



1. Red Pegasus of Firelight

Spirit guardian Pegasus brings healing to the base chakra with a profoundly nourishing red light. This process may clear fearful belief systems or other issues related to survival, safety, belonging, abandonment, neglect and even physical suffering in this or other lifetimes. Issues concerning the lower body, especially the legs and feet, may require healing, and there is the reassurance that you will recognise the best healing pathways for your needs. The gifts that emerge from this soul clearing include renewed trust, relaxation and the deeply felt knowing that your body belongs to you, that

you are meant to be walking the exact path you are walking, and that you have a sacred purpose meant just for you.

To access this healing, allow your heart to feel what it would be like to trust yourself and life unconditionally, to believe abundance and material wellbeing are opening up for you. Allow yourself to explore the feeling of being supported, held and safe. As you tune in, ground yourself through your legs and feet, sensing the powerful connection and loving gravity which holds you firmly to Earth. Allow this strong foundation to support you on all levels. A sacred homecoming to your spiritual tribe is destined for you. Recognise that you matter, that you belong.

*Through unconditional love, divine grace and enlightened wisdom,
I open to healing and embrace the gifts of material wellbeing,
abundance, safety and presence with a willing heart,
for the spiritual benefit of all beings.*



2. Orange Pegasus of Healing

Spirit guardian Pegasus brings healing to the sacral chakra with gently warming orange light. This process may give rise to soul memories from this or other lifetimes that relate to a lack of emotional or material support. You can allow these memories—whether they are clear visions or murky sensations and troubling feelings—to rise and fall away as you witness them with compassion, supported by Pegasus’ warming light at your lower back and belly. The gifts that emerge from this healing are the reclamation and replenishment of your joyful spiritual vitality.

This practice will help you fulfil your life purpose by enhancing your natural ability to magnetically attract what you want and need, and increasing your wellbeing. Allow a stirring of spiritual warmth, emotional wisdom, generosity and expressiveness to begin warming you from deep in your belly, spiralling outwards. Believe in your innate beauty and value, and from that place, open yourself up to life, becoming receptive to an abundance of blessings. You have the capacity to share your wisdom, warmth and friendliness in a relaxed, confident way. A sacred and meaningful rebirth is now unfolding for you.

*Through unconditional love, divine grace and enlightened wisdom,
I open to healing and embrace the gifts of self-care, connection,
creative flow and emotional warmth with a willing heart,
for the spiritual benefit of all beings.*