

METATRONIA

SPIRITUAL TOOLS WORKBOOK



A little Workbook to assist and support your awakening journey

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It's all about Energy

It's all about energy. Everything that exists does so because of energy. The body is pure energy. The muscles, heart, lungs, organs, ligaments, fluids, work because of energy.

When we become ill or feel unwell it is often because our energy is out of balance. The system is not flowing, the energy is blocked. If we can keep this energy balanced and unblocked we find we have a greater energy, a more fluid flow of life-force pulsing through us.

Just as we use a Hammer to drive in a nail, just as we use a mower to mow the grass, these are tools, they assist us with what we do, making the job much easier. This is why I have created this workbook. To pass on some spiritual tools to assist your awakening, aligning and ascending journey. They will hopefully assist you in many areas of your life. Being anchored fully in your vessel (body), connected, having a stronger vibration/life force energy pulsing through you. Helping you to keep your light bright!

Some of the techniques you may think are pretty out there and bizarre but please know that I have studied each and every one for many years, reading many books, looking, searching, experiencing...and that is my truth. What I have found to work and bring the greatest results with the Ascension journey. Knowing that I needed support from a higher energy, the Divine intuition connects in and guides us in many ways.

Archangel Metatron has shown me many "ascension" tools that not only assist me in the work I do, but will assist all on their path of enlightenment.

The ascension journey is not difficult. What restricts us is the separated and limited consciousness. These spiritual tools will perhaps stretch your imagination a little. So if you can think outside the box, trust, believe and be open to receive as you allow the flow of divine light. Your vessel will begin to feel these tools working, (it may take a little time but persevere), you will become aware of a greater energy that exists in and around us always.

It is through our vibrational alignment that we awaken. There is a little Metatronia sparkle within this workbook. Metatronia vibration is pure Source light. Source energy is vital for our spiritual growth and our ascension process.

I hope that this little workbook helps to link you to this amazing energy and that you will use these tools each and every day of your life.

With Love,

Tammy

Protecting Your Energy & The Aura/Lightbody

When working with any energy we have always felt it necessary to “protect” ourselves. This mainly concerns the energy of others. Have you noticed how being in someone’s presence can sometimes make you feel very drained, tired, nauseous, and you cannot wait to get away or perhaps someone over energizes you and you cannot rest. Protection is the key and for this we start with the Aura. However, do not get too hung up on the need for protection. Protection is a word we use to guard ourselves. This is not about guarding rather keeping our own vibration in tact and not taking on the energy of others. It is not about segregation and separation rather about awareness of our own vibration and our own lightbody mechanisms. This is covered in another workbook entitled Lightbody Vehicle Mechanics. So don’t get hung up on the need to protect in the way we understand protection. It is more energetic expansion and awareness of the vibration of others within our own sphere/vessel/energy body. When we view ourselves as complete within our energy nothing can perturb or disrupt/disturb this as it may have before our awareness expanded. When we work with Metatronia vibration/Source – this does not require protection for we are working with the highest and purest light.

“An **Aura** is a field of subtle, luminous radiation surrounding a person or object”. All living things have an Aura. The following information on Auras is taken from a beautiful website called Crystalinks and I have added my two-penneth!

In metaphysics, Aura refers to the energy field emanating from the surface of a person or object. This emanation is visualized as an outline of cascading color and may be held to represent soul vibrations, chakra emergence, or a reflection of surrounding energy fields.

Auras may be viewed by the naked eye, though some psychics, like Edgar Cayce, believe this ability weakens with age. Focused training may improve one's ability to see auras. Layers of aura are separate and distinct yet connected to all the remaining layers. In the books of Carlos Castaneda auras are referred to as luminous cocoons.

Modern New Age metaphysics identify the aura as electromagnetic fields. The existence of electromagnetic fields around every object in the known world is a scientifically proven fact. What is debatable is whether or not humans can see these electromagnetic fields as colors with the naked eye. This claim is considered paranormal because devices that sense electromagnetic fields at magnitudes many times smaller than that which allegedly exists in auras have recorded nothing.

However, these energy fields are sometimes claimed to be documented by a rare form of photography called Kirlian photography.

Auras vibrate to different colors, sounds, and light frequencies. The color spectrum varies with one's physical, emotional, mental, and spiritual states. Auras are in a constant state of flux. That is they are ever changing to the environment around us, our emotions, mental state, health etc.

When I do any healing I always work with the Aura first off. To sense how strong it is, what colour it is. It's a great way to start healing and it can tell you so much about a person and their energy/current health/mental state.

Some people are able to tell when looking at a photo of someone that they have passed over, as the aura is very black/dark. The person as they have crossed over no longer has an electromagnetic energy field.

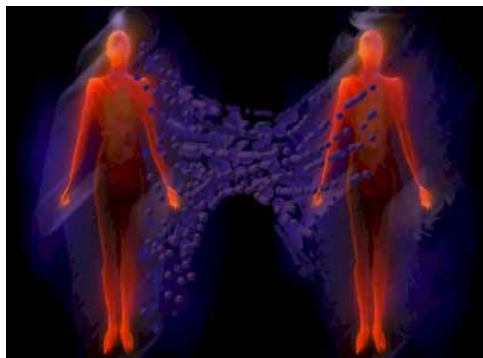
Your aura usually consist of more than one color at a time.



It can extend out very far or remain close to the body, which occurs when the person is protecting themselves from someone or something. Some people can psychically look at the subject and see images within the person's aura. These images may include symbols/archetypes, people, digits, or even another aspect of the person's soul that is coming through in their third dimensional aura from another realm. When two people have just been lovers, they will show up in each other auras, the color of their auras depending on the nature of their relationship.



When people have done healing work together, or shared physical contact, they will share a common auric field for a period of time as they have merged their electromagnetic energies.



Auras can be seen physically, or sensed psychically, or both.

To practice seeing auras - have the subject stand in front of a white background and look to the side of their body - either side is fine. Daylight is often the best light as the sun's rays are full spectrum.

If you watch the person for a minute, you will see their electromagnetic energies as sort of wavy lines of energies. This looks a lot like the energy you see when you are watching an airplane taking off in a movie. Please do not strain your eyes. Relax. You might want to let your eyes go a little out of focus while you are looking for an aura.

You may only see the aura for a few seconds, then it will disappear. After you see that energy, you may also see or sense a color frequency, maybe two or three colors, in the aura. After several minutes you should be able to see some sort of energy field around the person, even if you cannot determine the color. Remember that auras change all the time according to the person's mood and environment.

As with all psychic tools, learning to read auras seems easy for some people while others need lots of practice. The color of your aura is determined by your emotions, physical surroundings, spiritual work you are doing, items in the room, such as crystals, which can magnify or change the colors of any aura.

Anything that can affect an electromagnetic field can affect a change in one's aura. As everything that is in our reality is created from electromagnetic energy, everything has an aura - plants, animals, etc. When you are working as a healer, you are bringing balance to the person's electromagnetic field.

You should observe the person slowly then determine if they have holes in their aura. It would look as if the electromagnetic energies had suddenly stopped. This will tell you where there is a problem or imbalance in their physical body.

