected, as you are held within the bubble of golden white, pure loving energy. And then open your eyes.

Namaste

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