

# The Sea Meditation

*Channelled By Mary Magdalene*

**A healing meditation channelled by Margaret Cooke from Mary Magdalene whilst sat by the sea**

TO BEGIN REPEAT THE FOLLOWING:

'I ask Archangel Michael to surround me in a golden bubble of light and cover me with the platinum net, allowing in only positive energy.'

'I ask Archangel Sandalphon to anchor my grounding cords into Mother Earth'

Now we begin the meditation...

## THE SEA

Look beyond the wave's and see stillness and calm.

Feel the stillness within you.

Reach out to the love that surrounds you.

There is nothing to fear.

Breath in the love.

Breath out the pain.

Breath in the love.

Breath out the pain.

Breath in the love.

Breath out the pain.

Feel the flow of golden white light through your crown.

Feel it flow down your spine.

Let it rest for a while.

Breath in the love.

Breath out the pain.

Breath in the love.

Breath out the pain.

Breath in the love.

Breath out the pain.

Feel the flow of golden white light across your shoulders,  
down your arms.

Feel it flow into your solar plexus and down into your legs and into your feet.

Let it rest for a while.

Breath in the love.

Breath out the pain.

Breath in the love.

Breath out the pain.

Breath in the love.

Breath out the pain.

Surround yourself in this golden white light.

Feel the strength that it gives you.

Rest for a while in this golden glow (pause)

When you are ready open your eyes, feel your feet firmly on the ground.

Know that you can return to this beautiful place anytime.