I always suggest you discuss the problem with the person first. All physical illness comes from the emotional, which created the problem in the first place. You must find the psychological cause of the problem first, to determine if the person actually wants to be healed on an emotional and soul level. If they are they are not ready, the healing and balancing can only last for a short time and will revert back, or manifest in another area of the body. All healing must be done on the soul level first!

You can use your hands in a slow sweeping motion over the part of the aura where the energy (chi) does not appear to flow properly. As you move your hands across the person's aura - you should both experience some sort of change in the energy flow. You do not touch the person--just the auric field of that person.

If you would like to see your own aura, find a mirror that is in a well-lit room. Relax. Look at your head or head and shoulder area. Focus on one side of your head. Soon you should be able to see the electromagnetic energies as a field of light - around your head.

Do you want to feel the electromagnetic energies coming from your body? Try holding the palms of your hand facing each other - about two inches apart. Wait a few seconds. You will feel something. If your hands are nervous and cold, that will hamper the energies. Once you begin to feel the sensation of electromagnetic energies between your palms, move them slowly to and fro. You will feel the movement of your aura. Look between your hands to see the electromagnetic energies, your aura.

Try moving your palms further and further apart slowly. See how far you can go before you no longer feel the 'pull'. Remember to check periodically by moving your hands slightly and slowly. Now try pointing your fingers towards each other and feel those energies. Again move your fingertips to and fro. You can repeat this with another person.



Aura energies are linked to colors, the chakra system, musical tones/notes, as they all resonate to the same frequency. Sound, light and color are all interconnected at source. Source speaks to us through a silent but most profound and magnificent energy. This energy is "light frequency". Source communicates to us through light. This light affects/effects our vibration and lifts, clears and aligns. This light can come in through different colour codings according to the individual.

Jelly Fish Aura Technique (channeled from Archangel Metatron April 2011)



Imagine your aura as a **clear, jellyfish consistency with a violet flame on the very outer rim**. Just see the flame of violet and let it rest there, the aura all around you, visualise it, see it in your minds eye, a bubble around you that is wobbly but complete/whole and completely envelopes you and keeps you safe and protected.

Visualise it from the top of the head, going out to the back, sides, front and under the ground, below your feet. Try and push it out to 3-4 feet this will create space for you and allow your energy to have more space to be. Many of us hold our aura too close and this can make us lack in confidence, have anger, upset, anxiety etc. so push the aura out and see how you feel, its very freeing.

The aura will bring in protection, but if this doesn't feel like it's enough, along with the grounding you can imagine you have a metallic cocoon around you. I use this sometimes as well as the jellyfish clear, violet edged aura bubble! Its up to you. This is all you need.

See it dissolving into mother earth if you can if not just the mantra mentioned is sufficient. It means you are ending the day with all your own energy back in tacked and not going to sleep carrying anyone's energy that may still be with you.

Grounding (Anchoring)

For some people grounding (anchoring) is an important aspect of their alignment process. There are a few techniques you can use to ground yourself. The one that I like to use and teach to students is the Golden/silver thread grounding technique. However, we are moving into a time where we no longer need to be focused on grounding, protection etc. as we trust, grow and expand into Source. With this in mind there is no longer the feeling of needing to perform rituals as we just are, we just “become”. We are at one in the higher light threshold so the requirement to ground and protect becomes a thing of the past. Some still use grounding techniques so here is one that I have found most useful.

Visualise a cord of golden light coming down through the spinal column from the crown of the head. The chord reaches right down past the root centre/base of spine and reaches into the floor, past the feet; it travels down deep into Mother Earth, deep into the very centre of the earth where it anchors around a Clear Quartz or Blue Quartz/Diamond whichever is easier for you to visualise. If you cannot visualise this then you can bring in the black Triangle that works just as well, the point facing towards mother earth. Once you visualise the crystal then just hold your focus there a while, a few seconds, while you feel grounded and centered. You are now ready to work with client/yourself or with the meditation.



Mantas/Affirmation and the Power of Prayer

For thousand of years people from all kinds of spiritual and religious backgrounds have used the power of prayer, mantra, and affirmations to help them through the day. These mantras are very powerful indeed. They somehow link us to the Divine, the Gods, whomever we believe in. So I am a big fan of Mantras and Prayer.

From Wikipedia - "*A **mantra** is a sound, syllable, word, or group of words that is considered capable of "creating transformation". Their use and type varies according to the school and philosophy associated with the mantra.*" "*Mantras, the Sanskrit syllables inscribed on yantras, are essentially 'thought forms' representing divinities or cosmic powers, which exert their influence by means of sound-vibrations.*"

When we pray we are handing over, asking for divine intervention, support, assistance. Often we are on the floor on our knees when we ask. It shouldn't be this way. We shouldn't have to reach rock bottom before we reach out for support. When we open our vessel to the fullness of light, we begin to live from a higher vibrational reality. We become one with Source's divine and conscious intelligence.

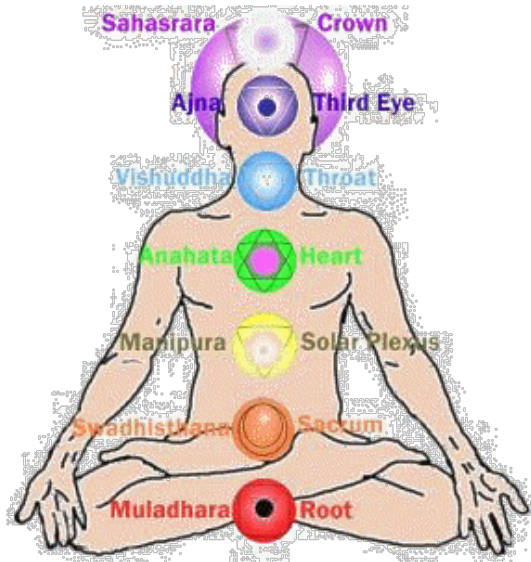
I would strongly advise that you practice mantras/affirmations, or indeed just sending out a request to the Universe daily, the things, which you need assistance with and see what happens. The Universe is there to support each and every one of us. We have just forgotten how to ask. Send out your wish, just once, then leave it. Allow the Universe to show you its divine and most profound dynamics. That which is part of our journey will be delivered to us. It cannot be any other way. We just forgot how to ask.

I send a little prayer each night, giving thanks, or sending healing to those that require it. Or asking for assistance for those in my life that require assistance, situations, people, pets, circumstances etc. and for me this little practice helps me to hand over, and not to carry so much. I always give thanks and love back to my Guides and Helpers in the higher domains. This is my way of acknowledging the beautiful Universe and the Divine and giving thanks for the help I receive, the life I have and the experiences the Universe sends my way.

Ask and you shall receive: For instance saying the name over and over again of Buddha, or an enlightened Being and asking for their energy to come to you does just that. It is like you are sending out a beacon of light asking for assistance and Source will always answer your call. As with Angels, angelic beings, deities, Archangels, Guides etc, they will always answer your call. It may not be what you demand, or wish for but they will answer and bring resolution, in many different forms. We will eventually reach a point where we just live as Source and there is no further vessel preparation necessary. We have the tools to bring us to this aligned vibrational point.

