

Metatron's Meditation for Clearing and Healing

Works On The Physical and Non-Physical Levels With The Subconscious

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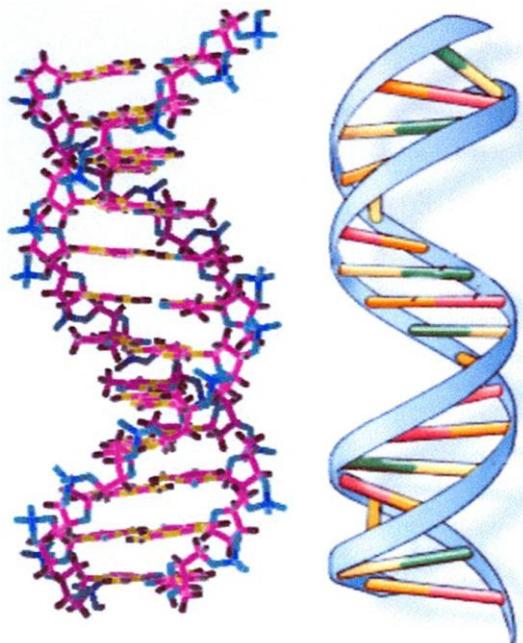
Updated 3/10/21

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Scientists use the term "double helix" to describe DNA's winding, two-stranded chemical structure. If untwisted, DNA looks like two parallel strands. One strand is complementary to the other.

The structure of DNA is illustrated by a right handed double helix.

Two images of how it is often depicted are below.



*Explanation of What Makes Up "All The Aspects" Of DNA
to make the following meditations even more effective.*

Glenn's thoughts are on the next several pages and the Actual Exercise is after the explanation.

What if our genes were merely building blocks, and a greater intelligence was in charge of the physical as well as the unseen?

There is more to this ‘Greater Intelligence’ than mentioned here. The following will give you a good basic idea why the meditation can be so effective.

DNA (Deoxyribonucleic acid) provides the genetic information necessary for the development and reproduction of all living organisms and is often described as a genetic blueprint. Harmful mutations cause gene-based diseases. All of the cells within a complex multicellular organism such as a human being contain the same DNA; however, the body of such an organism is clearly composed of many different types of cells. What, then, makes a liver cell different from a skin or muscle cell and what affects the DNA?

What causes one part of the body to be healthy and another part to be diseased? What causes emotional and mental instability? What causes “blocks” to a higher, loving intelligence? It can be a chemical or nutritional imbalance or a physical injury. It can also be energetic up to the soul level and beyond.

In the following meditations “DNA **and all its aspects**” refers to the physical DNA, RNA, Soul Echoes and Epigenetics as explained below, as well as everything that effects gene expression, emotions and even more that is beyond words.

“Soul Echoes”

“Soul Echoes” can be positive and pleasant and these can be left in place without attachment.

“Soul Echoes” that affect us adversely are distortions and blocks from the immediate and ancient past. They need to be cleared and deenergized for us to reach our full potential and to be as healthy and joyful as possible. They include *miasms*, ‘*cellular memory*’, ‘*Imprints On The Luminous Energy Field*’, *memories replaying*, *beliefs*, *thoughts*, *thought forms*, *feelings*, *vows*, *oaths*, *covenants*, *promises*, *agreements*, *concepts*, *attitudes*, ‘*truths*’, and *contracts* that are no longer in harmony with our highest good and well being. Some of these are personal, some are between you and another person or soul and some are between you and God. All of these, and more, can be thought of as “**Soul Echoes**” to be released. There is no need to forget them. Keep the information and clear, release and dissolve the patterns and associated energies.

Transmuting “**Soul Echoes**” and embodying higher identity levels allows clearing and healing of the DNA and activation of higher DNA strands **and all its aspects**. The activation of higher strands initiates a realignment in a person's life direction and physical health towards a more harmonious and joyful path.

“Soul Echoes” in your conscious, subconscious and unconscious fields or awareness that you are living by affect all aspects of your being. Some are over thousands of years old. These “**Soul Echoes**” create and magnetize lower frequency events and experiences in our current incarnate reality and cause the mutations in our physical DNA. Physical toxins and impurities from our environment and diet can also cause disease and damage to the DNA.

Our current life situations are not only created through our past and present choices. We inherit “**Soul Echoes**” from our other lives, parents and ancestors at conception through the DNA and EpiGenetics. We also inherit them from Mother Earth and the collective. Since we have simultaneous incarnations in different time/space zones which are all connected to one DNA template, we also have karmic bleed through from our soul extensions (parallel selves) which are still in incarnation. An example of this is that karmic bleed through can manifest as physical symptoms being experienced that are not in truth your own. If another soul extension (parallel self) is experiencing something, you can be experiencing this same ‘thing’ through your physical body.

