



## Full Moon Meditation 25th November 2015

**Intention:** To connect with the wise energies from your personal Star. To empower you to integrate your many gifts and talents assisting in the evolution of yourself, your family, your community, the planet and beyond. Being grounded here in our beloved Mother Earth, whilst having fun, abundance and all you desire.

Find yourself in your sacred space ... opening up to the divine energies ... Surround yourself in a bubble of pure white light. Bring forth your own sacred protection of unconditional love; and know you are always protected by the Christ Consciousness energies. Take a moment to feel this protection around you ...

Now, if possible, be out in nature and look at the moon and the stars. Know that you can connect with the magical energies of the moon and stars even if they are not visible.

Find your golden roots growing down from your feet, down through Mother Earth. When your roots reach the core of beloved Mother Earth, Lady Gaia, she takes your roots and holds them securely. With your roots secured in the earth they spread out to seek your birth crystal ... from amongst all the many crystals in the earth. You wrap your roots gently around your birth crystal. This crystal holds the energies that are supporting your soul journey. The energies of your birth crystal connect with you. And through your crystal you connect with all the energies of nature ... the earth energies ... the water energies ... the air energies ... the fire energies ... the dragons of the different elements connect with you too. Sense the healing dragon energies spiral up through the earth and into your body ... to cleanse your body. Feel the earth dragons cleansing your physical body. Feel the water dragons cleansing your emotional body. Feel the air dragons cleansing your mental body. Feel the fire dragons cleansing your spiritual body ...

Your personal spiritual guide team is now with you ... pouring unconditional love over you. They are energising your spirit ... to help you continue to the next level of your ascension journey. Bask in these beautiful energies ... coming up through you and pouring down over you ... and allow yourself to fully receive ... from above and below ... integrating the energies in your heart.

As you look at the dark blue sky above you see the shape of a dragon reflecting in the moon. Beside this moon dragon is a star twinkling at you. This is your star. Take a moment to allow the sparkling energies from this star to create the opening of a portal.

You move through this portal into a magical garden. You can see a unicorn drinking from a pool of pure water that reflects the moon and stars in the sky. It is your unicorn ... who now comes forward to greet you ... and he directs his magical horn to your third eye ... You feel a download of wisdom ... Feeling this connection with your unicorn he invites you to climb onto his back. You are totally safe on your unicorn, but you can ask your guardian angel to ride with you ... and fold their wings around you if you wish. Your unicorn starts to fly up towards the moon. As you

approach nearer, the moon dragon comes to greet you, offering to be your guide to your star ... Ride with your unicorn, with the moon dragon leading the way, up to your special star.

The Moon dragon guides you to a sparkling portal ... the portal of your star. Your Unicorn carries you over the threshold of your star ... and straight through to the higher aspect of the star ... to a 7<sup>th</sup> heaven. Here the energies are truly magical. Allow yourself to feel the energies opening up all your chakras ... and especially the chakra that resonates with your personal star. You have the most amazing feeling of being fully connected to all that is ... all that was ... and all that ever will be ... Enjoy the magical feeling of being bathed in pure unconditional love ... in a 7<sup>th</sup> heaven.

As you float gently around in this awesome atmosphere you may hear words of wisdom, or see mystical symbols and signs ... all somehow floating around in the ether. Know that all that you need to know will come to you in divine timing. All will happen naturally ... you will somehow just know something ... and wonder where the knowing came from. You are awakening deep wisdom within. Enjoy this moment and know that all is well ... You are a beautiful being of light on planet earth. You are on earth to bring your gifts and share your light ... the light of oneness. You are on earth to do this with ease and joy ... and that is your essence.

With your unicorn, you return now to the entrance of the portal ... where the moon dragon is waiting. As you look into the wonderful healing eyes of this amazing being of light you can ask any questions that come to mind ... for guidance ... for your healing journey. The moon dragon reminds you to make life fun.

The dragon has manifested a golden chalice full of glittering stardust for you. This stardust is pure love and healing energies. Your guidance is to sprinkle the stardust wherever you go. You thank the moon dragon. Together with your unicorn you gently float back down to Mother Earth sprinkling the stardust ... Allow the magical healing energies to go where they are needed on our beautiful planet ... in areas of conflict, wherever there is darkness, sprinkle the stardust of pure unconditional love and healing to shine out ... bringing in light.

As you return ... back once more in the magical garden ... you still feel connected to your personal star and to the wonderful moon dragon. Your unicorn stops by the magical pool, and as you slide easily off his back you are guided to look into the pool. What do you see? You are reminded that you are a beautiful being of light and this is your true reflection. Take a moment to ask your unicorn for any further guidance ... You thank him for the gifts and the wonderful experience. Your angel is near, and as you look around your garden you see other members of your guide team are there too. You thank them for being with you. They remind you they will always come whenever you call.

Now you return to where you started. Remember your roots are strongly grounded in Mother Earth and wrapped around your birth crystal. This is your unique connection with Mother Earth. Know that great wisdom is stored in the crystal and you can access it at any time you wish. Remember your sacred protection is around you; and know you are always protected by the Christ Consciousness energies. And as you start to move your fingers and toes and gently open your eyes ... you remember that whenever you look up at the stars and see one twinkle, your special star connection will become stronger.

Namaste

Thank you for being part of this journey

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