

Angelic Crystal Card Course 13th of April, Glastonbury 4th of May, Manchester

Please do this meditation once a day for 30 days.

You can do this meditation at any time and you can still do your normal daily meditations.

It is ideal for clearing anger and other kinds of emotional debris from this life or past lives.

To start with I was told that only **compassion** clears and releases **anger**.

After looking this up, it is a Buddhist 'truth', but it was presented to me as 'Source' energy truth.

I was 'told' that we must start with compassion for ourselves, then we can spread it outwards, as we feel the need/predisposition/feeling.

Begin with people you can easily feel compassion for, then extend it outwards to people you find difficult such as those who have hurt you, finally extending it outwards to every sentient being.

If you wish to extend/prolong this meditation for more than 10 minutes that is fine too.

The meditation I was given was very simple.

And, I was asked use it as part of the Glastonbury and Manchester 'Angelic Crystal Cards' course.

1) Begin to focus on the **Third Eye Chakra**.

2) See a piercing **ultra violet** shaft of light penetrating the third eye chakra, ultra violet is the higher form of the famous 'Violet Flame of Emotional Freedom'.

3) Focus on the breath – on the in breath mentally say "Higher Self" and on the out breath "Awaken"

4) As soon as you feel appropriate expand your awareness and the ultra violet light outwards around you in all directions. See yourself in a bubble of ultra-violet light.

5) become aware of your consciousness. Conscious of your consciousness, this is known as Meta Consciousness.

6) Do this meditation daily for 10 minutes.

7) This is a very powerful Source technique to develop Meta-Consciousness.

"Meta-Consciousness" is the state of existence in which the boundary between physical reality and spiritual reality dissolves. It is a place of harmony in which thought is manifested into the physical plane at will. Simply put, it is considered to be the highest realm of existence in which we, as physical forms, remember our spiritual selves as the only true reality. While all spiritual seekers spend their lives attempting to achieve this state, most fail, never realizing there is nothing to do but simply 'be'. It is all about just 'being' in the present moment.

I was given some really interesting information after the Angelic Crystal Cards Course in Glastonbury about the 'ultra-violet ray' we were working with and the angel's name that is bringing this energy through, it is really amazing information!

There are 7 levels of the ultra violet 'color' and only one animal on the planet (mantis shrimps) can see all the seven levels (this is pure science and a fact).

This means we need to work through all seven levels before we can fully anchor this energy on the planet to help with the transformation.

We also need to use the 'ray' known as the 'Ruby Violet' to anchor the energies in full.

Once all seven levels have been worked through we can bring through the pure 'white' light Ray known as pure Brilliance.