Feelings and emotions: Feelings and emotions may or may not be ‘Soul Echoes’. In some way the ‘Soul Echoes’ are held in place by emotions and *feelings* and the emotions and *feelings* are energized by the ‘soul echoes’. This exercise is one way to clear, heal and release feelings, thoughts and ‘Soul Echoes’.

When we clear the DNA template we clear the time line and destiny of all our selves.

Allow the highest priority **Trapped Feelings and ‘Soul Echoes’** to clear as Spirit chooses.

The clearing of the DNA template progressively purges ancient distortions and mutations within the gene codes.

Feelings, Thoughts and ‘Soul Echoes’ can trigger the expression of DNA strands.

Clearing **feelings, thoughts and ‘Soul Echoes’** can clear and resolve phobias, and blocks to your mental, emotional and spiritual health as well as limitations and ‘lack’.

You can even affect you car, computer and other inanimate ‘things’ with **feelings, thoughts and ‘Soul Echoes’**. Just ask someone who believes their computer will crash when Mercury is in retrograde.

Once this negative ‘data’ is removed any resulting voids need to be filled.

Epi-Genetics

as well as **Trapped feelings, Thoughts and ‘Soul Echoes’** affects the DNA **and all its aspects** .

Epigenetics is a scientific field of study. Two good sources of information are mercola.com and the University of Massachusetts.

Trapped feelings, Thoughts and ‘Soul Echoes’, diet, quality of our physical environment, exercise or lack thereof all affect Epi-Genetics.

Epigenetics literally means "above" or "on top of" genetics. It refers to external modifications to DNA that turn genes "on" or "off." These modifications do not change the DNA sequence, but instead, they affect how cells "read" genes.

Epigenetics is the study of potentially inheritable changes in gene expression (active versus inactive genes) that do not involve changes to the underlying DNA sequence — a change in phenotype without a change in genotype — which in turn affects how cells read the genes.

The epigenome is a multitude of chemical compounds that can tell the genome what to do. The human genome is the complete assembly of DNA

What makes up the epigenome?

The epigenome is the set of chemical modifications to the DNA and DNA-associated proteins in the cell, which alter gene expression. The modifications can be altered in response to environmental exposures, disease, thoughts, beliefs and “Soul Echoes”.

There are different types of epigenetic marks, and each one tells the proteins in the cell to process those parts of the DNA in certain ways.

There is no doubt there are many marks we don’t even know about yet.

You actually have a tremendous amount of control over how your genetic traits are expressed by changing your thoughts and altering your diet and your environment.

The “environmental signals” also include thoughts, feelings and “Soul Echoes”—which directly affect DNA expression.

Quantum physics shows us that the invisible, immaterial realm is actually far more important than the material realm.

This new science reveals that your perceptions control your biology. If you can change your perceptions, you can shape and direct your own genetic readout.

You are in control of your genes ... You can alter them on a regular basis, depending on the foods you eat, the air you breathe, the thoughts you think and your feelings. It's your environment and lifestyle that dictate your tendency to express disease or health. In fact, your thoughts may shape your environment far more than physical matter.

It’s interesting to note that the word ‘spirit’ by spiritualists, and the word ‘field’ by physicists, use the same definition for those two words.

Epigenetics Controls Genes. Certain circumstances in life can cause genes to be silenced or expressed over time. In other words, they can be turned off (becoming dormant) or turned on (becoming active).

Epigenetics Is Everywhere. What you eat, where you live, who you interact with, when you sleep, how you exercise and even your conscious and unconscious thoughts – all of these can eventually cause chemical

modifications around the genes that will turn those genes on or off over time. In certain diseases, various genes are switched into the opposite state, away from the normal/healthy state.

Epigenetics Is Reversible. We can reverse the gene’s state to keep the good while eliminating the bad...

Trapped feelings, Thoughts and ‘Soul Echoes’ affect EpiGenetics and all affect RNA, DNA and Gene Expression. Thus, they also affect health and emotions.

Questions you may want to ask yourself before doing the actual meditations.

You need to be clear for the meditation to be as effective as possible. Set the ego aside. Let go of all expectations and desires as to the answer. Clear them as guided.

If you are unable to get answers from Great Spirit, you may want to make them into prayers.

An example is: “Great Spirit and Great Spirit helpers as are best, Help me to make it so and keep it so I let go of any need or inclination to get attention through illness or discomfort. *Thank You.*”

I was taught to make all questions into statements because the universe only understands yes or no. I recently realized if the statement is a negative, saying it as a statement can sometimes energize the negative. I have reworded these negative statements into questions with **yes** or **no** answers to avoid inadvertently energizing a negative.

