

Dragon Essence by Hazel Raven

Transformation and Deep Soul Healing

Wisdom, Magic and Ancient Knowledge

Dragons are here at this time to help us into the new beginning, a new wave of consciousness and love.

Connected to the Goddess Quan Yin, her favourite way to travel was on the back of a beautiful Dragon.

Traditionally Dragons are teachers warriors and protectors who have supernatural powers.

Quan Yin says "this essence is a breath of healing between the past and present and a glimpse of what is possible in the future".

The essence is both uplifting and grounding, nurturing and inspiring. It reminds us that no matter how spiritual we might perceive ourselves to be we must bring that energy into full manifestation for the benefit of all.

Using '**Sacred Sound**' with the **Dragon** essence is highly recommended. This can be 'singing' bowls, Mantras, Chanting, etc.

The Dragon Essence label is original commission artwork by **Carolyn Edwards**.

History

Dragons are legendary creatures, typically with serpentine or otherwise reptilian traits, that feature in the myths of many cultures. There are two distinct cultural traditions of dragons: the European dragon, derived from European folk traditions and ultimately related to Greek and Middle Eastern mythologies, and the Chinese dragon, with counterparts in Japan, Korea and other Asian countries. The two traditions may have evolved separately, but have influenced each to a certain extent, particularly with the cross-cultural contact of recent centuries. The English word "dragon" derives from Greek δράκων (*drákōn*), "dragon, serpent of huge size, water-snake", which probably comes from the verb δρακεῖν (*drakeîn*) "to see clearly".

Dragons are frequently held to have major spiritual significance in various religions and cultures around the world. In many Asian cultures Dragons were, and in some cultures still are, revered as representative of the primal forces of nature, religion and the universe. They are associated with wisdom—often said to be wiser than humans—and longevity. They are commonly said to possess some form of magic or other supernatural power, and are often associated with wells, rain, and rivers. In some cultures, they are also said to be capable of human speech. In some ancient traditions dragons are said to have taught humans to talk.

To align yourself with the 'Great Dragon' is to align yourself with the flow of Divine energy.

Dragons are beings of immense power and wisdom. As guides they often challenge our limited ideas and human concepts.

Crystals used in this essence:

Preseli Bluestone

Enhances psychic abilities. Assists in the moving between realities and past-life recall, especially the distant past. Initiates not only a deep connection to the Earth but a recognition within ourselves of our own heartfelt quest for our spiral of spiritual evolution. Nurturing earth energies and vortex activation. Contact with 'Dragons' often activated.

Azeltulite TM Quartz Mer Ka Ba

Nameless light. Opens interdimensional telepathic windows. It has recently been etherically re-engineered to assist humanity in making the predicted 'quantum leap'. "Metaphysically it was said to be among the highest vibrations in the Mineral Kingdom". Some people who can attune with it say that it activates the third eye and crown chakras, as well as the chakras above the head in the etheric body. It stimulates the three ascension points at the base of the spine, the middle of the abdomen and the centre of the brain (pineal). These points are said to be important for people choosing to consciously enter higher vibrational realms while in the physical body.

African Dragon Stone

It will encourage the practical use of your clairvoyant skills. Dragon Stone encourages us to safely manifest new pathways for personal growth and to establish a link to the core of earth energy grid.

Meditation to Summon your Dragon

My Dragons name is **Dali (Kundalini)** she is a Cosmic Intergalactic Dragon who is here at this time to assist the Star Seeds, Lightworkers and humanity. "You are moving swiftly through frequencies, vibrations, and physical experiences beyond anything your physical bodies have ever endured. The reason for this rapid acceleration is to strengthen your bodies at a deep cellular level, so that your 'higher self' your mighty I AM presence can swiftly surface your obsolete behaviour patterns that no longer serve your highest good. This is the **Cosmic Moment** for which you have been preparing for lifetimes. Everything you need to succeed in your particular facet of this **Divine Mission** is already within you. **Be at Peace. All is well**"

Inspired by **Dali**.....make sure you will not be disturbed.

To this end, switch off the phone, dim the lights in the room and light a candle, these are simply to relax yourself and bring your focus to a meditative state.

Soothing music can be playing softly in the background.

Begin by seating yourself comfortably and securely.

Mist your aura with the **Dragon Essence**.

Begin to relax and close your eyes, focus on your breathing until you feel at peace.

Feel yourself surrounded by the **Dragon Essence** energy, see it as a bright white light surrounding and protecting your aura.

Slowly breath in this bright white light and with each out breath release all the negative events and people who are causing you trouble at this time. This is an important step.

Feel yourself transported safely and securely to the top of a high mountain, it has panoramic views over the whole countryside. In the distance you see an active steaming volcano with molten lava gently flowing down the side, on the far horizon you see the deep blue ocean. On your right you see forests, rivers, streams and lakes. On your left you see hills and small mountains. Above you in the far distance you see storm clouds gathering with flashes of lightening. High above you feel the energies of the cosmos.

You gently and slowly become aware of various kinds of Dragons in the scenery around you. Fire Dragons of all sizes play around the steaming volcano. Water Dragons are in the lakes, rivers, waterfalls and streams. Vast oceanic Dragons are swimming on the far horizon. Earth Dragons walk in the forests and valleys. Cave Dragons can be seen sitting on their treasure. Sky, storm, lightening and cosmic Dragons fly around you. You are aware of the separate energy and power of each type of Dragon as they call to you.

When you are ready, open your heart and hold out your hand to the Dragon that attracts you the most. In that moment your Dragon is beside you. You feel safe and secure in the Dragons domain. Give your Dragon greetings.

Immediately your Dragon begins to speak to you, telling you things you need to know about improving your life on all levels.

Stay with this energy as long as you like.

To conclude the Dragon meditation session, Thank your Dragon and give it your heartfelt love.

Gently begin to drift back to normal everyday waking consciousness and acknowledge the room around you, feel the floor beneath your feet, the weight of your body in the chair, wriggle your toes and fingers, and finally have a small drink of water to ground yourself.

While the meditation session is taking place, any sensations - such as tingling, a feeling of heaviness or lightness, energy surges or shifts of perception - are simply an indication that energies are balancing and integrating.

At any time you can return to the mountain top to connect with another dragon or the same dragon. In your journal write down your experiences of the Dragon meditation.

What did your Dragon look like?

What colour was it?

Was it male or female?

Did your Dragon tell you it's name?

Did your Dragon give you a gift?

Next time you can ask your Dragon if you can climb on its back. Imagine it taking off and flying through the air. Feel of the wind against your face, the smell of the air, the sensation of the dragon's body beneath you. Allow your Dragon to carry you. As you fly together, look down at the world below. Enjoy the experience. Then, when you feel ready ask your Dragon to land.

instead of just riding your Dragon, become your Dragon. As your Dragon carries you through the air, feel yourself merge into it. Be one with your Dragon. Feel its body as your body. Imagine the feel of the wings as they beat, of the tail. Immerse yourself in your Dragons form. When you have flown long enough, separate yourself from your Dragon again, and complete the meditation as usual.

If, at any time you feel uncomfortable with any particular Dragon, you can swiftly end the visit by thinking of your physical body in this present moment.

