

Module 8 ~ Class #15 January 7, 2022

Learning Points:

Energetic and Spiritual Skills

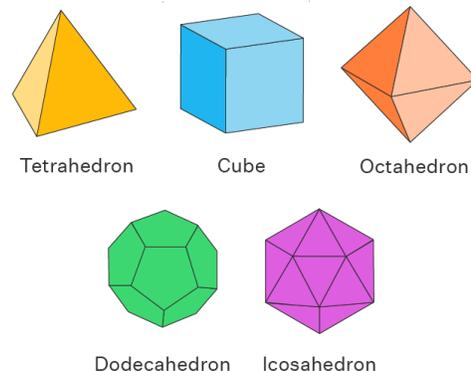
Healing Theory & Skills & Practices:

What is the merkaba?

It is the geometric expression of our light body that gives us a way to move through the higher spiritual worlds. It is a sovereign closed space but at-one with source. It's a reflection of our mastery of the elements on a higher level.

Our merkaba is made of triangles, or rather tetrahedrons, which are the energetic geometry of fire and relates to our solar plexus or navel chakra. Fire is quick movement and hence the merkaba is called a chariot and can take us from one place to another in an instant. Fire is also the manifestation of source in the material dimension.

In the fully enlightened NOW moment, the merkaba naturally has fulfilled its function as there is no time nor space to go anywhere.



Merkaba practice is another way to activate and work with Kundalini. Kundalini runs through the different chakras and the nadi network of prana and nerves.

Each chakra is governed by an element: base=earth, second=water, third=fire, fourth=air, fifth=space.

The merkaba practice is about lifting the energy of fire from the navel/solar plexus to the heart and then up to the throat. In other words, we are purifying the fire element, the personal will and transmute it into the heart energy.

All elements need to be purified which means we have to tame into the direction to source. Fire disappears into air and air into space. Space into light at the 3rd eye level.



DNA Skills:

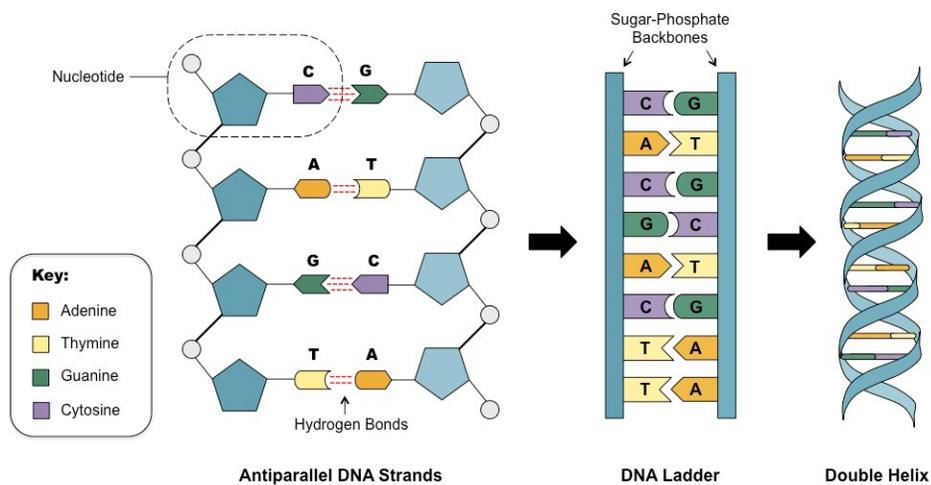
All true spiritual practices activate Kundalini in one form or other. This changes our DNA and overall, many skills and 'super'human abilities become normal. The Merkaba practice is one way of many ways to change our limited DNA.

It could be one way of correcting current artificial influences in the DNA.

DNA carries the genetic instructions in all living things. In our recent history, our DNA molecule (chromosome) consisted of two strands that wound around one another to form a shape known as a double helix.

Attached to the backbones of the strands, which are made of sugars, are the adenine (A), cytosine (C), guanine (G), and thymine (T).

The sequence of the bases along the backbones serves as instructions for assembling protein and RNA molecules.



The DNA Evolution

46 chromosomes

Each chromosome contains 2 linear DNA strands (and can contain many more strands)

Each strand contains genomes that contain the instructions for the body, mind, and spirit.

The human genome, the set of DNA in humans, has many more strands of DNA.

Most of humans' DNA is typically packaged into 46 chromosomes located in the cell's nucleus, which is a specialized compartment for storing DNA. Each of the chromosomes in the nucleus is made up of two linear DNA strands wrapped around each other.

Our DNA strands have been turned off and blocked by seals. In the recent decades, humans have been reactivating DNA strands and children are born with 3 or more strands active.

Soul Contracts:

Soul contracts are agreements created prior to incarnation. Each life has a meeting with all other souls involved and higher Guidance (God/Source). They are found in the 5th Dimension: Akashic Records, which is a giant network of thought vibrations.

Your soul contract demands that it suits your soul's personality and offers you the potential to evolve. We can change our contract as we have free will. It is a way to heal and alter karma.

1. You can do this by psychically venturing into the Akashic records and reading the current life which is the last page of your book.
2. You may look at certain issues that keep coming up in your life, be they positive or negative. What are you learning or what kind of reaction does this situation trigger in you.
3. Do a tarot reading.
4. Meditate and ask God/Higher Self directly.
5. There are many ways to find out

You change your contract by using your free will and choosing anew. Respond to situations differently than you have done so far.

Breaking Soul Ties

Soul ties are connected to your soul contracts. You can see energetic connections that are on the psychic level or the higher spiritual level that you have with other people. You can detect a tie if you feel you know someone although it is a person you just met. You might feel a deep connection, a sense of familiarity.

You can break soul ties through cutting, burning (3D) or dissolving (4D) or breaking into fractals of light (5) or quantum healing (5).

Chakras-Wheels of Energy

Chakras are common knowledge to this community. They are a yogic/vedic perspective.

The 7 main chakras come into existence due to the three main channels ida, pingala, and shushumna crossing over.

Ida: lunar-feminine channel

Pingala: solar-masculine channel

Shushumna: pathway of Kundalini-neutral channel

We have many small chakras as well which include the marma points (meeting places of nerves, muscles, joints), and acupuncture points.

All meeting points are at their centre doorways to the zero point (Source).

Administering light, energy, chants, sounds, smudging, crystals, herbs, etc. to one of these meeting points brings about a cleansing, healing, and integration of health in all our auric layers/bodies.