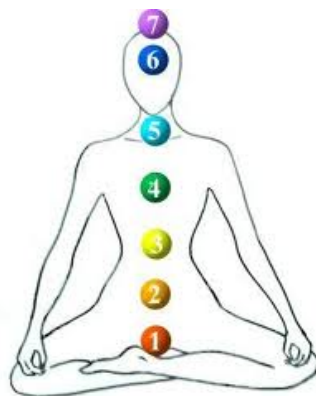
Chakras (Wheels of Light) (Basic Information)

The Chakras are spinning vortexes of energy. They are communications portals that connect us with Universal life force energy that we cannot exist without. Mankind clogs these beautiful, vital centres with emotional debris. Things that are carried, and burdening, filling these centres up so that they become clogged and some can stop spinning entirely. The good news here is that with balancing and healing these centres, from the auric field inwards, we can cleanse and clear them so that they begin to spin in the correct direction, and are in harmony with each other. It is said that the human vessel has over 88,000 chakras, maybe more.



The Chakras are vital for our connection with the Universal energy/life force. When we block them through negativity, trauma, life events, and being at a low frequency, we are starving ourselves of the elixir of life, which we need which comes from the Universe. These chakras are our direct connection to the Divine. Do you see how Mankind is its worst enemy? Blocking himself from this abundant energy, which could release much pain/suffering, illness etc. Its about acceptance and believing in this multi-dimensional Universe in which we live in, and knowing that the Universe will supply us with all that we require to live a happy and fulfilled life. When we doubt, we block, when we block we clog our spiritual bodies and this is not good.

I no longer work with single Chakra focus, rather seeing the human form as one overall light vessel. The Chakra information is still relevant for some. It is a great place to start when embarking on understanding how light works within the organic, electrical, and vibrating living system.



There are 12 main Chakras to focus on. Here is some basic information:

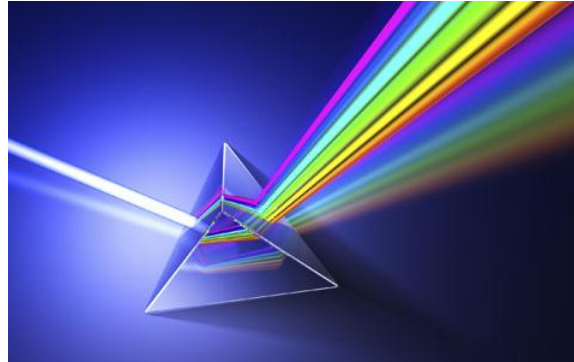
First Chakra	Red	At base of spine Physical chakra	Bones, muscles, lower extremities
Second chakra	Orange	Region of pelvic cavity. Between navel and base of spine Physical chakra	Reproductive organs, spleen balance
Third Chakra	Yellow	Abdominal region (navel) Physical chakra	Digestion, adrenal balance, ulcers
Fourth chakra (A)	Green	Heart region Emotional chakra	Heart. lungs, immune system, thymus balance
Fourth chakra (B)	Rose	Heart region (above the green chakra) Emotional chakra	Heart. Lungs, immune system, thymus balance
Fifth chakra	Translucent Blue	Throat Emotional chakra	Throat, upper bronchioles, neurological, thyroid balance
Sixth chakra	Indigo	. Third eye, forehead between the eyebrows. Mental/Spiritual chakra	Pituitary gland, facial area (eyes, nose, ears)
Seventh chakra	Violet	Crown of head Spiritual chakra	Pineal gland, brain area
Eighth chakra	Silver	Below the feet approximately 6" Etheric chakra	Feminine energy, grounds to earth
Ninth chakra	Gold	Above the head approximately 6" Etheric chakra	Masculine energy, connects to Source
Tenth chakra	White	Palm chakra of dominant hand Etheric chakra	Protection, contains all color
Eleventh chakra	Clear	Palm chakra of non-dominant hand Etheric chakra	Clarity and truth, contains all color
Twelfth chakra	Black	Outside layer of auric field and approximately 12" below feet Etheric chakra	Provides experiences for testing, energy movement, and grounding; contains all color

Table courtesy of: <http://www.colorhealing.com>

METATRONIA FOUNDATION OF LIGHT

UNIVERSAL LIGHT FRACTURES - THE CHAKRA SYSTEM AND THE LIGHTBODY MATRIX

6th July 2013



Your Lightbody - is just that - a body of light. It surrounds you. It pulses, it vibrates. It brings to you the "elixir of light" from the ONE. Allow it to pour into you. Do not focus on the chakra centers as being individual in purpose but a collective portal made up of sections that are harmonious in form. From the Red (Base) to the Violet Ray/or clear diamond white at the point above your crown area. They filter the light and energise the complete human energy system and electromagnetic pulses of light that sustain us as we live in physical form. They are magnetized and hold exactly the right amount of energy that is required to sustain life, balancing body systems and play an important role with regards to the lightbody.

They are what connects the lightbody formation to the physical body, so that energy is transformed into our physical being/vessel/body. They do not just exist to balance energies or emotion. Their existence and purpose is way beyond that. They are light portals that sustain us and literally are the grounding vibration/energy that works to ground and keep us in the physical form, as we are carnate on Earth. They are the direct link and connection to the lightbody formation.

From Red, Orange, Yellow, Green (or pink), to blue, to indigo to violet) all the way transcending from the base of your spine to the crown of your head and outwards, deep into the cosmos....through the lightbody vortex, energy matrix of crystallined grid formations. Not individual points to balance the emotional body, but an overall light matrix that pulsates from base to the crown of head. Soaking up the rays of Light that bring forth to you the Elixir, energy of the ONE through light formation.

We are moving the focus of healing the human vessel through balancing the chakras each one in turn. To the expanded knowledge of the light that brings us energy that balances them all, as One, in Unison with the light codings.

Do not focus to look at each in turn. What possible imbalances or perfections one may hold in each center? For they are pulse points. Electromagnetic vortices of light that bring to the Human form/vessel the Light elixir. The energies of the moon, stars, planets, crystals, electric magnetic codings and energy that ignite our Sun Fire within. The human form is complete. The emotional body has learned over time to disconnect consciously from the light connection. So much so the body is starved of the nutrients that come from the Universe to us.

As we begin to become more aware of our lightbody mechanisms, and indeed the existence of it as a whole system of light that surrounds us and is our true essence, we begin to unite again with the balancing aspects of the Universal coding of light that generates our Being.

Food sustains the physical form. Light sustains the divine form. In all its glory.

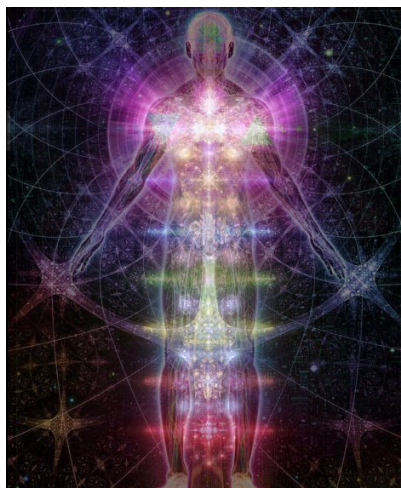
We are moving into a time where the light sustains us more so than food on all levels. Emotional, physical, mental, astral. We are moving and evolving to live more from the light. The human structure/vessel/body is also altering and evolving in many ways.

