



Full Moon Meditation - 7th August 2017

This beautiful meditation is intended to take your wish for peace for planet earth and all her inhabitants to Source.

Sit yourself in a comfortable chair with your feet firmly on the floor and close your eyes. Send your strong and thick roots deep into the earth, grounding you securely on this planet. Sense her loving energy coming up ... through your roots, into your feet ..filling you completely with the nourishing energy.

Now visualize a beautiful golden beam of light, descending from Source, pouring down through your Stellar Gateway Chakra into your heart and integrating the energies in your heart.

Call in Archangel Michael to protect you with his deep blue cloak of protection.

Wrap yourself in a protective cloak filled with gold and silver stars. See how it twinkles and shines around you with the light of love.

Imagine that you are sitting in your favourite place in the natural world, feel the tender embrace of mother-nature surrounding you. Glorious bird song fills the air and a gentle breeze touches your face. Somewhere close by you can hear a gurgling stream, as it flows softly on its way down to the sea. You look at the expanse of the beautiful blue sky above you, feel the warm sun shining down on you as it filters through the dancing leaves of the trees. Your body relaxes and you feel nurtured and safe in this wonderful place in nature.

As you sit there you become aware your hands are upturned, somehow waiting expectantly for something.... A celestial white dove lands in your hands and calls to your soul. It is a dove of peace. It gently coos to you . . . "Tell me what gift for peace you wish for planet earth and all her inhabitants." You lean towards the dove and whisper what you desire as your gift of peace for the earth . . .

"Know that I will take your gift to the highest Source, and your gift will be turned to stars of wonder, that will shower the earth with magic."

You lift your hands up in the air . . . and the dove of peace soars heavenward towards a ray of golden light . . . and disappears into the great blue yonder. As you lower your hands again you find there . . . left by the dove . . . a golden star. You can feel it pulsating with joy in your hands. You place it next to your heart and give thanks for the wonders that have been shared this day.

Bring yourself back to your favourite place in the natural world. Listen once more to the songs of the birds and the tinkling stream. Remember your roots connecting you deep into the earth, grounding you on planet earth. Know you are wrapped in that protective cloak filled with gold and silver stars. See how it twinkles and shines with the light of love.

When you are ready . . . gently open your eyes . . . and stretch.

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