

Blue Moon Meditation 31st August 2012

with Alphedia of Elemental Beings

The blue moon is a rare event when two full moons occur within a calendar month. The full moon is a good time for healing, cleansing, letting go of negative habits and traits and bringing in love, light and manifestations. This full moon offers the opportunity for soul growth through connecting with the heart centre. It occurs at 2.59pm UK time. The energies continue all day and night from then.

Master Kuthumi's Message

"Greetings beloved ones. I am here today to give a message that will resonate with many souls in your group and connections. Those attracted to your energy and website are seeking, even if they are unaware, heart centred consciousness.

This heart centred consciousness is an enlightened stance, way of being, that more and more souls in human bodies are waking up to. Many now feel passionate about animal welfare, destruction of the planet and building a lightworkers' community of light.

At this time astrological changes are occurring and bringing to the surface heart centre blocks to be addressed and dealt with. Many souls are feeling lethargic, wiped out, tired and unfocused. To address these symptoms meditate with the attention on purifying your heart centres, letting go of fears and of resistance to change.

Know that all changes you are guided to make from your heart centre now are for your highest best and will ultimately lead to you stepping into the flow of harmony, peace and happiness.

The Blue Moon on Friday (31st August) is about moving into a state of grace, an acceptance of what is and an acknowledgement of your higher power. Opportunities abound now for souls ready to take the next step in their own unique, individual soul development.

Surround yourself in the days leading up to the full moon with loving energy. Be kind to yourself and other and allow the changes offered through the shifts, to aid you in your life.

Connecting with heart centred energies from the mineral kingdom will aid you in your transition and working with the Archangels Chamuel and Raphael along with the Fairies and the Unicorn realm aid the process. Welcome this opportunity for soul awakening and acknowledge how beautiful you are all are. Namaste."

Take a moment to let these words sink in for you. Maybe you want to write down any feelings, thoughts or ideas that come to you after reading this:

Crystals/Minerals

Crystals for working with that are heart centred as examples are Rose Quartz, Petalite, Morganite, Green Aventurine, Amazonite, Thulite, Kunzite, Green Calcite. Generally any pink or green crystals. Moonstone is also a good crystal to work with at the full moon. (I have a vast selection of crystals for sale if you feel drawn to any in particular you can contact me). Hold a piece of the crystal if you have one during the meditation. Crystals act as amplifiers, healers and transformers. They are also good for holding and giving energy to manifestations. Clear Quartz is good for this.

Making a Full Moon Altar

A full moon altar can be inside or outside. It is a space be it on top of a table, worktop, chest of drawers or even on the floor if indoors. If outside you can make on the grass, by a tree where ever feels special for you. It can be as simple or elaborate as you like and its purpose is to focus your intent on connecting with what ever energy you are calling in to work with to help you harness the moon power. The moon is traditionally female energy and good for working on your emotions. This meditation is working with the unicorn realm so on your altar you may wish to put a picture of a unicorn, a statue or anything that you feel connects you to that realm. You can place crystals, if is nice to have an altar crystal which generally is a larger piece like a rose quartz point or cluster for example I will place a photo of the altar we create today in the yurt as an example on the Unicorn page of Elemental Beings website. You can also have candles or a candle which you light when you begin your ritual/meditation. A simple altar may just be a tealight. You can also do the meditation without an altar if you prefer. As this is a special time for you to access wisdom and healing you may wish to change into something special rather than your everyday clothes. If you are doing the ritual inside you may wish to go outside and just soak up the full moon energy even if it is cloudy you will still get a hit.

Invocation to the Moon Goddess

Here is an invocation you can say before the meditation or after you have set up your altar and are ready to begin. An invocation is to call upon the energy beings you wish to have around you in this experience.

“Beautiful Goddess of the Moon I invoke your presence today/tonight. Please grace me with your loving light, wisdom, kindness and knowledge. Assist my healing intentions and give energy to the manifestations I ask for in my life. Aid me in my soul journey, allow me to be a beacon of light and recognise who I truly am.”

Depending on your beliefs you can end the invocation with So Mote it Be or Namaste or Amen or just a simple Thank you. Take a moment to acknowledge her energy around you even if you feel you are unable to feel any change, by acknowledging it you are connecting to her and the natural world we are all part of.

Meditation Notes

This meditation is channelled from the Unicorn realm. More information on Unicorns is available on the Unicorn page of my website www.elementalbeings.co.uk. Listen to the meditation in a comfortable position, make sure no one will disturb you. Switch of Wi-fi, bluetooth and your mobile phones and computers. You can also use meditation tools such as Aura Sprays and the Unicorn Ascension spheres. If you feel you would like to get a unicorn spray or sphere set to amplify your connection to the Unicorn realm please contact me on info@elementalbeings.co.uk This meditation can be done as often as you like anytime. Try to write down your experiences after the meditation as more wisdom can come to you that way. Enjoy!

With love and light