Much is being felt in the brain/head/back of neck area. We are releasing old, governed and installed primal belief systems that go way back to when we disconnected from the true one life force vibration.

We are moving **back** into this time of great One Conscious connection where we are feeling the vibration and energy of the codings coming to us from the Universal Grids. Empowering, healing, enlightening, expanding and altering in many ways as we are moving to the true, divine BLUE-print of the One Source, through the sacred light codings that Metatron assists us with and brings down to the Lightbody formation where they are felt as energy pulses, that result in many alterations to human form thoughts, behaviours, patterns, releasing and expansion and raising of consciousness so vast and great that we are being “reborn” into the light of the One in all of its purity.

This is not moving us to a new way but the old divine way of connection to the one, a major part of this being integration once again and connection so divine, to the One Source Universal coding, which lies within each and every one of us, in fact it lies within every single molecule, every thing that is, every thing that exists throughout the galaxies.

Man is able to hold more light in physical form. There may be some blockages along the spinal column that may not be due to genetics or behaviours, emotions etc but due to older, more primal form, and this may be for the majority of mankind as we are being altered in our energetic structure.



To raise in vibration means to become lighter in form. There are blockages to release and the energetic light frequencies are working to expand not only our consciousness and raise our vibration but to adjust the physical/human body/vessel for it to be able to hold this magnificent light.

What is occurring as we are evolving through our lightbody matrix is this and more but here are a few chosen points to be aware of at this time:

- The vibration of the Human form/body/vessel is altering.
- The Lightbody matrix is holding onto more light formation that is felt as ripples/waves throughout the complete energetic system of man.
- Vibration is being raised in line with the frequencies that are available to us due to the alteration of the lightbody matrix into a crystalline Diamond grid formation –thus enabling us to hold more light
- Man cannot sustain holding onto the lower vibrations. Evolution of light is here and man is shifting in vibration and consciousness so much so that the old ways cannot be maintained as the energies are shifting.

- The Chakra system is a complete energy portal made up of singular entry portals that act as light conduits for the rainbow electromagnetic currents of divine One Light force. This is the energy that created/creates/sustains all things.
- Evolution is the key to understanding why it is necessary for man to alter with the vibrational shifts that are taking place. For those who are consciously journeying they will feel great connection, synchronicity and their life altering and transforming in many magnificent and magical ways.
- The human energy system has not been utilized to its full and proper potential/purpose. The more man connects and consciously becomes aware of the energies brought to the human vessel through the lightbody matrix, the more he will ascend, swifter, more consciously aware of the evolution of man from a vibration/light/energy perspective.
- The light sustains all living things. The light is what all things are made up of. This light is altering the way that healing the human vessel/body will be viewed in years to come. Man will learn, how, through the awareness and application of this light force energy and electromagnetic light wave pulsations, how the human form can be lifted to match the frequency that resides within the lightbody matrix and energy grids around the Earth and thus around the Universe.
- The knowledge of the One energy that connects all things, that brings union to all matter will bring great conscious steps in vibration for mankind.
- Man will begin to view "life" from a different dimension and that there is no fixed life but "life of the light" that is eternal. Albeit the form of man may alter through the different layers and dimensions, man's time on Earth in physical form is a time of great creativity and connection. The purpose of life on earth in physical form is to journey back to the One. As man have been ignorant for many years, what cannot be ignored now is the power of the light that is strengthening us and evolving us back into the perfect form of man, some term the Adam Kadman, perfect human form, physical incarnation of the One vibration.
- The BLUE-Print of man is altering in its physical form in alignment with the alterations to the lightbody formation/light matrix. People will begin to feel more "out of body" and less "heavy and dense in form" as they begin to connect more with the light that pulses through them, directly from the connection and strengthening of the lightbody through conscious application/conscious awareness, meditation, practices that assist in raising conscious vibration such as the use of crystals, images, visuals, musical tones, mantras, touch.

Focus not on one center, but as the Human vessel as a physical formation of the lightbody. Our physical form is an exact blueprint of the level of light within our lightbody matrix.

Illness and disharmony occur, as we are disconnected from the light and not consciously aware of the lightbody existence. When we become more aware then the chakra system (although this and much more of the complex crystallined matrix is actually termed as Gematrian body of light) we begin a process of immediate alignment with the One Source. Connecting consciously with this almighty presence of light that is our soul elixir.

When healing occurs through the connection of light magical things begin to manifest. As our consciousness is raised to outside of ourselves the focus is no longer on the individual facets of our being, emotional, mental or physical, so that we begin to see ourselves as a complete body of light. We are diamond in formation. We are light of the One. It pulses through our very being. To bring great alignment and harmony to the human vessel/form we are required to look at ourselves not as just a physical being but as a Being of divine light, crystallined in form, of electromagnetic current that is our true formation.

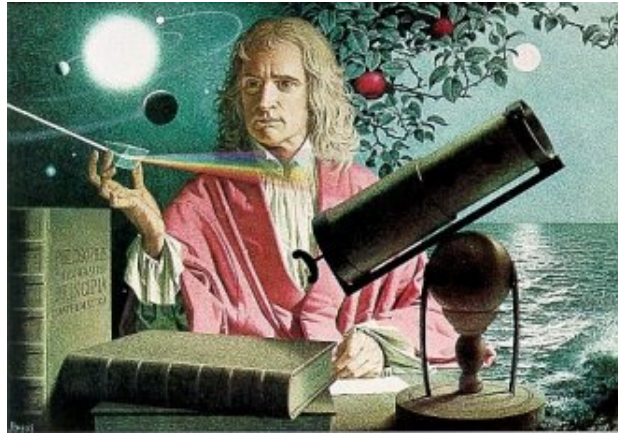
Mankind must look to the automatic harmonization of the energy centers through the connection to the light. This is an automatic process. The more we surrender to the knowledge of this the more spontaneous healing will occur.

For most disharmony and illness is formed from the emotional body. The feeding of the conscious mind through experience, trauma, emotional feedback of circumstances we have endured throughout our earthly life. We must begin to see ourselves in a given moment as a Being of Light. And the light thus feeds and nurtures us. Balancing, bringing equilibrium on many levels.

For Man has learned to live in the mind. Creating his reality from his thought process. Controlling the thought process, resulting in great disconnection from the One Source frequency. We are not singular, we are not disconnected. We are one with all that is. One consciousness. Yes there is individuality – but it is more so unique coding rather than separateness.



Sir Isaac Newton



"White light seems to be made of many different colors combined or Spectrum of Colours (SC).

Shining white light into a prism seems to split the light into Spectrum of Colors".

"Isaac Newton discovered that white light is made up of a spectrum of colors, that when blended together produce the white light. He showed by use of a prism that white light can be split into a spectrum of colors and then used a second prism to show this spectrum can then be rejoined to produce white light. Newton ... theorized that light was composed of particles but had to associate the property of light with waves in order to explain refraction of light".

We have learned of the make up of light formation for many years. Sir Isaac Newton documented his findings from 1666, which are truly fascinating. We are learning more and more from this regarding light energy and healing from the light source.

