



# Diana Cooper School of White Light

## Full Moon Meditation – 12<sup>th</sup> November 2019

### *A Journey to the Great Lemurian Crystal of Hollow Earth*

- 1) Try to catch sight of the Full Moon and receive her energy. Create a calming space, light a candle if possible. Greet yourself and your spirit with love.
- 2) Connect in with the earth by wriggling your toes and feeling the soles of your feet touching the floor. Invite the chakras of the feet to wake up and connect in with the great earth energy below.
- 3) Send love and gratitude from your heart down through the body and the chakras, through the earth chakra and into the earth, fully grounding you and connecting you to Mother Earth.
- 4) Feel a vast column of golden white light flowing down over you and around you. This comes from Source and travels through the Lemurians and the Full Moon. Allow this light to infuse and merge with you. Healing and repairing cells, bathing each one in this light. Softening the heart, allowing any worries or cares to be cradled in love.
- 5) Invite Archangel Michael, St Germain and Archangel Zadkiel to create around you a blazing orb of protective deep blue and violet light with flecks of silver, bouncing away anything that does not serve and purifying it with violet fire. Relax in the knowledge that you are completely safe and protected.
- 6) Invoke the unicorns, inviting your own personal unicorn to step forward as they make themselves known to you. Feel as your loving unicorn nuzzles your hand and then points their spiralling silver-white horn of light to your heart. Feel the beautiful connection and recognition of your vast and magnificent soul.

- 7) Call in Mother Mary. Rest back into her aquamarine cloak of light that she places lovingly around your shoulders. Feel her unconditional love for you.
- 8) Listen to the beating of the Cosmic Heart, which connects with you now.
- 9) Invoke the great Lemurians and the Lemurian angels.
- 10) Hear the soft song of all the Lemurian crystals of the earth as they are switching on. Some of the crystals on the earth's surface are also activating now.
- 11) Touch your unicorn who is inviting you now to go with them. You may walk with them or climb onto your unicorn's back, whichever is more comfortable for you.
- 12) Your unicorn leads you into an ancient, moonlit forest. The magnificent Full Moon sails overhead, bringing silver glowing light in through the wise, tall trees that smile down at you. Spend some time to connect in with one of those trees.
- 13) In a clearing is a shimmering portal of pink and silver lights. Elementals dance around it like golden sparkles.
- 14) You step into the portal with your unicorn and you are brought to an enormous Lemurian crystal in Hollow Earth.
- 15) You are surrounded in its white and rainbow light, and you can walk around inside, with its many caves adorned like a magnificent temple.
- 16) Many Lemurians and loving guides are here, waiting to meet you. Receive any messages they have for you now. Tell them anything you want to.
- 17) Sit before an altar of candles with many other beings of light. At this full moon, many prayers are being brought to Source, and you can say any prayers that you wish, and light candles at the altar for them.
- 18) Spend some time here bathed in the light of the Full Moon whose radiant hue shimmers all around. Open yourself to the divine Light Language that is available to you.
- 19) Allow yourself to release anything you want to let go of from your life. From your heart. Accept the support of wise and loving guides.

- 20) Your unicorn leads you back through the vast crystal to the portal where you return to the ancient forest.
- 21) The elementals dance before you as you walk back from the clearing. Go with your unicorn out of the forest to the place where you started.
- 22) Place your hand on your unicorn's face and hold that connection for as long as you want. When you are ready, come back into the room.
- 23) Ask your angels to bring your aura and chakras closer to the body to a comfortable level.
- 24) Connect in with the earth energy to ground yourself thoroughly, utilising the feet chakras and your love for Mother Earth.

Contributed by Susan Browne, Ireland