

Eyes closed, shoulders nice and relaxed, nice and, open, chest nice and open, and feet firmly planted on the ground if you can. If you can't, or if you'd prefer to sit cross-legged, that's absolutely fine as well. Just, take a few nice, deep breaths in and out, and, focus.

On the sound of my voice and the music.

As you breathe in and out.

As you relax.

I want you to become aware of your aura.

Expanding around your body.

Relaxing as you relax - your aura flowing out into the space around you.

The aura is part of our psychic sensory system, and it enables us to feel energy and presence within our space.

As you relax, I want you to become particularly aware of the aura behind your body, because it is in this part of the room that the presence of the Archangel Gabriel now begins to build.

Their presence and their power, drawn by our unspoken summons and our need, begins to thicken the air behind you.

Open your senses to that presence.

Feel through your aura.

To the heat in the air, to the quiver within the ether. As the loving energy of the archangel builds and builds and builds behind you.

Tall and graceful.

White wings outstretched.

Arms either side of his body, palms facing towards you.

In robes that seem to be made from tumbling water.

The Archangel Gabriel. Cardinal Archangel of the West and the Element of Water stands.

Angel of the Moon.

Angel of cleansing. And grace. And flow.

He calls upon the power of the divine.

And summons, through His grace, the divine holy waters to cleanse and heal us.

To wash us and replenish our dwindling light.

And as he does so at your feet, rising from the earth, the holy waters begin to pool, crystal clear and cool, spinning in a spiral about your toes and heels.

They rise the waters, splashing up over your ankles.

Focus on them.

Feel them.

And welcomed them there.

As they rise higher, And higher.

The calves of your legs towards your knees.

Washing the chakras in your feet clean, and the meridians in your lower legs.

Up to the knees.

Cleansing the chakras in the knees.

The water rising up and over your thighs.

Cleansing the channels of energy that run through there.

Cool waters.

Crystal clear and cleansing.

Clearing and restoring flow and life.

Held in space around you by the will of the great Archangel Gabriel, flowing through your aura as well as your body, beginning to form a bubble of watery light around you as they rise.

Up the lower back now.

Over the hips and groin.

Up the torso.

Passing through the base chakra.

And the sacral center.

Clearing stifled energy from the stomach.

Undigested trauma and information.

Over the belly and up towards the solar plexus, clearing the chakra and enabling it to help us draw in the life force energy that we want and need.

Clearing.

Cleansing.

Restoring.

The holy waters of life.

Washing away tension and stress.

Feel the body relax as the waters pass through it, clearing sadness, anger, and fear.

Anger at the world. Fear of what might lie ahead.

Sadness at what you've left behind.

Anger at yourself.

Restoring these energies cleared with love.

And hope. And peace, and power.

Restoring flow.

Reaching the chest now, the water continues to rise.

Crossing the shoulders.

Up... the neck.

The water licking the base of your chin.

Finally, up over your head.

Heavenly waters that you can breathe in.

Cool and cleansing flowing into ears and nostril, eyes and mouth.

Heavenly waters pouring down your throat.

Flowing into your blood and body.

Into your mouth, into your bones.

Healing.

Cleansing.

Clearing.

The bubble arising above your head, holding inside it the crown chakra and your aura.

You rest in a bubble of light.

Luxuriate in its power.

Letting the energy of the holy waters flow to where they are needed most.

The flow of the water conducted by the Archangel Gabriel, in accordance with what he sees as being your need.

You are held.

In a bubble of angelic light and love.

Now - as you rest in the energy.

Open yourself to the angel's words.

“Dearest and beloved one, Most precious spirit. I, the Archangel Gabriel, bring the message of the divine word, of the divine's love for you. Of the divine's desire, to provide you with all that you need at this moment in time.

To be well, to thrive.

Open yourself to my grace and my power and drink deep of it.

You are a shining star within the darkness of your planet. A great beam of brightness that calls to it those who are in need, that offers the light divine. But this is a dark and shadowy time full of difficulty and challenge, and even the brightest light at times may find its brilliance guttering. Overwhelmed by the seeming shadow of opposition that is so great. Too great. To oppose.

Let, then, the love of the divine steer you on. Embolden your energy. Clear the space around you. Fortify your shield of protection. Connect you to the greater source of power of your higher self, and the divine and awaken you to the truth that you are a single star in a constellation of stars that exist within the darkness of your time.

Lightworkers all upon the planet who lend the power of their spirits to the same goal and to whose energy you can align and rest, drawing strength and courage.
From the unity of your purpose.

Feel them now.

With you in this moment.

Brothers and sisters of the light.

Fortified by those who shine down upon them from on high. Guardian angels, spirit guides, and masters, archangels and the divine source itself, creating a great family of light. All endeavouring to bring the will of the New World into being, and overcome the challenge and opposition of the dark.

Feel this community strength and power pouring through you now. As the cleansing waters open up the connections that have always been, but which have been hidden by tiredness. Negativity. See yourself as part of this great tapestry of energy and power. And draw upon it to charge yourself upon its light and ready yourself... for the days and weeks that lie ahead and know that as you plow forwards.

I, Gabriel, stand by your side. The healing waters of my holy chalice at your disposal. To provide you with the cleansing that you need, and the healing that may follow. To spill upon the path before you and provide you with grace and flum. To gift you the light and energy of my element.

In love, then, know the truth of these words. Let them echo and shine within you and guide you on your way.

In accordance with the grand design of the divine, let this be so.

In accordance with the divine's name, with love and light and truth and will.
So mote it be.
Amen."

Now let the water slowly drain away.

Back into the earth from whence they came.

Taking with them as they wash your negativity and pain, trusting that the Archangel Gabriel.

We'll transmute that energy back into light.

Let the waters fall slowly down.

Down from your head, and your neck, and your shoulders.

Down back towards the Earth.

Falling over chest.

And torso and belly.

Over the hips and the lower back.

Like the water draining from your bath.

Spiralling down into the earth beneath your feet.

Feel the drainer of the water, the drag of the water as it pours down over your legs, down over your feet into the earth.

Into the earth below.

Gabriel, who remains behind you.

Lowers their hands and brings them into the prayer position.

Offering a prayer of protection for you.

To keep you safe.

Give thanks to the angel.

And as you feel that energy begin to depart, take a moment to ground yourself.
And send to yourself.

And protect yourself in your own way.

And when you are ready, In your own time, Open your eyes.
and return