"Colors, to be sure, will often affect the body." Edgar Cayce

"Colors affect the body, even as pollen does many another." Cayce

*"Colors will also find an influence ... especially those not too severe, but the violet, ultra-violet, shades of green, of mauve and pink. Though the others may make for a rigor oft in the entity, the delicate shades - or those, which may be termed the spiritual - will influence the entity. When illnesses were to come about, soft music and the lighter shades or tones will quiet, where medicine would fail. In these fields the entity will gain the most; but the developing will come for the soul, for the spiritual portion, through music ... awakenings through **color** and song, and especially dirge. Cayce*

*"By **color** certain activities are also symbolized, - for instance, black indicates the whole combination of all. For, to material interpretation, white is the absence of **color**; black is the combination of them all. The dark blue indicates awakening: purple, healing, white purity: gold - attaining. All of these and their varied shades indicate the activity; this applying to the stars as well as the sun or moon.*

*The sun indicates strength and life, while the moon indicates change - and in one direction indicating the singleness of that activity through an individual experience, - the variations being indicated by the variations in **color**. Star, - the white, purity; the five-pointed, the whole senses of man indicated as attained to activity - the colors showing the variation; the forms of six, seven or eight pointed indicating the attainments, - as do the seven stars in a figure indicate the attaining to the Seven particular centers in the body: Cayce*

" Colors are naturally the spiritualization of tone or sound..." Cayce

Man has, for Eons, been fighting for survival as he separated from the Unified One Consciousness Vibration. Feeling it necessary to prove and to control every aspect of his life, separated through the activities and self-perpetuated thought processes and emotional body. This has led to great disconnection from the nurturing light of the One. That always takes care of us, that loves us unconditional, that waits for us to become consciously aware of its existence, and for us to surrender to the knowledge that we are not separate. But part of the whole. I am that I am.



Visualizing a beam of white pure light entering the crown center, passing in turn through the energy vortices along the spinal column, those that reside there and in turn those that are present within the matrix of the full lightbody matrix, seeing this light, bringing it down to the crown center, through to the base of the spine then out to the floor, deeply falling into the Center of Mother Earth where it is pulled by the Magnetism of the Fire of the One, deeply centered into Mother Earth's womb.

We are grounded we are connected. The light, that is not seen on a 3D level but very much exists at a higher dimension, where we become consciously aware of it through our knowledge of its existence, this in turn raises our consciousness, our vibration is raised and we begin to live from a higher dimensional reality.

Bring in this light. It will nurture and nourish you and in turn will balance your complete lightbody. You can play, experiment with the light, feeling it pass through you as different colours. Perhaps see a Rainbow prism passing down through the light channel from the crown of the head, as it opens up from the heavens above, deeply penetrating the crown and flowing through, as a Rainbow light, down to the root then through again to rest at the Womb of Mother Earth.

Know that just to visualize the white, Diamond light entering the Crown center, and coming through the Auric field/lightbody matrix, will, when it hits the physical layers of human form, become the Rainbow matrix of light that will, in turn, automatically heal each Chakra according to its colour of resonance/vibrational colour formation. This does not have to be done consciously as it is an automatic process and part of our light coding.

See yourself not as separate, for you are whole. You are one with all that is. You are divine and you are complete. The fractures occur as you feel you are surviving. But the truth is that this separation brings to the mind set a falsified way of existing. Be here in the now. Allow yourself to dissolve into this magnificent light.

Allow yourself to let go and feel the empowerment within your physical form. The more you hand over (surrender) the more you will feel. As once again you are consciously connected to the light that has never left you and is always with you. The divine omnipresent light of the One.

See yourself as whole, as complete. As the light nourishes you. See the light surrounding you as a colour that you feel resonates for you.

The book "Keys of Enoch" by J.J. Hurtak is one book that is brought to us to study, if we are truly interested in what is occurring for mankind & for our Ascension process at this time. I would strongly advise obtaining a copy of this and not reading page to page but by randomly selecting through pages, just turn it open to where you feel drawn to read. It truly is a gift for us at this time.

Be at one within yourself, as you are expanding and ascending. We are working to release you from the ties that bind. Expansive awareness is the key. Consciously becoming aware of the light within you. Bringing you ever closer home to your truth.

Tammy Majchrzak
6th July 2013
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How to go to Sleep at Night

At night, some of us may not settle so easily. During the day our vessel picks up, filters and connects with so many different levels of energy. This little mantra is most beneficial and will assist you in calling your energy back to you.

The Sleep Mantra:

“I call all my own energy back to me, that which is not mine I send out into the Universe”.

This little mantra will aid you in going to sleep at night with your own energy intact. Any energy that has a positive or negative impact on you throughout the day will be sent back to where it came from. Leaving you rested, complete and able to have a night sleep without anything on your mind. It is as if you hand over everything when you go to sleep and can awake rested and rejuvenated, ready for another day, without carrying anything around with you from the night before.

Meditation Techniques



There are many ways to meditate, from sitting still and just focusing on a still point, using the breath to calm the body, mind and spirit.

To focusing on a candle, allowing your gaze to fix on the burning, moving flame for a few moments and then closing your eyes and seeing the burning flame in your mind's eye like that of a camera flash and pulling it back when it moves out of your mind's eye.

There are many different techniques, just breathing, guided visualizations, chants, mantras, far too many to mention. Meditation is important, vital in fact for the soul's journey. When we give time to the self, to relax and meditate, we step off the train of life for a short while and this allows the mind to settle, the heart to release, the body to release stress and tension and assists us in rejuvenating our energy, raising our frequency. We are also able to lift the vessel into the higher realms where we meet with our Guides and helpers. Bringing their essence, guidance and support into the physical.

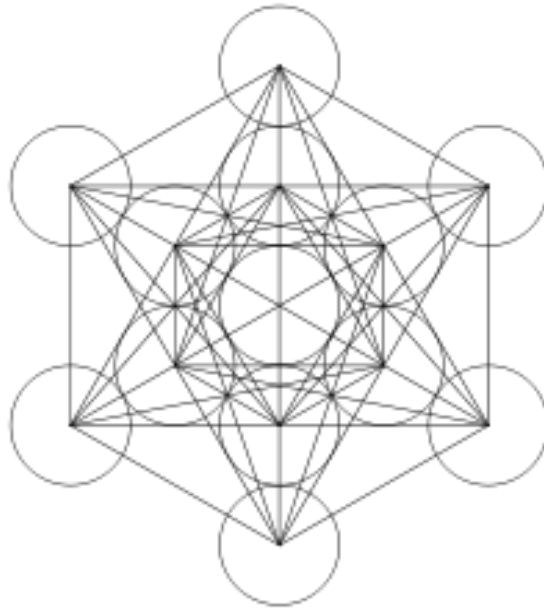
So make meditation a part of your daily life. Be it just sitting still and focusing on the breath, or listening to a meditation CD or calming music, or participating in meditation classes where you can go and de-stress your mind, unclutter your thoughts and bring yourself to a place of equilibrium.

It is quite simple to just lie down and relax. Watch the breath and become aware of your body. The movements of the chest as you breathe, muscle twitches. Allow yourself to soften, relaxing further with each breath. This is a very simple and beautiful meditation. Just to be at peace within the self.

I have included here Archangel Metatron's visual Meditation with his Cube and another with the Flower of Life. Purely because they are visually a very high frequency. Just cast your gaze over the image for a few moments, then closing your eyes and just be.

