



Full Moon Meditation for Wednesday 31st January 2018

If at all possible go out into the full moonlight, and stand with your arms raised, palms upwards to draw down the moon. Feel the energy of the moon coming in to you. Take a few moments to stand and bask in her glow, and to meditate on what you experience. Once the energy surge has subsided, lower your arms.

Find a quiet place where you will be undisturbed. Light a candle if you wish. Visualise a pyramid of platinum light coming over you, with another similar pyramid inverted beneath, so that you are completely protected and safe. Grow golden roots from the bottom of your feet, deep down to the centre of the earth, where there is a pool of golden energy. This is the pure love at the heart of Lady Gaia. Allow your roots to grow into the golden pool and draw that pure loving energy up through your roots and into your feet. Feel it then rising up through your body and up into your heart. Above your head visualise a column of brilliant white light shining down onto you. Feel it coming down through your higher chakras, then down into your heart centre, where it merges with that pure loving golden earth energy. The new golden white light now spreads throughout your body, filling your body and aura. And you know you are connected, from the very centre of the earth right up to the heavens. You are one with the Universe.

You find yourself standing before an ancient stone archway. On your back you are carrying a huge stone. It is roped and chained onto your back. Roped over each of your shoulders you have baskets containing many smaller stones. You are wearing clothes made of a rough cloth. Although the load is heavy and you are bent over with the weight, you know you can carry this load. You have been carrying this load for some time and so have become familiar with it.

You go through the stone arch and find yourself on a pathway of green jade, flecked with gold. The air is warm and the sky above is blue and beautiful. Moving along this jade green pathway your load seems lighter and you find you can look up more. As you look up again an immense feeling of weariness comes over you, as you become aware of the weight of the burden that you have been carrying all this time. You have been bearing it well but it has dragged you down. You sigh deeply and long to be yourself. An angel in pure white appears beside you. It is Archangel Gabriel in his pure white robes. He has a gold cord around his waist. He takes this cord and ties one end around your wrist and holds the other end so as to guide you. Gabriel guides you to move off the jade path onto the soft, fertile soil alongside. The bottoms of your feet start to shoot out columns of coloured light that go down into the rich earth. The columns of light are all different and made up of wonderful, ethereal colours. All those little chakras under your feet are sending out differently coloured shafts of light that go deep down into the earth. Your movement is easy over this rich soil. It is like walking on air.

Archangel Gabriel now leads you onto pure white sand. Ahead there is an oasis where there is a palm tree. As you arrive at the oasis, from behind the tree appears Archangel Metatron carrying a sword. The handle of the sword is covered with amber, and the sharp edge of the sword glints in the sunlight. With an easy movement of the sword Metatron cuts the ropes that are holding the basket of stones onto one shoulder. As this happens they burst into a puff of golden dust and Metatron blows the cloud of dust away. Then he cuts the ropes attaching the basket of stones to

the other shoulder. Again puff, they become a cloud of golden dust and the angel blows it away. Next Metatron comes to the chains and ropes holding the huge stone on your back. He cuts away the ropes and four chains. As he does so they too become clouds of golden dust and he blows them away. Gabriel asks you to take off your rough cloth garment and gives you an emerald green robe to wear. Metatron puts a gold chain around your neck with an amethyst on it. He invites you to drink some water from the oasis, and the water tastes wonderfully cool, pure and sweet. You bathe your feet in the oasis and feel the cool waters soothing and refreshing you. Then you sit down by the palm tree with the two angels, and they enfold you in a cocoon of healing energy which is all the colours of the rainbow. You feel this wonderful energy all around you. Take your time to absorb this healing energy.

Thank Archangels Gabriel and Metatron and make your way back to where you started. You know the angels will always help you so you can carry your burdens lightly. Just ask.

Remember your golden roots are growing deep into the earth, safely anchoring you, and the pyramid of platinum light is surrounding and protecting you. Gently wiggle your fingers and toes and when you are ready open your eyes.

Contributed by Kathy Robinson of Formby, UK