



FULL MOON MEDITATION – 27TH JULY 2018

In this special visualisation created by Meghaa Gupta , India , we release and manifest with the grace bestowed upon us by Archchangel Zadkiel .

Begin with slow deep breaths and allow your mind, body and spirit to be completely still.

Ground yourself deeply, anchoring your roots deep into Mother Earth. Allow a thick column of brilliant, shimmering white light to come down from the heaven above, down into your crown Into your heart aligning you to the infinite source of love and light.

Invoke Archangel Michael to surround you in his blue cloak of protection. Know that you are completely protected.

Visualise yourself in a garden. It's a safe loving space and your Guardian Angel is with you today in this important journey.

A portal of grace opens up for you and your Guardian Angel holds your hand and lifts you up.... up and up into this light. Together you are going up into this portal of grace, which is though the clouds. You move from cloud one to the second, to the third and the fourth and on the fifth cloud you see choirs of angels singing. On the sixth cloud you see angels in golden cloaks who help you reach

the seventh cloud, where you meet the Angels of Violet Flame and Powers (Akashic Records).

When you reach here you float towards Archangel Zadkiel whom you greet with reverence and he holds you in comfort.

He leads you to a room in the clouds. You open the door and enter this white room. You observe the walls are white in all directions and there is only a big Flame of Violet lit in one corner.

The door opens and a person or situation that you had been having difficulty with enters. You realise how tough and challenging this situation has been and how much power and influence it has over you.

You request the Archangel to help you let go of it and dissolve this situation as well as fully neutralise its effects on you. With his help the entire situation is put in a Violet bubble and the bubble begins to shrink and shrink and shrink further until it's a small solid ball. Archangel Zadkiel hands you this disempowered ball and tells you that you are now ready to let go of it completely. He asks you to throw it as a sacrifice into the Violet Flame of Transmutation. You do so and feel so relieved as the ball is quickly dissolved into the Violet Flame, fully neutralised, gone out of your sight and out of your life.

With the Archangel you move towards the door and as you open the door you see wonderful scenes from your future a year later. They are flashing on the screens.

How do you look?

What are you wearing?

In a year where are you working?

What new adventures you will have had?

Any changes you have made in yourself in this year?

Do you have new friends?

Are you enjoying your life fully?

How healthy is your body?

How do you feel about yourself?

What new things you are doing?

How successful are you?

Seeing all the wonderful things that have happened to you in the coming year, you are very happy and excited to be living your life fully and freely.

You thank Archangel Zadkiel and move, with your Guardian angel, down each cloud.... returning with great relief, much gratitude and lots of joyful bliss.... coming back to your physical body with knowingness that something with and around you has changed.

With much gratitude with you thank God and all the Great, Great Ones for their blessings.

When you are ready gently open your eyes and become aware your roots connecting you deep into mother earth.

Much Love & Gratitude
Meghaa Gupta
Kolkata, India