



The
diana cooper
FOUNDATION

empowering people to spread the light of angels, ascension and the sacred mysteries of the universe

Full Moon Meditation for Tuesday 2nd June 2015
Bringing in Archangel Energy

Make yourself comfortable. Loosen any clothing that you need to. Make sure the lighting is turned low. Settle down gently into the knowledge that for the next little while you will be guided through a full moon meditation.

Close your eyes and relax your breathing. Slowly inhale, and as you inhale, you are breathing in peace. And as you breathe out, breathe out any physical tensions you may be feeling in your body. And on the next breath slowly ... breathe in grace. Then as you exhale, breathe out any mental tensions that you may be holding onto. Let them go lightly. Inhale for a third time, slowly ... and deeply ... breathing in love. And on your gentle exhale, breathe out any emotional tensions that may seem to be lingering.

Continue breathing in and out ... slowly and gently ... as you imagine yourself relaxing your whole body. Give your body permission to just let go ... and relax. Imagine your roots connecting you to Mother Earth. Imagine those golden roots journeying down into the depths of the earth, see them connecting to that great crystal in the very centre of the earth. Now feel the golden energy of Mother Earth being drawn up through your roots, up into your feet ... moving up your legs and your body, up into your heart, and filling you with a deep sense of peace, grace and love. Connect now with the universe above your head. And bring in that column of shimmering white energy down through your higher chakras to the crown of your head ... and then down into your heart centre. Here these two energies meet and merge together. Feel the strength of this beautiful energy spreading out and filling all your body ... and out into your aura.

Call on Archangel Michael to surround you with his deep blue cloak of protection. Zip it up from beneath your earth star chakra up to your chin, and pull the hood right over your stellar gateway, then covering your third eye, so you are totally protected and safe.

Gently, intentionally, push your aura out a little bigger than it was. Feel for your specific auric vibration. Just feel for a pulse. A beat... gentle... subtle ... yet consistent ... live in that vibration just for a while.

Now imagine yourself lying comfortably in a wonderful field of wild flowers. You are on your back, gazing up at the clear blue sky above you, with the warm sun shining down on you. Sense the rays of the golden sun warming your body. You gently run your hands over the flowers, feeling the textures. As you do this the subtle scent from the flowers reaches you. You ask its permission before you pick a deep blue flower. Hold it to your face and inhale this gorgeous smell. It reminds you of something ... you feel the fire and strength of Archangel Michael with you.

You arise from amongst the flowers and begin walking along a gently meandering path towards the forest, where the trees are in their full summer dress of soft green leaves. The light breeze stirs the leaves setting them dancing joyfully in the air. You notice all the different hues of green, from the trees ... to the grass ... to the flowers. You choose a tree, any tree that calls you. You move up to this tree and touch the trunk. You can feel the roughness of the bark beneath your hands ... and sense the nourishing sap flowing up through the trunk and through its branches. Turn around slowly and rest your back against the tree. Slide down until you are sitting comfortably against the trunk ... and looking up through the canopy of leaves above know the tree is willingly supporting you. Run your hands over the soft green grass on the ground beside you ... Feel the gentle, healing green energy of Archangel Raphael enveloping you.

Now move further into this forest, enjoying the moments as they present themselves to you ... experience each moment and savour it ... the earthy scents of the forest ... the soft mossy ground ... the pleasant coolness of the shade. The sun glints through the trees in places, leaving magical moments of prisms of dancing light, all colours of the rainbow ... silvers ... and golds. Hold your hands up as if to stop the sun's rays, and let the light dance on your palms. Try to catch the golden light, just for a second feel the golden Christ like consciousness of Archangel Uriel in this moment.

You can hear a trickling stream in the distance. Walk towards this sound ... to find a stream of pure clear water. And watch how it is flowing along its pathway ... moving easily round the stones and other obstacles along its route, totally content to go with the flow. The water changes colour in the light, now blue, now white, now silver ... Sit by this stream for a while. Listen to the gentle burbling of the water as it flows. Listen for a message. Look into the water ... where you can see a wavy reflection of yourself. Reach into the water ... and let it run over your hand ... sense the guiding energy of Archangel Gabriel holding your soul.

You now bid the water goodbye. And as you start to make your way back you know you can always return to these places whenever you wish to. Walk back through the gentle shade of the forest, feeling renewed and revitalised. As you walk around the tree that you sat against earlier, run your hand over its bark once more, reviving that energy ... letting it flow through you again. Follow the path up through your field of flowers, reach down and, after asking their permission, you pick a few flowers in different colours, to remind you of all the strength and protection you have at hand.

You thank the archangels for being with you at this time. Now feel once again the pulsing of your aura, sense how much bigger your energy is now. And gently pull your aura in towards you, just to a level that is comfortable for you. And return once more to softly breathing in ... and out ... inhaling peace ... exhaling peace ... inhaling grace ... exhaling grace ... inhaling love ... exhaling love ...

Taking your time ... remember those golden roots anchoring you firmly to Mother Earth, and Archangel Michael's blue cloak around you ... and ... whenever you are ready, open your eyes.

Created by Nikki Drennan, South Africa