Whatever method of meditation you choose, try and do this morning and evening, or once a day in the evening if you can't manage both. It really will enrich your life and help you to feel anchored, centred and whole.

METATRON'S CUBE MEDITATION TOOL

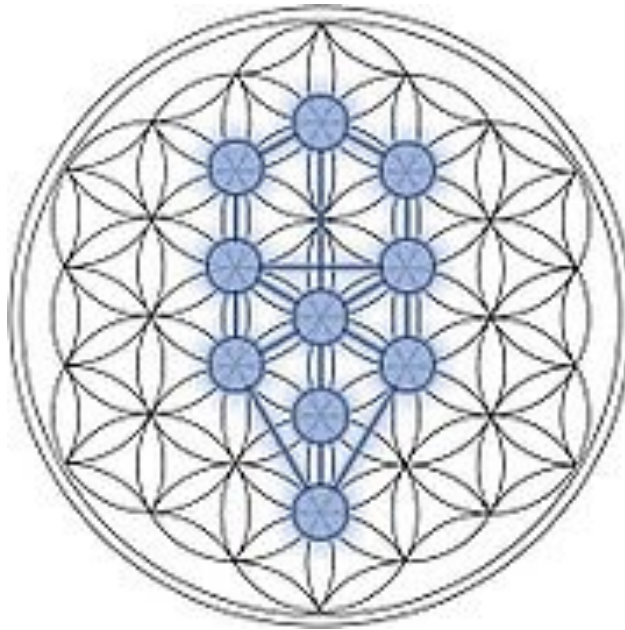


Print off this page and use for 30 days/nights as a meditation tool. Get into a comfortable seated position. Relax your shoulders/upper body, as you bring your awareness and gaze into the centre of the cube. Allow your gaze to go into a fixed stare (your eyes will glaze over this is what you are aiming for) allow your eyes to glaze, blink if you need to but go deep into the stare, the image should begin to change this is what you are after.

Keep the stare for up to 3 minutes. This is only necessary once per day. Then allow yourself to come back to full consciousness. Metatron will connect with you as you use this visualization. You can use this time to ask him for specific assistance etc., for your highest good only i.e. not lottery wins etc....Metatron is not interested in earthly gifts etc.! Use this time to ask for specifics to assist you in your ascension process such as:

- ◆ Ask how you may be of service to Metatron
- ◆ Healthier mind/body
- ◆ More balance
- ◆ More confidence
- ◆ More clients
- ◆ Health
- ◆ Happiness
- ◆ Comfort
- ◆ Protection
- ◆ Healing and help for loved ones/family members
- ◆ Messages to loved ones can be done whilst meditating/gazing
- ◆ Guidance
- ◆ Acceptance
- ◆ Forgiveness of the self and others
- ◆ Prosperity
- ◆ Assistance with life issues/work etc.
- ◆ To bring you where you truly need to be
- ◆ Support during the transition
- ◆ Ask for your spiritual/angelic name – can be brought to you during meditation on the Cube.

FLOWER OF LIFE MEDITATION



Focusing on the Flower of Life, using it as a meditation tool the same as the Cube above. Meditating on the Flower of Life can bring us understanding of life, of mankind, forgiveness, love, abundance, and acceptance. There are also hidden keys within both these images, through regular use/meditation the keys will be unlocked and given to you, through insight, channeling from Archangel Metatron and other Archangels. But they will only come to you if you are working from your purest soul, your truest self, working from honesty, commitment and loyalty.

They only come where they feel safest and where they know they will be loved, accepted, respected and listened to, that is we act upon what they give us with integrity and belief, and the greatest respect and trust. "The Flower of Life has thirteen circles. If each circle's centre is considered a "node", and each node is connected to each other node with a single line, a total of seventy-eight lines are created. Within this cube, many other shapes can be found, including two-dimensionally flattened versions of the five platonic solids. In early kabbalist scriptures, Metatron supposedly forms the cube from his soul. "

The White Light

This is indeed very powerful. It is what links us directly to the Divine, the Universal life force energy, unseen but felt, not of this earthly dimension but so very powerful and so very much a part of our spiritual growth. It is the elixir for the soul, it is what powers us, revitalizes us, what connects us to all that is. Over time mankind has forgotten about this great connective energy, this source of light that brings us much healing and balance.

The easiest way to use this white light is to bring it down through the crown centre. If you cannot feel it, but you will as you practice over time, initially its ok just to imagine this wonderful beaming bright light source that comes down and enters the crown, and washes all the way through the body, energizing and cleansing, balancing and harmonizing every part of us. It protects and nourishes our very soul.

We cannot exist without it. So use daily. When you are fearful, anxious, debilitated in your energy. Bring it down and know that it protects and uplifts your spirit. You can also use it to protect your home, your family, friends, situations, you can send it around the universal, around the energy grid that covers the whole universe, send it to others, feel it within your soul. Bring it in as part of your every day life. The brightest, purest, white light from the highest dimensions. Again, you cannot exist without it. It is always around you.

What we are assisting here with visualization and conscious awareness is just that. To bring it into our everyday awareness and with this in itself there will be great expansion and conscious awakening. Raising of vibration and great alignment.

The Violet Flame



If you are aware of the Violet Flame, you will know how magnificent and powerful it is as a healing tool. The violet flame resides and works through the following crystals:

- ◆ **Amethyst**
- ◆ **Tanzanite**
- ◆ **Purpurite**
- ◆ **Sugilite**
- ◆ **Most violet coloured stones**

I wanted to mention the Violet Flame as it is awesome when used in healing, whether it is for yourself or for your clients.

Using the crystals as outlined above, especially Amethyst and Sugilite, will invoke the healing powers of the Violet flame and bring in a powerful healing energy that works on many levels, especially good for removing toxins, and any negativity that resides in the aura or person.

You only need to use this energy for a few minutes at a time as it is very powerful. All you need to do is ask for the violet flame to come through when you begin your healing session (either on yourself or client) say something like "I invite the violet flame to assist me with healing on all levels". You can use it to heal situations, heal pets, and remove any negativity that surrounds your life. But again don't use for too long as its very powerful stuff.

I will mention briefly here the crystal Lepidolite. It is most beneficial for overall healing & vibrational alignment if the Ascension energies are causing a little bit of turbulence within the vessel.



The Rose



There is an amazing Rose protection ritual. Which goes something like this. You visualize that in front of you there is a white Rose, to the back of you is a White Rose, to the left is a white rose and to the right a white rose. Just see them there one at a time, front, back, left right, and one above the head and one below the feet. Place them there, feel them there, and leave them there. This is very protecting, very powerful and very nurturing. You may feel the heart centre opening as you are encased in a bubble of Rose energy. It is quite magnificent. Always white roses, but for romantic encounters use a pink or red rose!

Angel By my Side

Another great spiritual tool. You imagine you have these Archangels around you and say the following:

❖ **I have Raphael before me (in front)**

❖ **Gabrielle behind me**

❖ **Michael to my right**

❖ **Uriel to my Left**

❖ **Archangel Metatron Above Me**

That's it! You just see them as above, Raphael in front of you, Gabrielle to the back of you, Michael to the right and Uriel to the left. Archangel Metatron is and will always be above taking care and guiding you.

