



The  
diana cooper  
FOUNDATION

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

## The Aquarius-Full moon-Meditation on 31<sup>st</sup> July 2015

### Lord Kuthumi and the Ascension Cube of Light

Lord Kuthumi, other forces of spiritual guidance and the unicorns form an ascension cube.

Sit very comfortably, giving your lungs the maximum amount of space to expand, allowing your breath to flow freely. Your backbone, your spine, is held upright in its S shaped form, to give us flexibility and manoeuvrability as humans. The vertebrae of your spine sit gently and easily one above the other. Allow your jaw to relax, your lips to soften ..... and feel all the bones of your neck relaxing as you lower your shoulders down.

Lightly close your eyes and take a few moments to quietly focus on your breathing, allowing your mind and body to become still and peaceful. As you take a deep breath in think about the words "Thank you" ... and then let the air flow out of your lungs, thinking "I love you". Inhale - "Thank you" and exhale - "I love you" - a few times ... as the air gently flows in and out of your body.

Now take your awareness to your feet ..... and sense the peace and stillness flowing down through your feet, into your golden roots.....down through your earth star chakra..... all the way to the centre of the earth. Lady Gaia opens her arms to receive your roots and gently places them one - two - three times, around the great crystal at the heart of the planet. You are grounded and held in the divine love and wisdom of Mother Earth.....

Now see the beautiful energy of Mother Earth flowing up through your roots, up through your earth star chakra and into your feet ..... and as it moves up your through your body it fills every cell with pure love... Pause a few moments ..... as the energy anchors within you ... filling your heart centre.....Then gently send this energy up through your crown, causal, soul star and stellar gateway portals ... right up to God; to Source, or whatever name you use for this Divine Consciousness ..... As you breathe in allow the pure golden white light of God to flow back down through all the different dimensions, down through your higher chakras and down into your heart centre ..... from where it spreads into all the different cells in your body..... merging with the beautiful light of the Planet. Every cell is filled with pure, golden white light.

You are now in Divine alignment - both above and below. Take a moment to be still and integrate the energy into every chakra - opening them up to their full 5<sup>th</sup> dimensional consciousness.

Call on Archangel Michael to place his deep blue cloak around you. Take your awareness to the pillar of the golden white light of Jesus, the Christos Sananda around you. Sense golden white light all around you, holding you in a light of protection and wisdom. The love which surrounds you now is so pure and powerful, its light so bright, that only Divine Wisdom can enter your consciousness. Call on your guardian angel to be with you.

.....~.....

You become aware of a great beam of light ... a shining pure white light which is moving towards you. As it comes closer the white light becomes brighter and more blazing and is lighting up the entire sky. As it moves nearer you can see it is a great shimmering cube shape of pure white divine light. It is the pure light of ascension.

Around this shimmering cube shape you recognise the forms of Lord Kuthumi, with Kwan Yin alongside him. Lord Maitreya is also here. You can sense there is a fourth energy form with you. Allow your own higher guidance to decide who this energy is. Ask your higher self to know which helpful energy forms this fourth power. Maybe it is Lord Wywyvsil, or perhaps some other spiritual guide you often connect with. You will know intuitively who is with you. Lord Kuthumi invites you to enter into this cube shape of pure ascension light. Know that you can transform the cube shape at anytime you wish ... into a cloud ... or a bowl ... so you feel comfortable.

You move into it ... and instantly you are cloaked in a brilliant, pure white light. Your heart feels as if it is absolutely bursting with unconditional love. Your guardian Angel is very close to you and puts her wings around you to hold you. You sense there are many unicorns with you leading the way, as they know where to take you.

Your journey begins. Is this great cube moving? You are not sure .... But you feel the energy is somehow moving higher and higher ... Little sparkles of light spread out from your heart. And soon ... the light is rising up and up. You listen ... as you hear a very gentle yet powerful voice, with a wonderfully deep and timeless quality. The voice now speaks to you with the following words:

*"Dear teacher and lightworker*

*Thank you for coming today at this very important time of this year.*

*I am reminding you that you always have choices! Always treat yourself gently, so you become free! Feel safe and trust in your awareness of your higher consciousness! Know you can achieve whatever you want to achieve!*

*It's now time to let go and transform. It's time to change your old views, your old outdated opinions and all of your old certainties that are blocking the development of your consciousness. It's time to let go now!! Remember you can ask for any help you need, the help of your Higher Consciousness on your divine pathway. Feel the freedom, feel the liberty inside you ... as you release all those unnecessary burdens you are carrying. Be gentle with yourself however. Treat yourself as you would wish others to treat you. Use all your spiritual knowledge for the development of your mind ... to spread your spiritual abilities .....*

*You are all teachers of the New Age. You are already constructing the Golden Bridge into the New Golden Age. We thank you for it from the deepest point of the Cosmic Heart! The energy of this Aquarius-full moon in July 2015 will help you, and support you in all your thoughts and all your endeavours, which take you along this golden way. Be patient as you raise the divine light. Use all kinds of positive thinking on yourself. And thus you will be helping others in their turn too, to do the same. Be careful of 'what you think' and 'what you do', remembering you get more of whatever you focus on. In this way you will fill up the energy of the great cloud of pure light and ascension that is above. And this connects you with the whole heart energy in both personal and universal terms.*

*Every being on this planet is able to bring those sparkles of pure divine light down to earth. Things are manifested in this way. Let's build up the shining pillars that hold up the New Golden Age way of*

*being. Together let us create a world that is sparkling and shining and jumping for joy! This is our path, this is our divine purpose. And this is the way! Go for it!"*

The timeless voice stops and the atmosphere becomes quiet and calm.

You see in your inner eye the great cube shaped light of the ascension that is around you, and which is carrying you on your personal path of ascension. The shining light inside the cube is now fading.

Lord Kuthumi appears at your right side and asks that you do this healing work on yourself to help Mother Earth, as it will allow you to carry more light.

Lord Kuthumi now opens the back of the cube and as he guides you out he thanks you for coming. He may have a gift or a pearl of wisdom for you ... You thank Lord Kuthumi, Kwan Yin, Lord Maitreya, your guide, and all the other beings of light who have been with you on your journey.

And now you return to where you started. Feel yourself sitting comfortably...-..... your feet on the ground...-...Remember your roots are very strong and deeply connected into Mother Earth...-...Sense your whole body being filled with pure divine golden white light. Know you can trust your relationship with creation...-...with God's creation.

Take a deep breath in ...-... and release that deep breath into your aura..... Inhale again and sense the words "Thank you" and as you breathe out think "I Love You"..... Do this as often as you need and make it part of your daily meditation.

Bring your awareness back into the room. Move your fingers, hands, arms ... move your feet and legs .... and finally move your whole body.

Be in the here and now and enjoy the present!!

Aquarius - Full Moon 2015-Meditation Created by Isabel Frey; Landau in der Pfalz, Germany