



# METATRON'S CUBE

Ascension Attunement - Gazing into the Heart of the Cube

By: Christel Hughes, C.Ht.

# ASCENSION ATTUNEMENT

## ~Gazing into the Heart of the Cube~

This is a process to do for up to 10 days for supporting your Ascension Attunement session with Archangel Metatron. There are vibrational frequencies that have been bridged from Metatron's cube directly into our community M-field, so in doing this process, you'll be tapping into the community field and opening the 5-D portal.

For assisting you with attuning your third eye chakra for receiving the Divine visions for your purpose and connecting with the power of your Sovereign Self that already exists within the cube, I'm suggesting you use an essential oil to pass through the blood brain barrier.

The Blood Brain Barrier is a wall of high density cells that restrict passages of substances from the blood stream into the brain. Young Living essential oils are Lipid soluble and have very light molecular weight so they can pass through the Blood Brain Barrier.

Brain Power Young Living essential oil is what I recommend to use for balancing your brain, calling forth clarity, concentration and focus that will be needed in life and supports your effectiveness in your evolution and during this time of union with Archangel Metatron.

**You can purchase Brain Power from my YL essential oils site:**

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

**Brain Power YL essential oil includes:**

Sandalwood - increases oxygen to the brain, improves attitude

Cedarwood - calming to the nervous system

Melissa - calming and uplifting, helps balance emotions

Frankincense - deep spiritual qualities for connection and upleveling your energy

Blue Cypress - improves circulation and oxygenates the brain

Lavendar - helps to balance the body

Helichrysum - promotes forgiveness and moving forward in life

**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 Brain Power.

**For the process,** place another drop on your ring finger of your dominant hand. Touch your front 3rd eye chakra with your ring finger and dab a drop of Brain Power there.

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## ~Gazing into the Heart of the Cube~

1. Turn off everything except what you need to have on in order to look at the image on the first page of this pdf.
2. Get into a comfortable position that allows you to embody stillness for a few minutes.
3. Set your intention to access the vibrational resonance of the Heart of Archangel Metatron's cube.
4. Place a drop of the Brain Power Young Living essential oil on the ring finger of your dominant hand. Touch your front 3rd eye chakra with your ring finger and dab a drop of Brain Power there.
4. Sit, feel into your heart, breathe and look deep into the Heart of Archangel Metatron's cube for 3 minutes... staring at the center of the image.
5. Give thanks to Archangel Metatron and the Cube for the infusion of high vibrational energy today.