

Connecting with your Guides and Guardian Angel - Meditation

Find yourself a comfortable and warm place where you wont be disturbed for 25 minutes and sit or lay down

As you lay there feeling comfortable, warm and safe, close your eyes.

Take a deep breath, in through your nose and let it out through your mouth - and just relax. Now take another deep breath in through your nose and this time, as you do, pay attention to which nostril is taking in more air and which nostril is taking in less air and as you exhale, pay attention again to which nostril is expelling more air and which nostril is expelling less air.

Now allowing your breathing to return to a comfortable rhythm, just relax and be at one with all there is and listen to my voice, listen to the music.

With your eyes comfortably closed, you begin to find a calmness that really feels good – In that wonderful state of calmness, you begin to drift and that's ok too, it feels good to drift.

In that lovely state of sleepy relaxation, you begin to feel all the muscles in your body begin to relax and you let go – allow that peaceful feeling flow - and just let go.

Know that you are safe and minded in this scared place, as we call upon Arch Angel Michael to stand at the Spiritual Door and watch over us as we move our consciousness from within.

I call Archangel Michael, please surround me with your blue cloak of protection, keep me safe and minded in this space as I allow myself drift in consciousness into the matrix of all potentiality.

Now we will call our Guides and Angels and Ascended Masters to join us on our journey today.

I call upon Archangel Gabriel to open my communication centre's so that I may connect with the realms of the past, present and future.

I call upon Archangel Uriel to hold the Light of the Christ within my Heart.

I call upon Archangel Raphael to surround me with your healing energy, so that my physical and etheric body may be healed and released.

I call upon the legions of angels that surround us to be present with me in this space now.

Now that I am surrounded by the Angels, I am safe, healed and open.

I now call the Ascended Masters and My. Guides.

I call upon Jesus, the great teacher, to be present with me now.

I call upon Mother Mary, the great Mother, to join with me now.

I call upon Buddha, the compassionate one, to be with me now.

I call upon Quin Yin, Mother of Mercy, to be present with me now.

I call upon Mary Magdalen, Mother of Forgiveness, be with me now.

I call upon Merlin, to grant me the ability to move within time and space, to transverse the universal plane, into the Matrix.

Allow yourself to feel the connection, in your relaxed state, feel that awareness that greatness in in your presence and give thanks.

Now let us call upon some other guides to be present with us, as we continue our journey through space and time.

I call upon Krishna, Shiva, Ishtar, Isis, Osiris and Saint Germain to be present with me now.

I ask Saint Germain to lift and hold all and any dark energy that emanates from me now and take it back to the Light from whence it came.

Now that we have called the Angels, Guides and Ascended Master, it is time to ask your questions.

Be open to the possibilities, be open to the answers, allow yourself just relax and drift in this wonderful space, feel the presence of Greatness, allow that Greatness surround you and hold you.

I ask my Guardian Angel to reveal themselves to me, share with me your name, so I can connect with you on a name basis.

I know you have been by my side all my life from the moment I came from my mothers womb till now, always caring for me, always guiding me, never judging me always loving me.

I know you will be beside me until the day the Stars go asleep for me and I leave the planet. Thank You for all of this.

Let us pause a while as you wait for your answers, feel those answers, allow your Heart wander and wonder.

PAUSE

I now call upon any other Guide who wishes to make themselves known to me, perhaps my Animal guide, or my Counsel.

Let us pause a while as you wait for your answers, feel those answers, feel the presence.

PAUSE

I give grateful thanks for the connection made today and the information that has been revealed to me.

I thank my Guardian Angel and my Guides.

I thank Archangel Gabriel for the communication expression.

I thank Archangel Uriel for holding the Light of the Christ within my Heart.

I thank Archangel Raphael for healing me.

I thank the legions of angels for surrounding me today.

I thank Jesus, for the teaching.

I thank Mother Mary, for the Love in my Heart.

I thank Buddha, for the compassionate within.

I thank Quin Yin, for the Mercy.

I thank Mary Magdalen, for showing me Forgiveness, so I can forgive myself and therefore be able to forgive others.

I thank Merlin, for taking me on this journey today.

I thank Krishna, Shiva, Ishtar, Isis, Osiris and Saint Germain for being present today.

I give grateful thanks for today and every day. I give grateful thanks for the gifts of today, the gifts of yesterday and the gifts I shall receive tomorrow.

Thank you God and so it is.