I realized My Unihipili (Subconscious Mind) was left out of the loop, so:

My Unihipili has been added to the questions. Ask your Unihipili as you are guided.

You may want to do the exercise “Exercise to connect lovingly to your Unihipili (subconscious)” available as a free PDF on my website (twochoices.net) and in my first two books..

Unihipili is the Hawaiian name for the sub conscious.

		Date and Time	Date and Time
Question / Statement	Best if answer is:	Answer before clearing	Answer after clearing
Do I seek attention through my illness(s)?	NO		
<u>Does (Full birth name)</u> seek attention through his/her illness(s)?			
<u>Does my Unihipili</u> seek attention through his/her illness(s)?			
<u>Does (Other Name)</u> seek attention through his/her illness(s)?			
Am I invested in my illness(s)?	NO		
<u>Is (Full birth name)</u> invested in his/her illness(s)?			
<u>Is my Unihipili</u> invested in his/her illness(s)?			
<u>Is (Other Name)</u> invested in his/her illness(s)?			
Would I feel lost without my illness(s)?	NO		
<u>Would (Full birth name)</u> feel lost without his/her illness(s)?			
<u>Would my Unihipili</u> feel lost without his/her illness(s)?			
<u>Would (Other Name)</u> feel lost without his/her illness(s)?			

Question / Statement	Best if answer is:	Answer before clearing	Answer after clearing
Am I willing to recreate myself and my SELF as a healthy individual?	YES		
Is (Full birth name) willing to recreate his/her self and his/her SELF as a healthy individual?			
Is my Unihipili willing to recreate his/her self and his/her SELF as a healthy individual?			
Is (Other Name) willing to recreate his/her self and his/her SELF as a healthy individual?			
Do I truly want to be healed?	YES		
Does (Full birth name) truly want to be healed?			
Does my Unihipili truly want to be healed?			
Does (Other Name) truly want to be healed?			
Is my intention set to heal?	YES		
Is (Full birth name) intention set to heal?			
Is my Unihipili's intention set to heal?			
Is (Other Name) intention set to heal?			
Is my intention to heal pure and clear?	YES		
Is (Full birth name) intention to heal pure and clear?			
Is my Unihipili's intention to heal pure and clear?			
Is (Other Name) intention to heal pure and clear?			
Do I know what I will do with myself and my life without any illness?	YES		
Does (Full birth name) know what he/she will do with his/her self and his/her life without any illness?			
Does my Unihipili know what he/she will do with his/her self and his/her life without any illness?			
Does (Other Name) know what he/she will do with his/her self and his/her life without any illness?			
I would (_____)			
Is my intention to heal completely?	YES		
Is (Full birth name) intention to heal completely?			
Is my Unihipili's intention to heal completely?			
Is (Other Name) intention to heal completely?			
Do I truly want to stay here on earth in this physical body for a while? (specify time frame if desired)			
Does (Full birth name) truly want to stay here on earth in this physical body for a while? (specify time frame if desired)			
Does my Unihipili truly want to stay here on earth in this physical body for a while? (specify time frame if desired)			
Does (Other Name) truly want to stay here on earth in this physical body for a while? (specify time frame if desired)			

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Even if you get no visuals when doing the following meditations, just read the meditations with Love, have faith, and allow the Divine Flow. Clearing and healing has taken place, even if the conscious mind is unaware of it. Conscious awareness will come.

Metatron's Introduction to The Meditation For Cellular Healing

Below was given to me in March 2015 by a medical professional and shared with her permission.

Metatron's Introduction to the Meditation For Cellular Healing as she received it from Spirit.

I wish to bring you a message of healing; an exercise which you may do to improve your overall health and well-being.

This exercise was initially devised to work with those on the Earth plane suffering from autoimmune dysfunctions. It also heals more than can be put into words. The immune system in many humans at this time is functioning poorly, secondary to stress. This stress can take the form of illness. This stress might also cause emotional or spiritual, rather than physical problems. The result on the immune system can be just as devastating.

Ones with autoimmune illnesses often find themselves easily fatigued, feeling weak, unable to think clearly as if in a mental fog and often in pain. There are more specific symptoms related to each individual type of disorder.

The exercise I am offering is quite simple and can be done by anyone. For the exercise to work one must truly want to be healed. It is a common fault of humans to seek attention through their illness. The illness often serves as a large part of that person's identity. Those people would feel lost without their illness. For someone invested in their illness, the continued attention to the illness feeds it, deeply ingraining it into the cells of the body, thus making it more and more difficult for healing to occur. A shift in consciousness is necessary for them to be healed. The intention must be set to heal.

