

METATRON - 'I AM' MANTRAS FOR HEALING

Transmuting Emotions through the Pomegranate Red, Light Blue and Citrine Yellow
Diamond Scepter of Power, Clarity and Compassion
Wed. 10/16/02 Channeled by Nas. Toni present.

- Take a deep breath.
- Take another deep breath.
- Envision the pillar of light right in front of you.
- Let us together call, with the assistance of all the masters and mistresses of light, the presence of the I AM THAT I AM, inside the pillar of light.
- Now see the silhouette of the I AM THAT I AM in the pillar.
- Stand facing the pillar.
- Step into the pillar. And as you do, you extend and expand, merge and unite.
- In that process, we place the energies of the Scepter of Power, Clarity and Compassion to stand upright with the cluster of red crystalline structures pointing up to the throat chakra and the blue diamond sphere placed right over the thymus gland, and the citrine rod extending from below the thymus gland all the way to the sacral plexus.
- Receive.
- Now merge, expand and unite.

- Now, repeat these mantras:
- I am the perfected, mighty presence of the I AM THAT I AM. (3x)
- I AM the perfect intelligence of the God I AM. (3x)
- The I AM THAT I AM is fully merged with me, now. (3 or more times)
- I AM the majestic, victorious presence of the I AM THAT I AM. (3x)
- And so it is.
- Now I want you to envision, as a result of this merging, your entire body has become pure white light. And as you vibrate this light from your inner core to the world outside, all ailments, all disease, all thoughts of lack, all fear, all pain, all dross is transmuted and returned to pure white light. And you are bathed in the love of the I AM, God in Action, God in Motion, God Embodied.
- Breathe that knowing and become it.
- To know it is to become it.
- To become it is to manifest it.
- To manifest it is to attain mastery.
- To attain mastery you can then serve the world by doing the same for others.
- Now put anyone and everyone that you wish to heal - in any way form or shape - in this grid.
- Add to the grid Goddess Gaia and all bodies of Mother Earth.
- Now from the core of your being, clear her, cleanse her, pour compassion upon her, bring her to her place of empowerment and mastery.
- Make your prayer for healing of the body, mind and spirit of the planet, with the specific intention on bring her to wholeness.
- Now, put the human collective consciousness and the evolution of the masses inside of this grid of pure light.