



## Full Moon Meditation on 25<sup>th</sup> December 2015

Journey to Sacred Himalayan Mountains to Receive Christ Consciousness Light from Holy Saints and Ascended masters

Take a few deep breaths. Focus on your breathing. .... With each in breath feel the energies of your I AM Presence in your whole being. Breathe in divine love ... breathe out divine love ... Continue to do so until your heart and your being is filled with love..... As you breathe in more ... you feel very relaxed and full of love and joy.

Imagine that light workers formal over the world are joining in for this meditation and connecting from deep within the heart ..... Connect with them.... Take another deep breath and relax yourself....

Now gently take your awareness to below your feet. See your roots lighting up with golden white light ... Visualise them strong and thick ... growing down through the layers of Mother Earth ... down into the beautiful centre of the Earth ... where they wind themselves around a magnificent glowing heart shaped crystal. Sense the energy of this crystal coming up ... along your roots ... into your feet ... up your legs ... into your whole body ... into your heart ... filling your cells with divine nourishment and love from Mother Earth. You can feel her energy as she nurtures you with love.

From your heart send love all the way up to Source/Creator ... Imagine receiving His love back. A beam of pure white light travels down through the dimensions...into your higher chakras ... into your crown ... into your body ... to merge with the energy from the beautiful crystal heart of Mother Earth ... and it continues to travel down your legs ... into your Earth Star ... into Mother Earth. You are now grounded to Mother Earth and aligned with the higher dimensions.

Invoke Archangel Michael for his blue cloak of protection. Surround yourself with Archangel Metatron Orange and gold cloak for complete protection. Invoke your Guardian Angel and your personal guides to accompany you on this journey...to meet the Saints and Himalayan masters.

As you continue breathing in, you find yourself standing in front of a beautiful chariot in gold and red, decorated with lovely flowers. Your guardian angel asks you to step into the vehicle. As you do so, the chariot starts moving up and up.... and up ... and soon you reach the beautiful Himalayan mountains. The chariot lands in front of the place where you can see many small temples and huts all over. The place looks very serene and peaceful. You are welcomed by two Saints and asked to come to the temple of light, the main temple.

As you reach inside the temple, other great Saints and Ascended Masters sitting there welcome you. You are asked to take your seat. As you look around you start to recognize few of the Ascended Masters in the room. The room is filled with light workers and you recognize many teachers from the DCF who are also sitting there. One of the senior Saints stands up and shares that they are all gathered here on this very special full moon coinciding with the birthday of Master Jesus in order to spread the light of Christ Consciousness among the humanity so as to raise its consciousness. Its time to receive the divine light in a much higher frequency so that you can spread it among more people around the globe.

You are asked to stand up and close your eyes. The saint holds a crystal rod in his hand and raises it above your head. As he does so, you sense, see or feel the energy around your body like a swirl. The energy slowly integrates in your body, into your chakras, and to your entire system. Relax and soak in these energies. (5 to 10 min)

You are now asked to open your eyes and sit. You are served a cup of holy water to drink, which is from Himalayan Mountain. Everyone sitting around receives their cup and drinks the water.

One of the Saint in the group asks everyone to thank the masters and all saints sitting there and asks the congregation to disperse.

As you start leaving from the temple, a beautiful divine women saint standing on the door gives you a flower with love and blessings. You can feel the flower merges with your energy as you take it.

With so much love and divine energy in your heart and a raised consciousness you step into the chariot along with your guardian angel. You are taken back to your space, and in your room, feeling rejuvenated. You can feel that you are filled with highest frequency Christ light and are ready to share with people you meet.

Slowly take your awareness to your feet and send this loving light to mother earth. And bring her loving energy back to your body. You can gently open your eyes and sit. Thank your angels and guides with love.

Lots of blessings and love

Sameeta

Mumbai

India