If your intention is to be healed, then you are a ripe candidate for this healing exercise. This powerful meditation utilizes the Star Tetrahedron, Healing Light, and Vortex Energies.

Once is often enough for this most powerful Visualization exercise. Your intention must be to heal completely. If you find yourself wavering, you may repeat the exercise. Also, if multiple body systems are involved, you may extract cells from these other areas, one at a time.

Allow at least two weeks before repeating this exercise. Give the vitalized cell(s) the opportunity to do their work. Repeating this process too soon may confuse the body.

To make optimal use of this exercise, attention must be given to your diet, exercise and rest. Drink copious amounts of pure, fresh water. It is beneficial to eat very little grain and lots of vegetables and fruit. Protein should be found in vegetables, fish, and poultry. Take care to use natural foods without chemical additives (organic, non-GMO is best). Fresh air is important every day. Sunshine is optimal. A brisk walk, if you are able, can accomplish this. Other daily exercise is recommended as tolerated. Sleep is essential and restorative. It is the time when the regenerating cells are hard at work. Get at least eight hours of sleep nightly with naps during the day as needed. As a daily practice, close your eyes and listen to your body. Let it tell you what it needs.

As you are entering this new time of clarity, creativity and a heightened sense of Being, I wish you to be healthy in body, mind and spirit. My hope is that this meditation exercise will be a valuable tool for you on your journey.

With Blessings and Radiant Love

Metatron

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Personal Notes.

This page intentionally left blank, so if you print double sided there is no need to turn a page to finish the following meditation.

Actual Meditation

Metatron's Meditation For Cellular Healing as given to Glenn

As given to Glenn by a medical professional.

If you have not already read pages 2 -5 (page 294 in Book) for an explanation of what influences the DNA and what “all its aspects” means, I suggest you read it now.

Before beginning the exercise, it is optimal to be clean and dressed in comfortable clothing as you would be for meditation. Next, please ground yourself. You may also want to enter your ‘sacred space.’

Glenn's note: I have slightly modified this and written it for the plural. Sometimes more than one cell comes to awareness.

Two ways to ground that may be helpful.

1) “Great Spirit and Great Spirit Helpers, as are best, help me stay grounded and fully connected to EARTH and all of Her Selves through THE CENTRAL SUN and YOUR LOVE and help me keep EARTH and all Her Selves connected to THE CENTRAL SUN through me, so we clear and heal each other with and through YOUR LOVE and LIGHT. *Thank You.*”

2) “Great Spirit and Great Spirit Helpers, as are best, keep me grounded to Mother Earth and all Her selves and fully connected to you as I do this meditation. *Thank you.*”

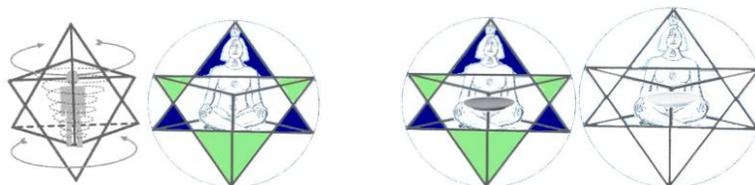
You may also visualize the grounding links.

During this meditation if you choose a body part and cell to clear and heal, choose only one. If Spirit spontaneously guides you to more than one, follow that guidance. This is written for the plural.

If at any time during this meditation, you have any doubts, ask Spirit to lead. Also, if at any time you need more time, say “pause”, and when you are ready to continue, say “go.”

At this point, enter into your meditative state.

Ask yourself and Spirit what parts of your body are most out of harmony and/or balance. Send attention to those places, focusing on the individual cells of that area. As you are looking at the individual cells, choose which ones to work with. Bring the cells out of your body and place them in front of you. Turn them around, examining them closely, looking at them from all angles. Next, turn these chosen cells on their side, the flatter side down, so that from the side they look a little like oblong dinner plates. Place them horizontally out from your body in front of your heart chakra.



Next, allow the cells to be stationary in space as you visualize a three sided, upward pointing pyramid floating down from above and sliding over the cells, so that the cells are completely enclosed within the center of the pyramid. Allow this upward pointing pyramid to remain stationary around the cells, as you visualize a second pyramid with its point facing down, rising up over the cells, again enclosing them.

If you were looking at this figure in two dimensions, straight on from the side, it would look like a Star of David, with the cell floating horizontally in the center. In three dimensions, however, as you are doing this exercise now, you see that you have created a Star Tetrahedron, with the cells floating horizontally in its center.

Now bring a beautiful clearing and healing blue light down from above to fill and completely saturate the first (upward pointing) pyramid and your cells floating in its center.

