



Full Moon Meditation - 3rd August 2020 **A Journey to Meet your Aquarian Guide**

Close your eyes and start taking in a couple of nice deep breaths. Feel yourself relaxing into the chair or wherever you are sitting.

Take your awareness down to your feet and get the sense that you are wearing a pair of beautiful, shimmering copper slippers. These copper slippers feel so comfortable. They are keeping you grounded, allowing you to feel safe and supported by the earth.

You can feel the shimmering copper energy now working its way up from the many layers of the earth into your feet, up your legs and moving slowly through your body. As it does so you can feel all your chakras being reactivated and expanded. You can feel them all spinning at the perfect speed, at the perfect frequency and in total alignment with each other.

Visualise a column of bright white light coming from Source through your higher chakras. The light fills up your chakras and radiates out now into all the layers of your body. This makes your auric field expand even more than it already has until you feel as if you are in an amazing bubble of light.

Archangel Michael steps forward and gently places a cloak of royal blue energy studded with particles of golden light around your shoulders. The energy of this cloak is protective. It is also placing in your aura the gold light of authentic personal power, of ancient wisdom and of alchemy.

It is now time to see yourself standing on the edge of a sacred forest. You can feel the soft, green grass beneath your feet. You smell the aroma of many beautiful wild flowers. You can sense small woodland animals running and playing in the bushes.

You walk deeper into the sacred forest and you follow the pathway that now opens up before you. It's wide and expansive. Even though there are many magnificent tall trees surround you, the area around you is filled with light from the sun that shines brightly.

You soon arrive at a clearing in the forest. In the centre of the clearing you see a figure sitting quietly. You move towards her. She is dressed in a glittering turquoise cloak and has long silver hair. Her bright blue eyes seem to penetrate into your soul. When she sees you approaching, she stands up to greet you.

You feel very comfortable and welcomed in her presence. You may even sense that you have met her before. This is your Aquarian Guide, the being who will be by your side as you enter into the Age of Aquarius, the Era of Light. This is the Guide who will show you your path, support you on your journey, and enable you to transform into the powerful being of light you came here to be.

She smiles and asks you to lie down in the centre of the clearing so that she may place light codes, keys of light and other sacred geometric shapes into your aura. This process will allow you to receive insights into who you are and why you are here.

A soft white rug is waiting for you and you gently lie down, close your eyes and allow her to place all this perfect high frequency information into all the layers of your aura. Be open to receiving all you need to know at this moment NOW.

(PAUSE)

Once this process is complete, your guide asks you to open your eyes and she thanks you – she thanks you for being of service, for choosing to be here at such an important time in the earth's ascension, for agreeing to shine your light and thereby enabling others to shine theirs.

As you stand to say goodbye, your Aquarian guide reminds you that she is close to you always, whenever you need some guidance or even reassurance.

All you have to do is ask her to step into your auric field and listen to the whispers of your soul for that will be her way of speaking to you.

How blessed you are to have such a guide!

Take your awareness now to your breathing, feeling yourself back in the room, back in the present moment, wiggle your toes and fingers and only when you feel ready just take a deep breath in and open your eyes!

Created by Penny Wing, Spain