

Earth and Ocean Healing Guided Meditation

Begin by taking a few long deep breaths and with each intake of air, give yourself permission to fully relax and let go of all tension. You are letting go and letting God.

Imagine that your feet are spreading energetic roots into Mother Earth and send them down into her heart space. Fill her with your love and light. Feel her response as her golden light merges with your energy within you and around you.

Take your focus and awareness high into the heavens and ask to be connected to your High Self, your Higher Light. Imagine a silver white spiral of Light beaming down through your crown, filling all your cells with silver white light then send it down to Mother Earth so that she too can benefit.

Go within your heart and gather all your love as a pink net of light, then imagine casting this love net into the oceans with a focused intention for the Gulf of Mexico. See the net as a web of pink light which spreads across the surface of the oceans and begins to sink into the fathoms, enfolding all life within your love and light. Follow the net as it merges into Mother Earth and enfolds her in your love. Ask that all kingdoms; the mineral, the animal, the vegetable and the human kingdoms now be brought into perfect balance and harmony for the highest good of all.

Keep an inner knowing that all life is energy from Source and that this energy can be transformed into perfect harmony and equilibrium with all life.

Mother Earth responds to you and you watch as a vortex of Golden Light fountains from her heart centre up through the oceans and into the Cosmos and galaxies. The golden fountain of Light then enfolds the Universe with love and as the droplets of golden light fall back into Earth's atmosphere, they bring harmony, healing and balance to the Ozone layer.

The droplets continue on their journey and blanket all life on the surface of Mother Earth bringing love and peace to all life. See people, animals, birds, forests and every form of life accepting these droplets of golden energy,

transforming all fears into peace and harmony.

Her golden love now merges with your pink love energy and all life is blessed and healed.

Come into this meditation when ever you feel guided; the more you focus on helping Mother Earth and all life, the more the love is amplified. Ask your High Self that your healing join with all Light workers; see this web/net of light linking all life. Different colours, sounds, symbols all coming together in celebration of Life.

Now ask that the Solar Archangels, Angels and all Light Beings magnify your love with the love from their heart flame. Ask that the 12 Rays of Light also be shone on the network of Light to enhance and purify the healing to higher levels of consciousness.

When you are ready and feel that this healing is complete, feel your feet upon the floor and come back into the room.

You are home; you are blessed and you are a blessing to the world.