After that, bring up from below, a beautiful clearing and healing green light to fill the second (downward pointing) pyramid and enclosed cells.

As these beautiful blue and green lights meet in the overlapping pyramids, they fuse into a brilliant white light. This light begins to swirl in a clockwise direction. It becomes a vortex of clearing and healing energy in, through and around the cells. The contents of the cells, including the DNA **and all its aspects**, are cleaned and cleared. The white light and vortex energies within the Star Tetrahedron clean and clear the cells much like a high efficiency washing machine.

As the clearing and healing of the cells is completing, allow the spinning to slow to a halt. Now allow the white light to dissipate, leaving you with healthy, renewed, fully viable cells with their DNA **and all its aspects** vitalized to a higher vibratory level.

In your meditation, take these healthy cells out of the Star Tetrahedron by sliding them toward you.

Place these healthy, vibrant cells into your Third Eye (brow chakra).

Then allow Spirit and your Higher Self to return the cells back into their original body part(s).

These cells are used as a template model, regenerating and repatterning all of the other cells in the affected body part(s) and additionally for the body as a whole.

Metatron

When you are ready, open your eyes. Thank yourself and Great Spirit for this clearing and healing and let it go.



Metatron

Graphic by Marius Michael-George

Web site: <http://mariusfineart.com/>

Above was given to me in March 2015 by a medical professional and shared with her permission.

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Below is adapted from *Metatron's Meditation For Cellular Healing* on the previous pages.

Explanation of Metatron's Meditation As Adapted by Glenn For Clearing and Healing The Non Physical/Energetic

This meditation can be used for clearing, healing, releasing and deenergizing The Non Physical/Energetic that is adversely affecting you and your well-being. It, in some way, also assists in eliminating toxins and impurities.

If you have not already read pages 2 -5 (page 294 in Book) for an explanation, I suggest you read it now.

A brief explanation of the meditation is given below.

This meditation can be used for clearing and healing what can be thought of as non-physical/energetic aspects **of DNA**. Let go of the names and the need to analyze. These non-physical/energetic aspects **of DNA** affect the mental, emotional and spiritual levels and bodies. This in turn affects the physical body, and all aspects of your life as a physical being. It works similarly to 'cellular healing', however clearing and healing the non-physical/energetic may be more effective than 'cellular healing' when dealing with emotional or mental issues as well as with **feelings, thoughts, and 'Soul Echoes'**. It may also be more effective in releasing unconscious and conscious beliefs that energize self limiting or destructive behavior and habits.

Below is from *The Emotion Code* by Bradley Nelson

Energy Field Imbalances as described by Bradley Nelson in *The Emotion Code* can also be cleared, healed and released in some unexplainable way by the meditation on page 12.

"The energy field that is within us is highly organized into:

1. Circuits which are like the fuses in a house,
2. Systems which are groups of circuits and
3. Chakras which are deep energy centers.

These circuits and systems and chakras can become imbalanced or short-circuited. If they become imbalanced, then they need to be fixed if the body is going to recover.

Glenn's Note: It may be that you are clearing feelings, thoughts and 'soul echoes' rather than emotions. I believe that the feelings, thoughts and 'soul echoes' energise the emotions, so when you clear the emotion you are also clearing the feeling that precipitates and triggers the emotion.

What we are really talking about here is the energetic body that is within us. Anciently, this was called the prana or the chi. It is the template that our physical body fills into. This part of us may become imbalanced. Our physical body fills into the energetic template that this internal energy field provides. Organs and glands which become imbalanced internally in the body can be detected by touching points that we call BodyCode points, or test points on the surface of the body and through muscle testing, it can be determined if these organs or glands are balanced or imbalanced energetically.

Each point corresponds to an organ or gland. By touching a point and performing a muscle test, we can test the balance of the organs and glands. If we touch the gallbladder point, for example, and the arm weakens on testing, it indicates an electrical or energetic imbalance in the gallbladder. In other words, at some point the gallbladder has 'blown its fuse' or has 'short-circuited.' When that happens, a muscle in the right knee will also become imbalanced. That will tend to lead to joint imbalance in the right knee, and the result will probably be pain in the right knee at some point in the future.

Correcting the gallbladder imbalance will immediately also correct the muscle imbalance in the knee. This is one of the ways that the body can be helped to return to normal function. By restoring balance to the organs, we restore balance to the muscles.

If the liver becomes overloaded for some reason, it may ‘short-circuit’ or ‘blow its fuse.’ If that happens, a certain muscle in the middle of the back called the rhomboid muscle will immediately imbalance. This will cause instability in the joints between the shoulder blades and will tend to cause pain in the upper back in that area. When the liver is imbalanced, we also will tend to see allergies as the liver makes up the bulk of the immune system.

