



Full moon meditation for Tuesday 11th April 2017

This is the first full moon of the astrological new-year

The Aquarian Ascension Pool is a ninth dimensional pool of love. Archangels Christiel and Metatron look after this pool to maintain its purity and high frequency. It can be accessed at any time, to enhance your own progression. The energy can be used to raise the frequency of situations or areas, or to enhance spiritual projects. It is also perfect for healing all sentient beings. The full moon is the most powerful time to access it.

Find a place where you can relax and be undisturbed. If possible light a candle. Visualise golden roots growing down from your feet, deep down into the earth, safely grounding you. Take a deep breath in, right down into your abdomen, then breathe out and feel yourself letting go. Take in another deep breath ... and as you breathe out give yourself a little shake to settle your body. And a third deep breath in ... then as you breathe out again, relax completely. Now continue breathing gently and evenly. Ask Archangel Michael to place his deep blue cloak of protection around you and clear any lower frequencies from in your space. Call on the mighty fire dragons to create a wall of fire around you and burn up any debris Michael cannot reach. Set your intention to access the Aquarian Ascension Pool to add your light.

You are sitting on the shore beside a magnificent lake. The warm night air is and scented, by the wonderful perfume of wild flowers and grasses around you. The great lake stretches out before you, enfolded by the soft hills rising all around. The brilliant light of the full moon shines above you, creating a pathway of silvery rainbow light dancing across the water. With your feet just dipped in the edge of the water your body tingles, as the liquid light of the pool moves through you.

You invoke Archangel Christiel and he instantly appears beside you in his softly shimmering white robes. You notice now that around the shores of the lake all the Ascended Masters and Archangels are gathering by the water's edge. They stretch along the shore as far as the eye can see. Archangel Christiel gives you a moonstone crystal to hold. You ask Archangel Christiel to fully light up and connect your causal chakra to the angelic realms. He asks you to stand now and raise your hands, palms upwards. Energy starts to pour from your hands and into the lake. You feel your causal chakra lighting up and connecting with all the Archangels and Ascended Masters around the lake, as they too have their hands raised with energy pouring from them into the water. Archangel Christiel now calls on the gleaming white unicorns and the golden Christed dragons to join the throng and add their Christ-light of unconditional love to the pool. They are gathering with the Ascended Masters and Archangels along the edge of the lake,

pouring out their wonderful energies. The water lights up, shining ever more brightly with all the high frequencies flowing into it. The angels of love and healing are now circling over the liquid light water gathering up these wondrous energies, carrying them to all the places on earth where they are needed.

After a while everyone stops. All the Archangels and Ascended Masters are leaving the shore. The dragons and unicorns are flying away over the hills.

The silvery moonlit rainbow light from the pool starts to surround you. It slowly moves through your body lighting up all your chakras so they unify into a single column of light. The light spreads up through your Stellar Gateway, right up to Source. And from your Earth Star chakra it moves down through the earth, connecting you into the heart of Lady Gaia. Ask the Aquarian ascension energy to touch and light up anything you wish, to raise the energy, so it vibrates at a higher frequency. Thank Archangel Christiel for being with you.

Now gently bring your energies back into your body. Breathe deeply to centre yourself. And as you slowly open your eyes ... know that you have helped add your light to the ninth dimensional light of the Aquarian Ascension pool.

Contributed by Kathy Robinson, Formby, North West UK