

Full Moon Meditation for 10th February 2017



Healing with Archangel Michael

Gently relax and sit straight with feet firmly on the ground.

Take a few deep breaths into your abdomen and breathe out releasing all your tension and concerns. As you breathe in let the relaxation grow deeper and deeper into your body.

Slowly bring your awareness to your feet. Visualise thick deep roots growing down from your feet into the mother earth through the various layers till they reach the core of mother earth. Gently wrap them around the central crystal.

Feel this beautiful grounding energy travelling back to you through the roots and into your body through your legs... thighs... hips...belly... chest and into each cell and muscle. Once the energy reaches the chest let it expand your heart centre filling it with love and creating a beautiful infinity symbol.

Now gently bringing your attention to the crown.. Visualise a beautiful column of white light coming down from the universe and surround you and flowing into your aura. Feel the warmth of this beautiful pure white light touching you and activating your energy centers starting from Soul Star.... Crown....Third eye... Throat.... and gently merging with Heart center radiating the beautiful infinity symbol.

Invoke Archangel Michael to place his deep cloak of protection around you. Visualise this cloak around your shoulders. Zip the cloak up to your chin and place the hood over your head. Know that you are fully protected.

Visualise yourself stepping into a reflective pyramid of platinum light protecting the space you are in and a similar inverted pyramid going down into the earth that surrounds your buildings and the space around.

Invoke your Guardian angel to step forward and be with you on this journey.

Visualise yourself in a thick forest surrounded by trees and nature at its best. The sun is shining through the trees and you feel warmth and hear birds singing The sound of the waterfalls is mesmerising You see the beautiful butterflies flapping their wings to welcome you. Your guardian angel and higher beings are here to welcome you on to a beautiful journey to meet archangel Michael.

You and your guardian angel walk towards Archangel Michael's cave. You notice the unicorns and fairies, your guides and ascended masters welcoming you with a shimmering light.

You reach the Magnificent Archangel Michael's cave. He welcomes you into his healing cave.

The beautiful cave is filled with crystals Azurite, Malachite, Clear Quartz, turquoise radiating beautiful light. You feel the soothing and comforting energy of these wonderful crystals

Archangel Michael stands beside you and asks for permission to cut the negative energy cords and attachments from the past with his blue mighty sword.

When you are ready , He cuts any negative cords or attachments with his mighty sword,. He clears any energies related to fear, anger, unforgiveness, judgments or anything that you may be harbouring. He releases anything that could be draining your energy or vitality. Take a moment to feel lighter, free, calmer, more peaceful, safe and healed

Archangel Michael now fills the energy field with blue light to expand your aura. He fills you with strength, courage, initiative, willpower, drive and vitality, which will help you follow your path..... bringing in space for new gifts and awakening your talents. With ease and grace he places a blue turquoise crystal on your throat chakra allowing you to communicate your truth.....

Now take a moment to feel confident, strong, and wise..... ready to communicate to the world and spreading the light of the angels with courage, strength and ease.

Thank Archangel Michael for the miraculous healing. You embrace each other knowing that you will meet again soon.

You leave this beautiful healing cave and walk back with your guardian angel.

As you walk along the path you feel more confident, energised, radiant and at peace.

You make your way back to the forest listening to the sound of the waterfalls and the birds singing.

You return to where you meet your guardian angel and say good bye to the beautiful unicorns, fairies, ascended masters, lords and thank all spiritual being for being part of this healing process. You will see them soon again.

Your guardian angel now accompanies you back to the room. Thank Archangel Michael for his continued protection and your Guardian Angel for accompanying you. Remember and visualise the golden roots going deep into the earth. Gently wiggle your fingers and toes and when you are ready open your eyes and welcome the Full moon energies in your journey.

Contributed by Srimanju Katragadda, Ireland