



## **Full Moon Meditation – 19<sup>th</sup> April 2019**

*Connect with your 5th dimensional heart energy of pure love  
(To send out love and forgiveness to yourself and others to step  
more fully into your Power by being Love)*

1. Sit comfortably in a quiet space where you would be undisturbed. You may lie down and close your eyes.
2. Focus on your breath. Take a few deep breaths, breathing in all the way down to your belly and exhaling completely.
3. Take your awareness to the base of your feet and visualise thick golden roots, growing from the base of your feet, going down towards Mother Earth, going through the Earth's crust, layers of soils and subsoils right into the heart centre of Gaia.
4. Visualise the Universal crystal present at the heart of Gaia pulsating with the energies of divine cosmic love. Wrap your golden roots tightly around this crystal grounding you deeply.
5. Allow a column of white light coming down from the Source entering your body through your crown chakra. Allow this light to flow to each and every part of your body and fill up your aura completely.
6. Archangel Michael steps in front of you now and places his deep blue cloak of protection around you, zipping it up from toe to chin, placing the hood over your head covering your third eye chakra.
7. Archangel Chamuel places his pink light bubble of love around you.

8. See yourself surrounded by the golden light of the angels forming a bubble around you.
9. Feeling the presence of Archangel Chamuel and Archangel Charity, Archangel Zadkiel and Amethyst, Archangel Raphael and Mother Mary with her Unicorns surrounding you.
10. Feel the presence and love of your guardian angel(s) always urging you towards your highest good and highest potential.
11. Take your awareness to your heart centre located at the centre of your chest.
12. Seeing a rose with 33 petals here.
13. Visualise pure white light emanating from this rose.
14. See this light washing away any pain, trauma, past painful memories, fears, un-forgiveness, doubts and judgement.
15. Take your time and gently open the 33 petals of your heart allowing it to resonate with its 5th dimensional energy of unconditional love. Sense the Archangels surrounding you adding their light and supporting you.
16. Allow this light to go wherever it needs to go in your body and energy.
17. Send this love to your physical, mental, emotional and spiritual bodies.
18. Send this love to all your relationships and to all those you love.
19. Send love and forgiveness to those who have hurt or harmed you in any way, setting yourself free. Forgive yourself too knowing that you did the best you could at that point in time with the level of awareness you had.
20. Send this love to anyone who comes into your awareness at this point in time.
21. Affirm - I Am love. I open my heart to love. I see with the eyes of love. I speak with love. I love what I see and see what I love. And so it is.
22. Visualise this pure white light of love forming a bubble around you.
23. Bring your awareness into your body, becoming aware of your surroundings.

24. Take a moment to bring your chakras to a level you are comfortable with for your day to day functioning and place a white feather of protection on each chakra.
25. Pull your aura close to your body to a level you are comfortable with.
26. Visualise Mother Mary placing her Aquamarine cloak around you feeling nurtured and safe in its folds.
27. Archangel Raphael places his green light bubble around you helping you integrate and balance any energetic shifts.
28. Feel the presence of Archangel Michael's deep blue cloak of protection around you, zipped up from toe to chin, with the hood over your head covering your third eye chakra.
29. Feel the presence of your golden roots at the base of your feet anchoring you to Mother Earth and supporting you.
30. Thank all the light beings that supported you on this journey.
31. Connecting with your breath once again, being present to your body and surroundings, very gently open your eyes.
32. Namaste

Continue to use the affirmative Prayer - I Am love. I open my heart to love. I see with the eyes of love. I speak with love. I love what I see and see what I love. And so it is.

For 21 or more days – write it, record it in your voice, repeat it several times a day like a mantra. Let yourself be guided.

Surabhi  
Mumbai, India