



Full Moon Meditation – 2nd March 2018

In this beautiful visualisation by Poonam Makar, India, Paul the Venetian and Archangel Chamuel bestow on us the precious gift of becoming ambassadors of divine love and universal oneness, to help return the planet back to its original blueprint.

Create your sacred space. Having opened up to divine energies, sit comfortably and close your eyes. Breathe deeply, allowing yourself to relax completely. As you do so focus on inhaling love ... and then breathing out love into body and aura ... until your body and aura are completely filled with love ...

As you breathe in again, centre yourself in the beautiful secret chamber of your heart - a chamber that is your true divine nature of unconditional love, wisdom and power.

Bring your awareness down to the soles of your feet and visualise thick, golden roots growing from them, down through all the layers of earth's crust and into the heart of Gaia. There they reach an enormous heart shaped rose quartz crystal, which is pulsating and radiating cosmic love. Allow your roots to wrap tightly around this crystal, anchoring you to Mother Earth's energies of pure love. Gently bring this energy up through all the layers of the earth ... up through your earth star ... into your feet... upwards through your lower chakras ... into your pure white heart centre, allowing it to expand with this beautiful energy.

From your heart centre send love all the way up to Source ... and, as you do so ... a beam of pure white light descends down through the dimensions and you receive pure love from Source coming back. It moves down through your higher chakras ... into your crown ... till it reaches your heart chakra, where it merges with the energy from the beautiful crystal heart of Mother Earth. Both the energies become one and fill you completely. You are now grounded in Mother Earth and aligned with the higher dimensions.

Invoke Archangel Michael to wrap his deep blue cloak of protection around you.

Visualise Archangel Metatron's orange and gold 9th dimensional ascension bubble of protection around you. Know that you are completely protected and safe.

Ask your Guardian angel to help you on this journey, and open your heart to allow this to happen at the highest possible level.

With your guardian angel by your side you step through the dimensions of your sacred place ... and go beyond time and space where you find yourself in a fresh green meadow, illuminated by the shimmering light of the full moon. You and your guardian angel are walking through the meadow on a pathway of rose quartz crystal. The path glitters and sparkles as the rays of moonlight fall on it. Around you beautiful pink flowers glow in the soft light. Take a moment to

breathe in the moon's light and feel yourself being filled with the light and love of the divine feminine energy.

As you continue on your pathway you look up into the distance where a light is approaching. As it comes nearer you can see it is a great white dove. His white feathers shimmering in the glowing moonlight he gently lands beside you. The dove lovingly invites you to sit on his back and tells you that he is taking you to the etheric Temple of Love, which is over St. Louis, Missouri, in America and maintained by Archangels Chamuel and Charity.

You climb easily onto the dove's back with your guardian angel sitting behind you. The dove is soon flying higher and higher until in the distance you can see a beautiful pink temple, topped with a circular dome, standing in its wondrous glory. A silvery pink mist of energy surrounds the temple, which is bathed in the moonlight. The dove lands softly at the entrance of the temple.

You slip easily from the bird's back. You are warmly greeted by a temple guardian and escorted to the great steps at the entrance. You enter the pink temple through a huge doorway and find yourself walking along on a velvety pink carpet. You enter a circular room where there are pink pilasters and columns made from rose quartz and embellished with many coloured gems creating sacred shapes. Beautiful pink roses and candles adorn the room. Heavenly celestial music is playing, soothing your heart. You feel your crystal heart expanding ...it feels so full of love as never before.

At the centre of the room is an altar by which Paul the Venetian is seated. Beside him are Archangels Chamuel and Charity. They all greet you and bow their heads in honour of your loving presence. Paul the Venetian steps forwards and asks if you are willing to become an ambassador of divine love and universal oneness, helping to lead the planet back to its original blueprint. Say yes ... if you so desire.

Paul the Venetian now stands in front of you and touches your heart with his rose quartz laser wand, to transmute the old and initiate the fifth dimensional sacred heart. Something shifts in your heart and it lights up even more, like a beacon radiating pure love.... He opens the 33 petals of your heart. The petals are chambers representing unconditional love in its many qualities, such as ... gentleness, compassion, kindness, empathy, forgiveness, bliss and joy. As he does so your pure radiant white rose heart is surrounded by a golden glow, with its 33 petals fully open and shining in their own magnificence and glory. At this sacred moment your consciousness expands and becomes one with the universe and all that is. Bathe in this powerful and beautiful experience....

Now ... together ... Paul the Venetian and Archangels Chamuel and Charity are taking golden threads of light which are connecting your new radiating heart to the cosmic heart.

Take a few moments to allow this to happen

Paul the Venetian now fills your heart with sacred codes that are opening you to stand in your light as an awakened master, spreading universal love and oneness to one and all.

Take your time to receive and integrate this magnificent gift given to you with grace and love

When you have received all that you need Archangel Chamuel steps in and places his hand over your heart. He holds and seals the newly formed energy within it. Paul the Venetian declares you are now ready to take this treasure with you, to touch and transform all life and help the planet to return to its original divine blueprint and beyond.

With deep gratitude in your heart you thank Paul the Venetian, Archangels Chamuel and Charity for the grace they have bestowed on you.

It is time now for you to return. The temple guardian guides you once more to the great doorway at the entrance of the temple. You walk down the steps to where the white dove is waiting for you with your guardian angel. The dove now flies you back to the beautiful moonlit meadow. You thank him and your guardian angel for the wonderful journey. Now gradually bring your consciousness back into the place where you started.

Remember your golden roots are connecting you with Gaia, allowing her to ground you securely. Pull your expanded aura back around you to a comfortable size and invoke Archangel Michael to keep you protected with his blue cloak.

Gently open your eyes, with an awareness of your shimmering diamond heart being wide open with the new formed energy within it, knowing that you are now an ambassador, helping to spread the Creator's unconditional love and oneness on the planet.

Stay in this energy for while in gratitude for the grace that you received today

Namaste

Created by Poonam Makar, India