



## **Full Moon Meditation – 25<sup>th</sup> September 2018**

### ***A Beautiful Journey to the Heal the Inner Child with Archangel Mary and Archangel Raphael***

Close your eyes and take few deep breaths as we start a journey to heal our inner child. We invite Archangel Mary who works with children and heals our inner child. She offers protection, harmony and grace. We also invite Archangel Raphael to heal our past.

Now focus your awareness on your breath... take deep, lung filling breaths and allow them to go deeper. Each time you breathe just go a little bit more deeper... as the air passes through your nostrils..... into your lungs...into your diaphragm. Breathe out and release the wounds of past into the light and breathe in and integrate the divine qualities of your higher self and divine inner child.

Become aware of your thick golden roots which are anchoring your energy to mother earth. Be aware of a beam of white light falling gently on you from above, shielding you completely and connecting you with the Monad and to Source. Take a deep breath in and fill yourself with the vibrations of vitality. Breathe out and let go of any tension ...fully entering into the power of now... (pause)

Imagine yourself entering into a bubble of golden light of Christ Krishna consciousness. Breathe deeply and allow this golden light to envelop

you. Now enter into a sphere of Archangel Raphael's emerald green healing light. Archangel Mary is now placing her aquamarine blue cloak of protection around you. You are now feeling totally protected and safe.

With each breath your body is relaxing further and your mind is becoming calmer and quieter. In this moment of bliss you sense the presence of your guardian angel with you. He is assuring you that you are never alone in your journey. Holding your hand he is guiding you towards a sandy beach in the full moon light. Your guardian angel now tells you that it is safe to open up your heart and release all painful memories of the past. He asks you to set yourself free from carrying the burden of these thoughts and the emotional charge attached to them.

You feel the damp sand underneath your feet and witness a pair of dolphins playing in the deep blue water of the sea. The gentle breeze is brushing your face tenderly and you are listening to the sound of waves. You're now focusing your awareness on the full moon in the clear night sky...

As you do so you realise that beautiful Archangel Mary is now descending from the moon. Archangel Mary is the spiritual being representing the Divine Mother. She nurtures and guides our souls to develop our inner Christ Light so that we can ascend and shine brightly. Archangel Mary now invites you to join her to visit the Temple of Healing. You step forward and move towards the Temple. You can feel your body becoming lighter and lighter as you continue to move closer towards the temple.

As you reach the temple Archangel Raphael is greeting you at the entry foyer and guiding you towards a healing chamber. You move into the chamber and find yourself standing in front of a huge mirror. Archangel Mary asks you to close your eyes and breathe deeply.

With every breath you take imagine that you're going within... deeper and deeper inside... travelling inward to connect with your inner sacred space.... a place of eternal calm, peace and light within. As you journey into your heart you may pass through layers of past unwanted memories. Acknowledge whatever you encounter on this journey within

and in simply acknowledging and being aware, you are able to let it go....

Archangel Mary is now asking you to look into the mirror and as you do so you see yourself as a little child. She has been waiting for you for very long... waiting for you to come and take care of her ... this little child is waiting eagerly for your love. Archangel Mary is gently asks you to step into the mirror now. As you move forward Archangel Mary and Archangel Raphael are also stepping into the mirror along with you.

As you stand in front of your inner child tune into your her now... breathe and just be aware of what you find therein... be aware of what your inner child wishes you to know...And as you connect with her you become aware of any unwanted feelings and the emotional charge attached to past memories...

Archangel Mary is now sending strands of light from her heart chakra and pouring them into the heart of your inner child... Along with your inner child you also breathe in this divine light. From the core of your being notice if any unwanted emotions tied to any past experience are now pushed out from within, are elevated to the surface and brought into the light of awareness...

As your spirit receives the cleansing light, your physical, mental and emotional bodies are flushing out the old outdated feelings, beliefs and cellular memories that no longer serve you for your highest good...

Archangel Raphael is now stepping forward and is pouring emerald green healing light into the heart of your inner child and your being... filling each and every cell of your body with this light. Allow this light to flow in and enter into your being now... this healing light is customised to bring whatever nurturing, enchantment, and magic that is needed to refresh, to revitalise and to reawaken the divine light of your inner child ..... bringing blessings of healing , well being and rejuvenation to the soul of your inner child... knowing that you are provided for by the universe and that all is well...

Your divine inner child integrates with your being now. As this happens you are filled with the awareness of being infinitely loved, the

knowingness of well being and the feeling of radiant joy... allowing this to happen as your innerchild merges within you...

Now take a deep breath...breathing in the light of the divine..... of love.....of joy... of enlightenment .Tune into your entire physical body and notice that this glowing light is all around you..... cleansing your field of all that is not yours .....all that is not love... It is uplifting you into a higher vibration . You are feeling complete and whole from within...

Archangel Mary now holds your hand and guides you to come out from the mirror. You are now blessed by Archangel Mary and Archangel Raphael. Expressing gratitude to them you move towards the entrance of the Temple of Healing. Here you see your guardian angels waiting for you. Full of new revitalising energy you are ready come back into the room that you are sitting in.

Take a deep breath and become aware of your golden roots holding you firmly on the ground. Be aware of the Divine light which is connecting you to Source. Bring your awareness back into your body and into the room. Wriggle your toes and fingers and gently open your eyes .

Sit for a while to integrate your healing energy completely.

Contributed by Asha Doshi , India