A simple yet most powerful Tool

Journeying to the Centre of the Earth

I recently recorded a live meditation where we journeyed to the centre of the earth. After grounding ourselves we slowly moved down to start with, seeing ourselves moving down to the centre of the earth, we felt the vastness, saw the beauty from within the earth, we ventured down further until we began to speed up and had travelled very far and very fast, then slowed down and came to the very core/centre of the earth. Here there was magnificent heat, magma, fire, flames, burning, brightness and warmth that was just amazing.

The idea is to stay at this point at the centre of the earth for as long as you can. The heat will not harm you; in fact it will energize and realign you to the energies of mother earth. Much healing can come from this meditation and journey. Relighting your fire for life and freeing the spirit. Helping you to see the vastness of the Universe and to feel the many gifts she has in store for you.

This meditation, contained within my meditations pack, is available to purchase from the www.metatronia.com shop.



The Hand Mudra

This is a very simple hand mudra technique. If you view the front of the hand it resembles a Heart.

The hands are placed with the knuckles of both hands rolled in and touching the opposite hand, no pressure no tension. The thumbs are facing the torso/body. Hold the hands up to the heart centre but not directly on it. A few inches away.

Now close the eyes and begin to breath in through the mouth and exhale through the nose.

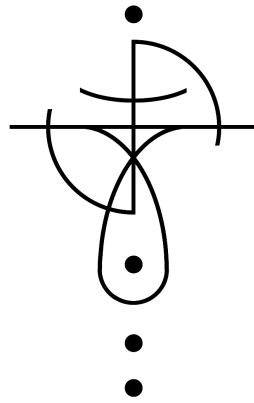
As you breath in visualize a beautiful pink light that comes in from the crown and goes to the Heart and as you exhale this light comes out of the Heart through the little gap in the hands.

Continue with this breathing practice for as long as you wish. 10 minutes is sufficient.

This exercise slows us down. It connects us to our Heart centre and its divine wisdom. It brings more love frequency into our being. It opens us up from the Heart so we are able to both give love out and receive love in. Starting with that love frequency coming to you first to show you how divine you are.

If you feel as if you are floating off whilst doing this meditation then just send down a silver anchoring chord deep into Mother Earth. Plant it at her core and rest a while. If you wish to just float away further, release the Anchoring chord.

PROSPERITY SYMBOL



This energy needs to be deeply and strongly grounded and anchored into the physical at this time. Call it down upon yourself and others to enable yourself and others to be raised beyond this sphere that is this world!

How to Draw your Soul Symbol

Before you begin to draw your symbol... Bring Universal/White Light into your Crown Chakra, allow this energy to move down through your Brow and Throat Chakra into your Heart Chakra... from here allow the energy to move into your right arm until it reaches your hand... allow the energy to move into your Palm Chakra (or through your fingers depending upon your preference... like when giving a blessing)... let the energy flow through you and draw your symbol.

No.1 ~ Draw the circular line upwards, starting at the point, follow the line around and straight down, continue to follow the circular line to the left and upwards until its end (this line is all one movement).

No.2 ~ Draw the straight line from left to right.

No.3 ~ Draw the curved fish shaped line downwards, starting at the white point, crossing the centre line, continue to draw the curved line around and back up (once more crossing the centre line) to its very end (finishing at the 'tail fin').

No.4 ~ Draw the curved line from left to right.

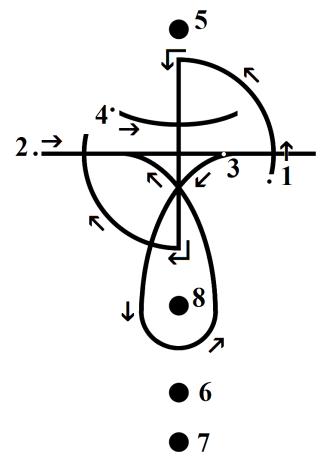
No.5 ~ Anchoring Point... is like a full stop in a sentence, anchoring the symbol into the physical... push the point into the symbol.

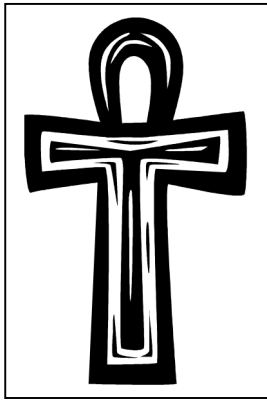
No.6 ~ Anchoring Point... push into the symbol anchoring the symbol into the physical.

No.7 ~ Anchoring Point... push into the symbol anchoring the symbol into the physical.

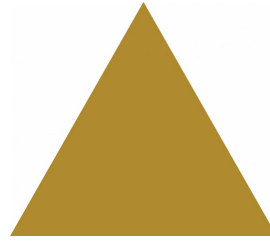
No.8 ~ Anchoring Point... push into the symbol anchoring the symbol into the physical.

This symbol brings you prosperity. Use it to create financial abundance. Use it weekly and it does work. It may not bring you £1m but it will bring you assistance. It's very clever! I have used it and seen it work and manifested a lot of prosperity from using it. It is a very old sacred symbol so share it wisely and do not alter it.





Golden Pyramid of Light Meditation



Ankh – Make the Ankh larger than your human frame so that you are held within the Ankh – Soul Protection, guarding, Cleansing and purification.

Start this meditation off, lying flat against the floor, using the breath to relax the body, when ready, invoke Archangel Metatron ("**Archangel Metatron I invoke this (x 3)**"), relax. Now imagine a large Ankh (see below image) engulfing your whole human frame, so that you are positioned inside of it, if you cannot do this just visualise/draw it in your minds eye above the head this is fine. Now bring in the Golden Pyramid, see opposite.

Gold Pyramid – Bring it down from the Heavens, opening the crown centre, breathing the Pyramid through the 7 (+1 Thymus) Chakras, So Crown (White) Brow (Indigo/Violet), Throat (Blue), Thymus (Turquoise), Heart (Green), Solar Plexus (yellow), Sacral (orange), Root (Red). Breathing in golden light, exhaling all negativity. Bring the Pyramid, back up reverse, root, sacral etc, until it arrives back through the Crown, and disappears back into the Heavens.

This meditation brings balance to the polarity of the human form. It balances and cleanses our Glands, (thymus, adrenals, pituitary, lymphatic etc); it also brings balance to hormones and secretions within the body, which help our organs to function, Liver, heart, kidneys. It balances the left and right hemispheres of the brain bringing them into unison. Protection and purification, cleansing and nurturing for the whole human frame. There is a cleansing period of 5 days so please you are asked to drink plenty of water. (There may be humming or tingling felt around the body, and twitches, allow this to happen and relax, it is the energies working on our meridians/electricity cables within the body you could say!

EXPANSION

When we become attuned to Metatronia (Source) vibration we began to expand. With this expansion can come an array of different emotions. From joy, ecstasy, feeling of belonging to all that is/the great oneness or feelings of debilitation, sadness, overwhelming thoughts, as the body begins to adjust with the new frequencies, and begins to release. This release can bring many emotions. But knowing that this is part of the expansion, the growing out of the self, the expanding in consciousness and energy we are going to begin to feel different. Some report a feeling of great stillness within. Some report a feeling of great fear that is then met with great peace and joy from within. The expansion will bring many different feelings. It is the letting go that is paramount and a vital part of this process. When you become attuned you will begin to expand and over time the energies and frequencies within you begin to lighten and change.