Just above the appendix, there is a valve in the colon known as the ileocecal valve. If this valve becomes short circuited, it will affect muscles deep in the pelvis on the right side. This will lead to low back pain, possibly also right hip pain, and even false allergies. False allergies occur when the ileocecal valve is imbalanced and the body no longer is eliminating poisons as well as it should. As a result, toxins back up into the blood stream and a sinus drainage condition is created. When we correct the ileocecal valve, the sinus drainage often immediately goes away.

Kidney imbalances often lead to pain in the low back, in the hips, and even in the neck as well as fatigue. In Chinese medicine, the kidneys are energy reservoirs and they can become imbalanced due to drinking too much coffee or to a variety of other toxins. This will tend to cause imbalance in the muscles that support the lower lumbar spine as well as muscles that support the neck. In 17 years of practice, I never saw a single disc injury patient without an accompanying kidney imbalance. In all that time, I only had to send out two patients for surgical intervention, because if we correct the kidney imbalance, we thereby correct the muscle imbalance, which corrects the spinal imbalance, and the back can return into its normal state.”

Above is from *The Emotion Code* by Bradley Nelson

Allow a thought or image of something that is bothering you, you hold judgment on or you would like to change. Ask yourself what you want to clear and heal or ask Great Spirit to bring forward what is to be cleared and healed at this time. Instead of working with a cell as in *Metatron’s Meditation For Cellular Healing* to heal the physical DNA, you will be working with what can be called “energy balls”. When you have the thought of what you want to clear and heal, let go of the thought and allow these energy balls to appear in your conscious awareness without any attempt to analyze, count or name them (may be one or many).

You may be guided to do this exercise separately for each of the following:

miasms, ‘cellular memory’, ‘Imprints On The Luminous Energy Field’, memories replaying, beliefs, vows, oaths, covenants, promises, agreements, concepts, attitudes, ‘truths’, contracts, and trapped feelings that are no longer in harmony with our highest good and well being

All of these, and more, can be thought of as “***Soul Echoes***” to be released.

I suggest a prayer or meditation similar to the following before and after the exercise.

“Great Spirit and Great Spirit Helpers as are best,

Help me to always fill all voids and emptiness with 100% Pure Divine LOVE and LIGHT as is best. *Thank You.*”

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Actual Meditation – Metatron’s Meditation For

Clearing and Healing The ‘Non-Physical’ Healing Beyond The DNA

(Metatron’s Meditation adapted by Glenn) Before beginning the exercise, it is optimal to be clean and dressed in comfortable clothing as you would be for meditation.

If you have not already read pages 2 -5 (page 294 in Book) for an explanation, I suggest you read it now.

Next, please ground yourself. You may also want to enter your ‘sacred space.’

Glenn’s note: Two ways to ground that may be helpful.

1) “Great Spirit and Great Spirit Helpers, as are best, help me stay grounded and fully connected to EARTH and all of Her Selves through THE CENTRAL SUN and YOUR LOVE and help me keep EARTH and all Her Selves connected to THE CENTRAL SUN through me, so we clear and heal each other with and through YOUR LOVE and LIGHT. *Thank You.*”

2) “Great Spirit and Great Spirit Helpers, as are best, keep me grounded to Mother Earth and all Her selves and fully connected to you as I do this meditation. *Thank you.*” You may also visualize the grounding links.

During this meditation you may see one or several ‘energy balls’. Either is fine. This is written for the plural.

If at any time during this meditation, you have any doubts, ask Spirit to lead. Also, if at any time you need more time, say “pause”, and when you are ready to continue, say “go.”

At this point, enter into your meditative state.

Ask yourself what you want to clear and heal, or ask Great Spirit to bring forward what is to be cleared and healed at this time. Let go of intent or analysis, and just allow.

Allow ‘energy balls’, representing the **trapped feelings, thoughts, energy field imbalance and ‘Soul Echoes’** and anything else which are interfering with and adversely affecting you, to come into awareness.



The Energy Balls are stationary in space as you visualize a three sided, upward pointing pyramid floating down from above and sliding over the ‘energy balls’, so that the ‘energy balls’ are completely enclosed within the center of the pyramid. Allow this upward pointing pyramid to remain stationary around the ‘energy balls’, as you visualize a second pyramid with its point facing down, rising up over the ‘energy balls’, again enclosing them.

If you were looking at this figure in two dimensions, straight on from the side, it would look like a Star of David, with the ‘energy balls’ floating in the center. In three dimensions, however, as you are doing this exercise now, you see that you have created a Star Tetrahedron, with the ‘energy balls’ floating in its center.

