



Full Moon Meditation – 20th March 2019

A Journey to Golden Atlantis

Close your eyes and take a few deep breaths completely relaxing every part of your body. As you continue to breathe, gently remove any thought that may disturb you.

Now visualize your thick and golden roots that reach the core of Mother Earth. There they wrap themselves around the Great Crystal. You are firmly grounded and you feel the energy flowing up through your roots and through all of your twelve chakras. The energy carries on flowing up all the way to Source and you feel a strong connection with the Divine. Source responds by sending down a column of divine light that enfolds you.

Call upon Archangel Michael to place his deep blue cloak around you and invoke the Golden Christ Ray to enfold and protect you.

Invoke your Guardian Angel, your Unicorn, the Angels of Atlantis and any Ascended Master or High Priest with whom you feel connected.

Now visualize yourself in a beautiful place in nature and the full moon is shining in the starry sky.

A golden Angel of Atlantis gently approaches you..... You feel a sense of comfort and knowingness, and the angel reminds you that he was your Angel when you were in Atlantis. He is a

magnificent being surrounded by so much Light that it dazzles you. He telepathically communicates to you that you are going to go on an amazing journey through space and time to visit Golden Atlantis. You close your eyes and take your Angel by the hand and you fly together until you get there.

When you and your Angel arrive, you realize that you are familiar with this place and you remember that you were very happy there. Then you witness situations of daily life; harmony reigns everywhere and everything is very, very beautiful. The people who live in this society let their divine qualities emerge and share them easily and joyfully with everyone in everyday life. After this wonderful vision, you think you really want to bring the Atlantean model of life back in the world where you are living now.

Then the Angel tells you that the purpose of your visit in Atlantis is that of regaining a gift you had there. He leads you to a cave full of very bright crystals and he asks you to choose one. You choose the one that attracts you most of all, without any hesitation. The angel tells you that what you have now in your hands represents the gift you had in Atlantis in crystal form and only the contact with your hands will bring it back to you. Take a moment to recognize and to reclaim what was yours.

Now you know that you can bring this unique, special and personal gift to the world in which you are living now and that you can use it for the highest good of all.

You are very happy and thank the Angel of Atlantis with much gratitude. Thank your angel for his companionship knowing that you will find him close whenever you need, slowly you bring your awareness back into the room where you started and in your physical body. Surrounded with the graceful protective golden Light of the Christ. Take a few deep breathes, start to move gently and when you are ready open your eyes.

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