



The
diana cooper
FOUNDATION

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

Full Moon Meditation – 31st March 2018
A Journey with your Unicorn to meet the Animals

Lightly close your eyes and take a few moments to settle down into your chair so that you are comfortable. Keeping your normal breathing rhythm allow yourself to follow the flow of your breath in ... and out ... Feeling your shoulders relax ... and any thoughts of the day being put aside for the moment ... allow your mind to become peaceful and still ...

On your next in-breath imagine your breath flowing all the way down through your body ... right down to your feet ... As this breath now flows out through your feet golden roots appear ... and grow all the way down to the very centre of the earth, to the heart of Lady Gaia, who is holding a beautiful crystal ... Your roots connect around this crystal and you know that Lady Gaia is holding you securely and grounding you in the pure love of Mother Earth ...

You now breathe in and bring the unconditional love of Mother Earth up through your roots all the way back up ... up through your earth star chakra and into your feet.... The love from Mother Earth now flows up through your body all the way up to the top of your head, to your crown chakra ... then it continues up through your higher chakras, and up and up and up ... sending a signal to Source that you are ready to connect ... And you feel, sense, or see this connection being made...

On your next in-breath bring down golden white light from Source ... all the way down, down through your higher chakras to your crown ... moving on down ... right down through your body ... into your roots and on down to the centre of the Earth ... Feel, see or sense the whole of your body, every cell and every part of your being filling with this beautiful golden white light from Source ...

On your next out-breath imagine this golden white light filling the whole of your aura ... Now sense a silver white shimmering light surrounding the outside of your aura, holding you in a light of protection and wisdom ... Know that you are totally protected and only the highest, purest energies of the 7th dimension and above can enter your sacred space ... All is safe and all is well.

In your inner world find yourself walking along a beautiful woodland path. Clusters of wild flowers are spreading happily in the grass. The trees are tall and clothed in gentle green leaves. Everything is softly lit, as dancing sunlight filters through the trees, onto the soft mossy banks of a shallow, clear stream running nearby. You can hear the water tinkling gently. Smell the earthy woodland fragrance,... hear the birds singing..... You notice a toadstool ring on one side, and dew shining like diamonds in the grass.

The path opens out into a clearing. The sky above is blue and beautiful. One soft white cloud drifts lazily across your vision. The clearing is welcoming, filled with sunlight. In the centre is a big, low smooth comfortable stone. You sit on it. There is a feeling of stillness and peace. Here it is timeless In a few moments a shaft of sunlight reveals your magnificent pure white unicorn emerging from the trees, approaching you. It radiates beauty, compassion and light. It is looking lovingly at you as it lies down beside you and you are filled with a sense of peace and joy. You greet your unicorn. Stroke and pat him gently if you wish. Spend a few moments connecting with your unicorn ...

Now other animals are entering the glade ... with peace and love in their hearts. You may be surprised at the animals you see. They have come from far and wide to be here. Wild animals, domestic animals, farm animals, even night time animals have joined you. You feel totally safe. They form a semi-circle in front of you. Some of them have wanted to talk to you for a long time, but now that the unicorn is with you they can make the connection. Greet them and listen to what they have to say. Open your heart and send love to them... Wait for a response and as they send love back to you....As you receive it your heart overflows. Take time to converse with them telepathically Tell hem what you always wanted to talk to them about and listen to what they are saying. Absorb and integrate this beautiful communication.

Once you are done thank all the animals for visiting you as they melt back amongst the trees and into the forest shade. Your unicorn touches you with its horn and then it too leaves the glade.

Hold the warmth and love in your heart as you return down the beautiful sunlit path, back to the place where you started.

Remember your golden roots anchoring you safely into Mother Earth, and the golden white light filling your aura and forming a barrier of protection around you. And when you are ready . . . open your eyes.

Created by Kathy Robinson, Merseyside, UK