Now bring a beautiful clearing and healing blue light down from above to fill and completely saturate the first (upward pointing) pyramid and the ‘energy balls’ floating in its center.

After that, bring up from below, a beautiful clearing and healing green light to fill the second (downward pointing) pyramid and enclosed ‘energy balls’.

As these beautiful blue and green lights meet in the overlapping pyramids, they fuse into a brilliant white light. Let this light begin to swirl in a clockwise direction. It becomes a vortex of clearing and healing energy in, through and around the ‘energy balls’. The ‘energy balls’ **and all they represent** are cleaned and cleared as Great Spirit sees best. The white light and vortex energies within the Star Tetrahedron clean and clear the ‘energy balls’ much like a high efficiency washing machine.

As the clearing and healing of the ‘energy balls’ is completing, allow the spinning to slow to a halt. Now allow the white light and the ‘energy balls’ to dissipate and dissolve. Realize that the energy balls dissipate and dissolve without conscious thought or any attempt to analyze. The energy has been vitalized to a higher vibratory level.

When you are ready, open your eyes. Thank yourself and Great Spirit for this clearing and healing and let it go.

Above is adapted by Glenn from *Metatron’s Meditation For Cellular Healing*.

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DNA Activation And Re-Patterning described

The actual exercise follows these thoughts.

If you have not already read pages 2 -5 (294 in the book) for an explanation of what influences the DNA and what “all its aspects” means, I suggest you read it now.

What if our genes were merely building blocks, and a greater intelligence was in charge of the physical as well as the unseen?

Once this negative ‘data’ is removed any resulting voids need to be filled.

Before beginning the exercise, it is optimal to be clean and dressed in comfortable clothing as you would for meditation. Next, please ground yourself. You may also want to enter your ‘sacred space.’

Glenn’s note: I have slightly modified this and written it for the plural. Sometimes more than one DNA strand is ready to clear and heal.

Before beginning the exercise, it is optimal to be clean and dressed in comfortable clothing as you would be for meditation. Next, please ground yourself. You may also want to enter your ‘sacred space.’

One way to ground that may be helpful.

“Great Spirit and Great Spirit Helpers, as are best, keep me grounded to Mother Earth and all Her selves and fully connected to you as I do this meditation. *Thank you.*”

You may also visualize the grounding links.

DNA Activation And Re-Patterning - The Actual Exercise



If at any time during this meditation, you have any doubts, ask Spirit to lead. Also, if at any time you need more time, say “pause”, and when you are ready to continue, say “go.”

As described above, recognize that there is more to DNA than just the physical DNA.

This re-patterning is to bring your DNA **and all its aspects** back to the ‘Divine Plan’ (often called the Original Blueprint) and ‘Divine Manifestation’ (often called the Original Weaving)

First find a quiet place and relax. Enter your Sacred Space.

At this point, enter into your meditative state.

Visualize your DNA strands. You may see one pair (two strands) or several pairs.

Use a finger and thumb to pull down the willing DNA strands from the top.

If no DNA strand is willing, try again later.

Place your other hand at the bottom and use a finger and thumb from that hand to pull up the willing strands (or the strings or cords) from the bottom.

Bring the two ends together and allow them to touch.

This allows the DNA **and all its aspects** to clear and heal on the strands that were willing; all the way back to the “Original Blueprint” and “The Original Weaving”

When you are ready, open your eyes. Thank yourself and Great Spirit for this clearing and healing and let it go.

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Beyond DNA - Soul Activation And Re-Patterning described



Recognize that there is more to DNA than just the physical DNA.

If you have not already read pages 2 -5 (page 294 in Book) for an explanation, I suggest you read it now.

You may be guided to do this exercise separately for each of the following:

miasms, 'cellular memory', 'Imprints On The Luminous Energy Field', memories replaying, beliefs, vows, oaths, covenants, promises, agreements, concepts, attitudes, 'truths', contracts, thoughts and trapped feelings that are no longer in harmony with our highest good and well being

All of these, and more, can be thought of as "**Soul Echoes**" to be released

This re-patterning is to bring your Being back to the 'Divine Plan' (often called the Original Blueprint) and 'Divine Manifestation'(often called the Original Weaving)

Glenn's note: I have slightly modified this and written it for the plural. Sometimes more than one strand is ready to clear and heal.

Before beginning the exercise, it is optimal to be clean and dressed in comfortable clothing as you would be for meditation. Next, please ground yourself. You may also want to enter your 'sacred space.'

One way to ground that may be helpful.

"Great Spirit and Great Spirit Helpers, as are best, keep me grounded to Mother Earth and all Her selves and fully connected to you as I do this meditation. *Thank you.*"

You may also visualize the grounding links.