Your vibration changes to that of a lighter density. You no longer need to harbor all that you needed to harbor and carry before, as it is no longer needed and you begin, through expansion to release all that is no longer required. For some they wish this time to pass quickly, but it is all within divine timing. For some it is a quicker process for some it takes a little longer. The key is to just be as you are and allow the changes and expansion to happen all in divine timing, unique for your design/genetic coding. Know this, that with the Attunement will come many changes and the expansion is a great part of this process, lifting you up higher out of a heavy three dimensional vessel and opening you to new lighter energies from higher dimensions that bring great release and many changes to be felt from within. Do not fear this process for it is part of your natural soul ascension release stage and as you work through it you will begin to realise how much peace there is in silence, and stillness of the mind. The expansion brings with it a greater awareness of all around you and you begin to feel part of something so amazing, so much bigger and so vast. Do not fear the process, for you are coming back full circle to the Oneness, collective, universal consciousness.

I have asked Metatron to simplify/clarity why we feel the energy frequencies and rebalancing as very emotional at times and can often end up feeling a little low. Here is the reply:

"If you see still water...and then you touch it or disrupt the water what do you see? ...A ripple. That ripple shows you that the water has been touched by something; energy has entered the water and created a ripple of energy. This is what is happening when you are consciously opened to Source".

When you are "touched" by the energy through healing or attunement it begins a ripple of energy/electrical vibration/frequency throughout the human vessel/body. This can bring feelings of joy, excitement, overwhelming, sadness, the list of emotions that may be created is too large to go through as mankind has created for himself so many different energetic feelings/emotions/ways of being that become so imbedded over many lifetimes that to list them all is impossible some do not even have names but have feelings/emotion. So the ripple occurs and so when you feel shall we say down, unhappy, out of sorts...this is the energies way of showing you the ripple that is clearing. If there were no ripple, how would you know you were clearing? Well you wouldn't. So it is a necessary part of the awakening and uplifting process to "feel" the ripples of the clearing process. Over time this will ease up. Initially it can be very intense, it depends on the vessel (body/person) to whom the energies are being transmitted to. But over time this "transition period" shall we say will ease as you release and your frequency is raised. This energy is still in its "infancy" with regards to mankind.

Over time the energy transmissions will become finer so that the ripples are not felt so intensely but for now, as the frequency comes down, it is necessary to feel the ripples, feel the transitions. Fear not this process for you are divine, you are honored and deeply loved. How else can we show you how you are moving and opening, transcending and lifting out of the 3D world and frequency/dimension that you have resided in for so long?

As you feel so you open, as you feel and experience so you release. We ask that you stand in your light, have faith and trust, believe and be open to receive.

EXPANSION IS NECESSARY FOR VIBRATIONAL ALIGNMENT

So what does mean? Here is a simple consciousness & vibration expansion exercise:

Stand up tall,. Close your eyes. You may wobble but move about until you find a solid base/foundation. Your eyes must be closed. (You may also do this lying down or sitting if that is preferred).

Now give yourself a few moments to balance, move around a bit until you feel comfortable, standing tall, eyes closed, now just relax.

Awareness of your toes, feel them planted firmly and your feet firmly anchored into Mother Earth.

Above your head begin to visualise a silver ball, pure silver, feel its heaviness, its coolness, bring it down through the crown.

Now send it to the parts of you that may have discomfort/tension/pain etc. Move the ball around those parts.

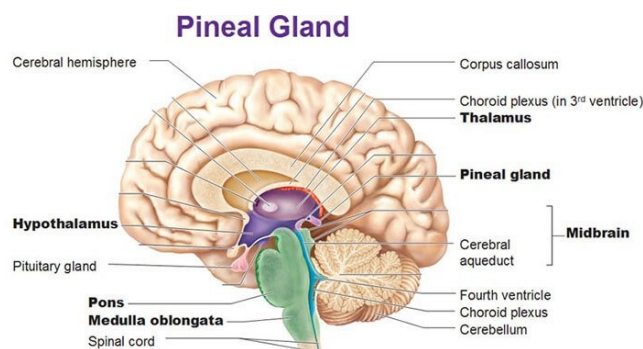
Now allow the ball to move around freely. Just remove your focus from it. Now feel your head expanding, this is the vibrational expansion that is necessary, the Thalamus and Pineal gland are filling with light as we are now becoming more consciously aware.

Say "EXPANSION" 3 times. Either out loud or to yourself. Now. Begin to visualise your lightbody growing outwards, pulsating with white, vibrant light. The brightest you have ever encountered.

Call in Archangel Metatron just once.

Your lightbody will begin to "consciously" fill with divine colours. You may or may not become aware of colours. Do not be concerned if you cannot see colours. It matters not. Some do, some don't. The more you stop thinking and have expectations, the easier the expansion & light connection becomes.

Visualise the lightbody EXPANDING further and further. With every breathe you expand and relax. This is creating space around the physical (3D) body so there is not so much pressure. Your hands can just be by your side away from the torso, just be light, just be there, in a state of divine limbo! You may go deep into trance, just allow the process of expansion and nothingness. When you wish to come out of the practice, just breathe deeply and open your eyes.



MTFOL BOOK RECOMMENDATIONS

Keys of Enoch by JJ Hurtak: <http://www.keysofenoch.org>:

(A must read for all Metatronia Therapists) – (It is advised to read this book more so than any other to gather the true understanding of the vibration of Metatronia Therapy and why it is here at this time to assist mankind and his light evolution and ascension process).

What is Lightbody? Archangel Ariel Channeled by Tashira Tachi-ren (ISBN978-0-9627209-5-6)

The Emerald Tablets by Thoth

Initiation, Human and Solar by Alice Bailey
The Reappearance of the Christ.
(All books by Alice Bailey are recommended by the MTFOL)

The Kyballion Hermetic Philosophy ISBN 9781907347016

Awakening to Zero Point by Gregg Braden - ISBN 0964899043

Jesus Christ - The Sun of God - ISBN 9780835606967

Books by Tammy Majchrzak (available from website, Createspace and Amazon)

Metatronia Therapy - Light Compendium – All MT books rolled into one

The Lightbody Vehicle Mechanics

Be Open to Receive

The Light Within – Editions 1 & 2

Archangel Metatron - Vibrational Healing Images

Lightbody Vehicle System (MTFOL) – *This goes hand in hand with your Ascension Journey. There is a LBV workbook available from www.metatronia.com shop.*

WEBINAR TRAINING RECORDINGS

Further guidance and individual training & topics Webinar recordings are available to purchase from my website.

I hope that this workbook goes some way to helping you as you work through your ascension, awakening and alignment journey. Remembering you are Light first and foremost and so much more than perhaps that which you feel right now. Bring in your divine light allow yourself to be the shining star that you are, it is your birthright to be happy, to be loved, to feel and be love.

With love

Tammy Majchrzak

*Oh divine being open wide
Allow the light to come inside
Put aside the earthly things
Open up your heavenly wings
For you are so much more
Than that you give you credit for
You are the light you are divine
So open up and let it shine*

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