



Ritual of Unity and Blessing Meditation

EXPLORE THE MAGIC of the moment and the **MYSTERY** of **YOU** found in bits of paper and glue using the **MOON** and **SOULCOLLAGE®** process. **UNFOLD** your **MYTH** and **EMBRACE** the **MYSTERY** online at...

THE NEW MOON JOURNAL

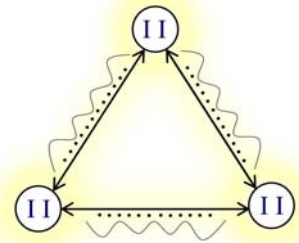
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Long Distance Healing Triad

Working long distance is easy, you lend your support on an energetic level. I have been working with this Triad symbol in groups since 1997 when it appeared in a meditation. You as healer may be using it in some form. At the appointed hour we meet at the symbol, using it to link up energetically. There is no time in the spiritual realm, you can do this process within 3-4 hours, and/or 2-3 days.

Heart Centered Meditation: If you do not know how to shamanic journey or are not familiar with this type of spiritual work -set a strong intention.

- Create sacred space where you will not be disturbed.
- Ask for Spiritual help through prayer.
- Stow all pets, spouses and children. Electronics are turned off– beepers, phones, cell phones. For timing you can use a kitchen timer and set it to 20 minutes (this isn't necessary you'll come back in 20 minutes).
- Play soft gentle heart music in the background to relax you. Go into your heart with love by saying a prayer to connect you to the divinity within you.
- If you have a Source SoulCollage® card, use that card to focus your intentions.
- The intent is to go to Light, Be Light– the Source-the highest spiritual presence. Whatever that means for you. I visualize myself as the Starship enterprise going into warp drive.
- **All ways work. Just find the place of Divinity within you.**
- Close your eyes and visualize yourself standing in a safe place– a cozy room. As you settle into the surroundings the light source in the room grows dimmer and dimmer. As the light begins to fade and the room goes into darkness, the Trinity Symbol appears on the floor– its shape, size and color light up like an airplane runway or map. Step into the symbol, and take your appropriate place on the Trinity as a participant (s).
- Send out love from your heart and ask that it be used for our highest good. Give this love to your spiritual teacher/the God of your understanding. As you send love you are also receiving love. Allow the insights and wisdom to return to you.



Shamanic Journey: If you are familiar with shamanic journeying put a drumming or rattle CD. This

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journey is 20-30 minutes in length with call back. You know what to do.

- Set your intention.
- Transfigure and go into Triad symbol in a transfigured state. Transfiguration is embodying your light, Divine light. Like the song- ***This little light of mine, I'm going to let it shine.***

On Return: journey back into the room, take notes in your journal of the experience. You may be inspired to create a SoulCollage card.

Please share your experience with Michele on at the New Moon Journal blog using the comment form or via email. Know that each time we meet with this Triad symbol it builds spiritual muscle– it's a resource that can be tapped into again and again. The feedback received is wonderful and people's experiences confirms this.

Our work together grows by recommendation only when you find this material of use! If you enjoy the writings and events I'd love it if you'd pass along the word to friends and family.

I thank you for your support!!

Rev. Michele Lessirard, C.Ht. is an artist, astrologer and teacher. A shamanic counselor who combines the visible elements with the invisible- the spiritual aspect of you that is mirrored through your day-to day relationships with family, home and work. To learn more about her work visit these websites at:

<http://www.sharedjourneys.org> <http://www.newmoonjournal.blogs.com>

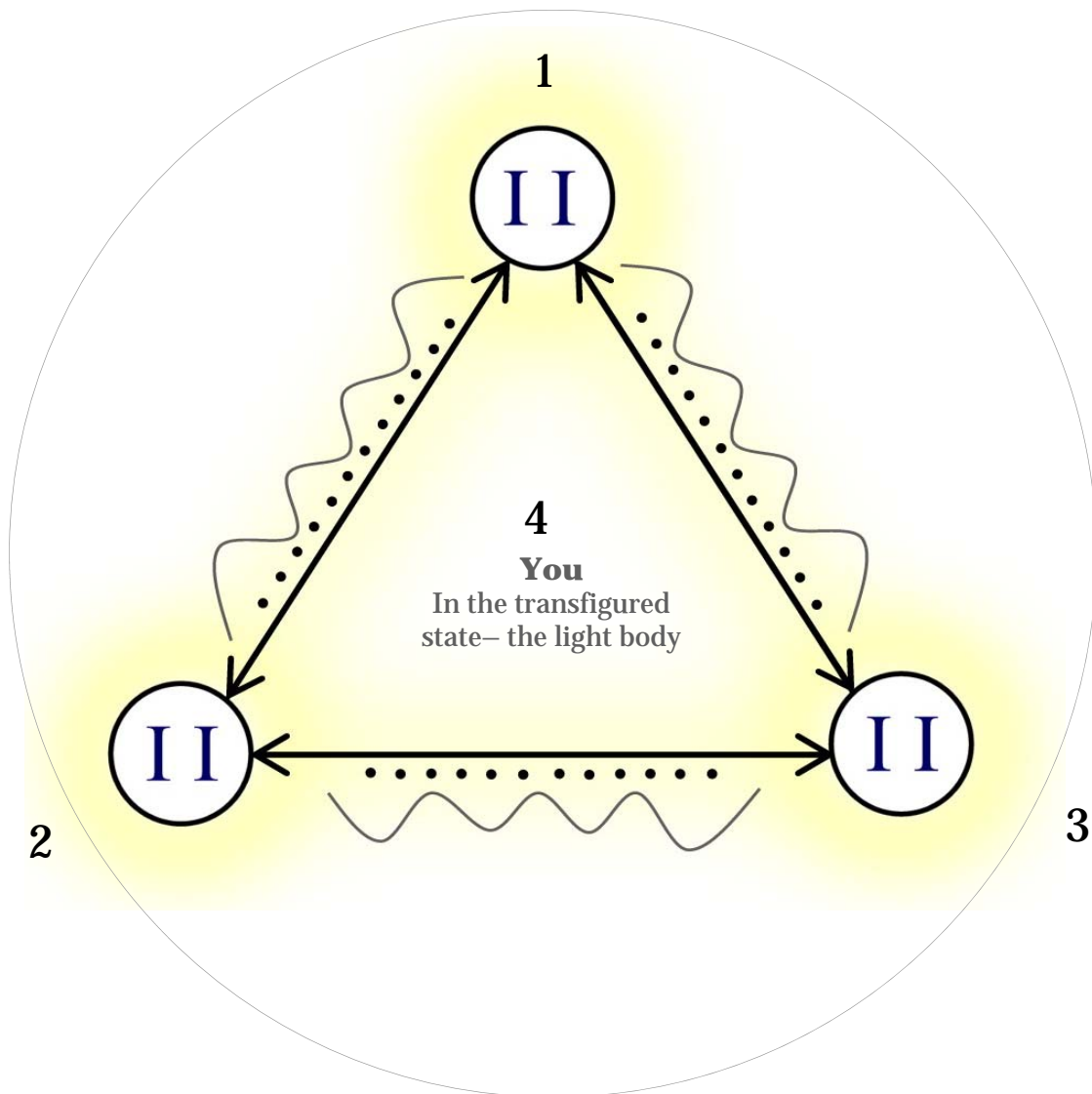
<http://www.shamanicteachers.com> <http://www.soulcollage.com>

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Triad instructions for working long distance: If you are called to use this symbol in one of Michele's long distance community gatherings. These spiritual forces are holding point-

1. The loving presence of our Spirit Teachers- Power Animals/Teachers/Angels- the God/ Goddess of our collective understanding.
2. The loving presence of your Higher Self- the Divine you.
3. The loving presence of the Higher Self aspect of your mother and father. Your benevolent Ancestors and Descendants who want the very best for you.
4. You (the participant) enter the circle in your transfigured state (light body) You'll give healing and get healing in the unfolding experience. *smile*



There are two versions of the glyph—simple and detailed. Use whichever one that calls to you.

