



FULL MOON MEDITATION for 22nd April 2016 TO CONNECT WITH THE ONENESS

Sit in a comfortable position in a chair with your feet flat on the ground or if you wish you may choose to sit directly on the floor. Whatever you decide, make sure you are in touch with the terra firma beneath you. Gently close your eyes. Take three deep breaths. Breathe in through the nose and breathe out through the mouth. Breathe in Love ... Breathe out Disapproval. Breathe in Peace ... Breathe out Anxiety. Breathe in Joy ... Breathe out Gloom. Continue breathing normally. And with each out breath, feel all unease and tension being released from your body.

As your mind and body begin to relax with every breath, visualize or imagine thick golden roots emerging from the soles of your feet and penetrating into the ground beneath you. Allow your roots to go deeper and deeper, through its many layers, right down to the core centre of Mother Earth. Absorb the grounding energies of Mother Earth and draw them up through your roots, up through your earth star, right up to the soles of your feet and into your physical body. Feeling grounded in the abundant love of Mother Earth you now reach up to the heavens above, with your arms outstretched towards the skies. Reaching up you draw the Divine White Light of the Creator down between the palms of your hands, bringing it down through your higher chakras to your crown, and into your physical body. Allow these two energies to blend in, and permeate every cell, every molecule and every electron of your body. Invoke Archangel Michael's royal blue cloak for your protection and call on the Gold Ray of Christ to be anchored into your auric field.

You notice a light fluffy cloud with a silver lining descending towards you. When it reaches close to you, your Guardian Angel appears and gently leads you to sit on this cloud. As you sit on the cloud, along with your Guardian Angel, a cluster of white doves lifts the cloud and begins to fly up, higher and higher towards the skies.

Floating through the magnificent changing colours of the sky, the many clouds, the ethers, up, up and away, you circle the entire planet earth. As you marvel at the various sights around the world, you witness the five elements of the universe. First the Earth below, you notice its beautiful flora and fauna, also its human inhabitants ... and all the other elements surrounding it. You

note the second element, the Oceans and the Water bodies, with their expanse of marine and aquatic life, as well as the amphibian species. You also witness the Air element, taking in the beauty of the birds flying on their wings, feeling the freshness of the gentle breeze in your hair and yet also aware of the strong winds that are around you. Moving up still higher, you begin to feel the warmth of the sun ... that can also be fierce and hot ... in the fourth element of Fire. You are still floating on your cloud around the planet earth and soon you arrive at the other side to feel the gentleness of the Moon. Basking in its soft glow, you remember it's just the sun's light reflecting off the moon's surface. And you feel in awe at how one element can have such contrasting effects at different times and in different places.

Each of the elements has a fragrance of its own. Breathe in the subtle traces of aroma of the soils of the earth, the invigorating smells of the waters of the rain, the heady whiffs of the winds, the sultry scents of the sun, the cooling wafts of the moon and stars, and the expansive perfume of the wide, extensive element of Space. You observe with wonder filled eyes, the vastness of it all. The sky, the space beyond ... filled with stars, suns, moons, planets, meteors, light beings, unicorns, fairies, angels, archangels, gods, goddesses, ascended masters, spirit guides ... and so many more celestial elements. It is beautiful. It is perfect. It is where you belong.

Being there amongst it all gives you a sense of belonging, an awareness that we are all ONE. As this awareness sinks in deeper, you begin to drop all perceptions of separation ... When there is no separation, there is no attachment ... You are part of the universe, you belong to the universe, and the universe belongs to you.

Sitting there on your celestial cloud, you breathe in the universal energy. And now with every breath you go within yourself. You shift your consciousness from your head and slowly move towards your heart. You enter your heart. This space transforms you. You fall into a blissful state of being. Explore a little deeper into your heart space ... and at the centre you will find a threefold flame of pink, yellow and blue light, in the deepest corner of your heart. This is the flame of LOVE, STRENGTH and WISDOM. Allow these energies to expand in your heart and spread throughout your physical body ... and further spill into your auric space. Slowly but surely you see yourself becoming ONE with everything and everyone in this universe. The "I" disintegrates into nothingness, dissolves into infinity.

You are LOVE ... (pause) You are STRENGTH ... (pause)
You are WISDOM ... (pause)

YES !!! WE ARE LOVE, WE ARE STRENGTH, WE ARE WISDOM !
WE ! ... (pause) ARE !! ... (pause) ONE !!! ... (pause)

Enjoy this beautiful feeling of ONENESS, this feeling of being at one with the Creator ... becoming one with all of Creation. (pause for a few seconds)

You now reverently bow down before the Creator, God, Source ... and know you will henceforth operate with love, strength and wisdom from your heart ... and co-create a universe of oneness. Source blesses you with showers of golden light. Your being glows with mercy and grace. The purpose of your visit has been accomplished.

It's time to journey back to the surface of the earth. The angelic white doves glide your cloud downwards, back to where you started on this planet earth. The celestial beings are all congratulating you on your newfound sense of belonging and oneness. Your cloud touches base in the room, the white doves blow a kiss in your direction and with a happy song fly away, Your Guardian Angel assists you to step down from the silver lined cloud, gently leading you back to your seat. The cloud disperses into thin air.

Enjoy a moment or two of your new blissful, glowing, peaceful persona ... (pause) ... Now give intent for all your bodies to integrate with your physical body. Feel your feet firmly on the ground. Slowly and gently, as and when you feel comfortable, you open your eyes with joy in your heart and a beautiful smile on your lips.

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