

Goddess meditation



Our Earth is in transition and with it all beings that reside on her. This is causing often stress to us and our surroundings. In my daily work I do experience people from many different paths and can feel their stress and anxiety, their worries about the world we are living in even if they are aware of that our world is not going to end in 2012, but the world we know it.

In my daily meditations The Goddess inspired me (channelled to me) this meditation that I have successfully practised with many people .It was wonderful to see how they became more calm and serene in their daily life's circumstances.

We have worked hard for many years and went through many shifts of our consciousness. New Earth is just round the corner for all of us to experience.

This meditation is helping to increase your serenity in all situations as well rising the vibration of our planet. Please share it freely as it was transmitted to me .

Give it as a gift for the benefit of all beings.

Benefits of this meditation

Helps you to heal your anxiety, fear, worries

Aids you to gain insights and inspiration

Raises your vibrations

Protects you and shields you of lower energies



Serenity Meditation

(Your Empowerment in a special time)

Find a quite space and lay or sit down and simply begin to breathe with awareness and say:

I call to you cosmic Mother, Goddess of all creation, mother of all that exists in all shape and forms, tangible and non tangible. Mother hear me come to me, Mother hear me come to me. Mother hear me come to me.

I breathe you in, all your love, blessings and healing so that I may be serene, inspired and filled with your love and wisdom.

(repeat this sentence until you feel her)

Breathe her in through your nose deep into your lungs and entire being .

Feel how each chakra is filled with the loving energy of the Great Cosmic Mother and how this energy flows through the sole of your feet deep into mother earth while you breathe out. You will feel the love of mother earth as she embraces the energy and enjoy her love while you breathe in the wonderful energy of our Cosmic Mother again.

Feel how this energy is radiating around you and creating ripples of love and blessings in your space, your home, your town, your city, to the entire planet and universe.

In the beginning do this for about 3 minutes or how you are guided to. Thank you mother Cosmic Mother, Goddess of all Creation.

After a couple of days you may increase the length of your meditation as long as you love to do it. You may use this meditation also during a break just to find peace and strength again.

Blessed Be

Isma

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Isma Whitewolf Has been practised Yoga and Meditation for 25 years , and been trained in many different healing methods like Reiki, Arolo,Aura Soma,Bachflowers,Christal Healing,Runes ,Tarot,Ogham and more. She is lives now near the legendary town of Glastonbury in the south west of England and is teaching worldwide and writing books.

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