



## Full Moon Meditation October 16<sup>th</sup> 2016

Full Hunters Moon, Travel or Dying Grass Moon

Set your own personal intention for this meditation. If you have crystals and you would like to, place them outside in the earth or on a window sill. Or use them to work with you in this meditation.

Light a candle, or visualise one, and make a comfortable space where you are unlikely to be disturbed.

Sit with your spine comfortably straight if possible, and your feet flat on the floor. Take your awareness inside, and notice the way you are breathing. Call to mind your own personal guardian angel, and any angels who are working with you just now, both personally and in the work you do. Send down strong golden roots, deep into the loving heart of Mother Earth who keeps you grounded and anchored in your spiritual work and personally.

Call to mind Archangel Michael, Archangel Raphael, Archangel Zadkiel and Mary Magdalene, as well as any other Archangels, high-frequency guides, elementals or Ascended Masters you wish. Sense this loving, supportive connection. Feel the light you are being infused by as you breathe gently in and out. Imagine your 12 fifth dimensional chakras being cleansed and cleared, and radiating out like divine, shining jewels.

Ask for any protective layers, bubbles of light or cloaks you require. Know that energy flows easily through you. You have the power to transmute any energies that do not serve you quickly and easily and at any time. Step into your power as a Master of Light.

Tune into the energy of the moon. Breathe it in. Your own guardian angel is bringing you on a journey now to a moonlit temple. Enjoy the journey through the night sky. Here you are greeted by a host of unicorns. They welcome you and lead you up the pearl steps into the shining temple. The full moon bathes the inside of the temple as well, which has many exquisite candles burning. It is very spacious inside, with high ceilings. There are different doors leading off to other rooms. Here there are many, many angels, Archangels and Ascended Masters who welcome you also.

You are greeted by the great Archangel Metatron, who places his deep golden orange ascension cloak around you. He now invites you now to take stock of your year so far. If you are coming into Autumn

and winter now you are shown how to crystallise the light from the warmer days in your being, in preparation for the winter as a Master of Light. If you are in a different season you are shown how to use the energies of the seasons respectively.

You are invited now to visit the Sapphire pool of healing. Archangel Metatron shows you into another huge room which is filled with blue light. Sanat Kumara is here with you now. In the centre of the room is a vast, deep pool of sapphire liquid energy. The dolphins swim in this pool, and leap up to greet you. You are invited to place anything from this year that you are now willing to let go of into the pool for healing and transmutation. The dolphins take these things, one by one, and lovingly transmute them into light. You experience a deep sense of healing and release. If you wish you may also go into the pool and swim with the dolphins. Have fun. Allow joy to anchor in your being.

Now you are invited to call to mind that which you wish to create in these next few months. In your dream time, and over the coming weeks the dolphins from this Sapphire pool of healing will be working with you to assist you in creating that which you wish to manifest for the highest good of all. You are so loved and supported. Spend as much time here as you need. You feel your third eye chakra tingling as you lovingly focus on the images of that which you are co-creating.

When you are ready, Archangel Metatron brings you back out of the room to the temple entrance, where you meet your guardian angel. You are brought back down the pearlescent steps and out into the moonlit night by your guardian angel. You can visit again any time you wish. They bring you back through the night sky back into the place where you began.

You sit and breathe comfortable breaths for a minute or so before coming back fully.

Remember your roots that you sent down. Give thanks for all the assistance you receive and know that it is never ceasing. Ground yourself and check in that your aura is pulled in close to your body in a way that is comfortable for whatever it is you are doing next.

Co-created by Susan Browne, North Kerry, Ireland.