



METATRON'S CUBE

Ascension Care - Cleansing the Chakras with the Cube

By: Christel Hughes, C.Ht.

ASCENSION CARE

~Cleansing the Chakras with the Cube~

This is a post process to support your Ascension Attunement session you had with Archangel Metatron. It will support you with keeping the channels within your energetic system clean and clear while Metatron's Cube continues to work on your pineal gland, clearing the calcification deposits.

In order for you to live as your Supreme Being Self and claim your future, you'll need to keep the central channel that connects the chakras clear as well as the meridians in the body. One of the major blockages to this is the liver. The liver stores old memories and emotions of anger, resentment and frustration that are linked to the past. Without cleansing the liver, the past continues to play a role in your future.

So, I'm suggesting you do this process and use Release Young Living essential oil to help uproot the stored emotional trauma held in your liver, which will purify your meridians and chakras. You'll then be able to stabilize your systems and hold the higher vibrational energies within to increase your intuitive abilities as your light body is being built out by Archangel Metatron and your Supreme being Self.

Release YL essential oil is what I recommend to use for:

- Release of memory trauma
- Letting go of lower vibrational, stagnant emotions
- Decrease feelings of irritability and impatience
- Clear energies of anger, frustration and resentment from your liver
- Stimulate the Pineal Gland which can help with sleep
- Bring about greater levels of balance and harmony within

You can purchase Release from my YL essential oils site:

<https://www.youngliving.org/christelhughes> Christel Hughes, YL #802197

To use: Pour out a drop of essential oil on your non dominant hand. Place your hands together (no need to rub them) then up to your nose - breathe in the scent of Release.

For the process, place a drop on your your non - dominant hand. Place hands together to get the Release oil on both of your palms and rub on the area of your liver, ears and bottom of your feet.

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1. Set your intention to access the vibrational resonance of the Heart of Archangel Metatron's cube. Ask the Cube to support you with this Releasing & Cleansing process.
2. Place a drop of the Release Young Living essential oil on your non-dominant hand. Touch your palms together, breathe into your hands and rub them on the chakras (front and back), then on your ears and bottom of your feet.
3. Get into a comfortable position, close your eyes and relax. Breathe in a gentle deep breath and exhale out... letting your breathing become nice and rhythmic.
4. Mentally say: "Archangel Metatron, I call upon you now, please spin your Sacred Cube. I now open my (example: root) chakra and allow your spinning cube to enter for releasing and letting go." Inhale and exhale deeply while Metatron's spinning Cube clears away toxins, low energies and debris from your chakras.
Note: Move through each of your 7 main chakras starting from the root chakra up to your crown chakra.
5. Give thanks to Archangel Metatron and the Cube for the infusion of high vibrational energy today that has cleared and released all unhealthy energies.