



## **Full Moon Meditation for Monday 20<sup>th</sup> June 2016**

### **A time to celebrate!!**

Brothers and sister in Light, take some time to centre yourself. Feel the ground beneath your feet. Feel the firmness. Visualise beautiful golden roots sinking down into the earth, down and down through all the layers, deep into the heart of Mother Earth. Let her warm embrace gently hold your roots and anchor you in her energy. Draw this golden energy up through your roots and up, all the way up through your earth star chakra. Up through your feet, ankles, knees, thighs, hips, pelvis, stomach, solar plexus, lungs and into your heart centre. Feel the energy swirl round in your heart and see it glow with golden light.

Now visualise a beautiful golden beam of light, descending from Source, pouring down through your Stellar Gateway all the way down to your crown, through your third eye and throat and then into your heart. There the two streams of light playfully swirl round and round together. They are balancing and centring you. When you have felt them gently settle, pull their energy down to below your earth star chakra and then allow it to swirl around your aura, in a clockwise direction, all the way round and up. It is enfolding you in a beautiful, golden cocoon of divine light. See it gently close over your stellar gateway. Breathe in the energy. Feel it helping you relax. You are at peace. You are loved. You are protected.

You sense Archangel Michael stepping forward. He gently places his deep, blue cloak of protection over you. You feel the subtle energy of it on your shoulders. You sense the texture. It's like nothing on this earth. He bends down and tucks the cloak under your bare feet. You feel it below you. He then zips up the cloak all the way up to your chin. Smiling, he looks lovingly into your eyes and pulls the hood up and over your head, covering your third eye.

To your right you sense another being. It is your unicorn, shimmering in the pale moon light. He or she looks dazzling in the moon light as their mane gently moves in the evening breeze. The spiral of energy from your unicorn's third eye is mesmerising. It glistens in the moon light, ever changing and playful. Your unicorn moves closer to you and greets you. It may have been a long time since you connected. Take a moment to have a heart-felt greeting. Let your unicorn touch you with its horn and clear you of any doubt you may have.

Your unicorn bows its head and Archangel Michael helps you to climb onto your unicorn with ease. Archangel Michael climbs on your unicorn behind you, gently holding you in his wings. And off you go! Your unicorn flies higher and higher. Up and up into the night sky. You see the world disappear below you and you feel so safe, so calm, so excited to see what's coming. Eventually you can see there is a platform appearing in the distance. On it stands a beautiful temple. It's surrounded by lush, green forests and it has a certain familiarity. Your unicorn lands safely and gently in the grounds. Archangel Michael helps you to climb down from your unicorn and you thank him for his assistance. Your guardian angel is standing nearby to greet you. Your guardian angel gives you a warm familiar embrace. There are smiles all round. Your angel takes your hand and leads you

down a path towards the temple. There is a magical energy to this place. You can sense playful creatures watching you from just behind the bushes. You laugh and smile. You haven't felt this carefree in a long time. Eventually the pathway comes to a beautiful white marble staircase. Flaming torches have been lit either side of the stairs, and as you start to climb the stairs angels appear above you blowing trumpets and singing in welcome. It's a sight and sound so beautiful it brings tears to your eyes.

Eventually you reach the top of the stairs and there to greet you are Archangel Metatron and Lord Commander Ashtar. They greet you warmly. Beaming from ear to ear they step aside and, behind them, inside the courtyard of the temple, you can see the most beautiful banquet is laid out. Archangel Metatron gently touches your back and whispers into your ear - "This is for you, light worker of the Earth. This is a moment for you to celebrate all you have done. All you have accomplished and all you have let go of." Tears fill your eyes and you start to move forward. There, along your walk towards the main table, engraved on the massive marble pillars are memories, memories of times gone by. Memories of times that no longer serve you, but have helped move you to be where you are now - People, Places, Events. It is a beautiful and emotional walk down memory lane showing you how far you have come. Well done!!

Take your time to feel the memories that are highlighted to you and know they no longer serve you. When you are done, you find you are in your place at the main table. The other places around the table are now filled with all the Beings of Light that have walked with you along this journey. They are Beings of Light that have travelled in this world with you, both physical and spiritual. Beings from other planes, universes and galaxies that have all watched and helped you grow. Allow the time as they each stand up and say something to all those assembled here, or beam an impression to you. When everyone has spoken you all sit down and feast together and celebrate. You laugh and enjoy your time with your spiritual friends and family. Eventually the celebrations come to an end. It is time to leave. You may want to take this time to say something to those in attendance.

After your final farewells, someone steps forward from the crowd. Someone you know. They hand you a gift and have a parting message for you, something inspiring for the road ahead. You graciously accept this gift and acknowledge the message. Then you start to make your way back out of the temple. At the main entrance you are greeted once more by your unicorn and guardian angel. Your guardian angel helps you onto your unicorn and hands you a basket of golden dust. You are invited to scatter the golden dust where ever you feel it is needed. Your guardian angel then joins you on the unicorn, enfolding you in their wings. Your unicorn lifts off and you are on your journey back home. As you move through the night sky you gently scatter the golden dust in places as you pass on your way. When you are done you lightly touch down on the earth once more, returning to where you started. You easily dismount, then take a moment to thank your unicorn and say good bye. Remember Archangel Michael's deep blue cloak of protection is still around you. With that you take a deep breath and slowly start to become aware of your surroundings once more. You wiggle your toes. Stretch your fingers and when you're ready, open your eyes.

Go in peace, brother and sister light workers of this world. Remember to take time to honour your journey and see how far you have come. It is not always easy, but always well worth it! Namaste and be blessed!

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