The Actual Exercise - Beyond DNA - Soul Activation and Re-Patterning

If at any time during this meditation, you have any doubts, ask Spirit to lead. Also, if at any time you need more time, say "pause", and when you are ready to continue, say "go."

At this point, enter into your meditative state.

First find a quiet place and relax. Enter your Sacred Space.

Visualize strands (or strings or cords) that look like DNA strands. You may see one pair or several pairs.

Use a finger and thumb to pull down the willing strands (or the strings or cords) from the top.

If no strand (or string or cord) is willing, try again later.

Place your other hand at the bottom and use a finger and thumb from that hand to pull up the willing strands (or the strings or cords) from the bottom.

Bring the two ends together and allow them to touch.

This allows the **trapped feelings, energy field imbalances and 'Soul Echoes'** and energetic disturbances to clear and heal on the willing strands back towards the "Original Blueprint" and "The Original Weaving"

When you are ready, open your eyes. Thank yourself and Great Spirit for this clearing and healing and let it go.

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Personal Notes.

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Metatron's Meditation To Reset Gene Mutations Back to a Healthy, Normal State

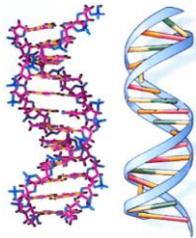
Based on Metatron's Meditation For Cellular Healing as given to Glenn

You are in control of your genes ... You can alter them on a regular basis, depending on the foods you eat, the air you breathe, the thoughts you think and your feelings. It's your environment and lifestyle that dictate your tendency to express disease or health. In fact, your thoughts may shape your environment far more than physical matter.

Genes can be turned on or off over time. In certain diseases, various genes are switched into the opposite state, away from the normal/healthy state. Gene mutations can be inherited or can be switched into an unhealthy state during this lifetime.

This meditation is to switch genes back to the healthy, normal state.

Two ways The Double Helix of the DNA is often represented



While doing this meditation you may see or sense a representation of the DNA double helix as pictured above. The genes are within the DNA of every cell of your body. You may see or sense a dark spot on the DNA strands while doing this meditation. The dark spot is the Gene that is to be reset to a healthy, normal state.

Before beginning the exercise, it is optimal to be clean and dressed in comfortable clothing as you would be for meditation. Next, please ground yourself. You may also want to enter your 'sacred space.'

Two ways to ground that may be helpful.

- 1) "Great Spirit and Great Spirit Helpers, as are best, help me stay grounded and fully connected to EARTH and all of Her Selves through THE CENTRAL SUN and YOUR LOVE and help me keep EARTH and all Her Selves connected to THE CENTRAL SUN through me, so we clear and heal each other with and through YOUR LOVE and LIGHT. *Thank You.*"
- 2) "Great Spirit and Great Spirit Helpers, as are best, keep me grounded to Mother Earth and all Her selves and fully connected to you as I do this meditation. *Thank you.*"

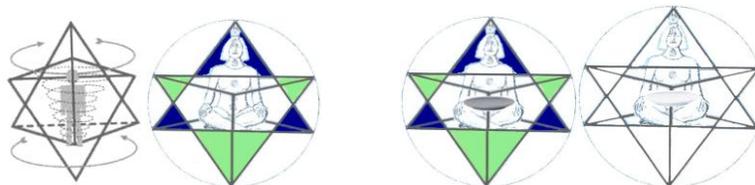
You may also visualize the grounding links.

During this meditation allow Spirit to choose the gene to be reset to a healthy, normal state.

If at any time during this meditation, you have any doubts, ask Spirit to lead. Also, if at any time you need more time, say "pause", and when you are ready to continue, say "go."

At this point, enter into your meditative state.

Ask Spirit to bring the Double Helix and genes out of your body and place it in front of your heart chakra. Turn it around, examining it closely, looking at it from all angles.



Next, allow the Double Helix and genes to be stationary in space as you visualize a three sided, upward pointing pyramid floating down from above and sliding over, so that the Double Helix and genes are completely enclosed within the center of the pyramid. Allow this upward pointing pyramid to remain stationary around the Double Helix and genes, as you visualize a second pyramid with its point facing down, rising up over the Double Helix and genes, again enclosing them.

If you were looking at this figure in two dimensions, straight on from the side, it would look like a Star of David, with the Double Helix and genes floating horizontally in the center. In three dimensions, however, as you are doing this exercise now, you see that you have created a Star Tetrahedron, with the Double Helix and genes floating in its center.

Now bring a beautiful clearing and healing blue light down from above to fill and completely saturate the first (upward pointing) pyramid and Double Helix and genes floating in its center.

After that, bring up from below, a beautiful clearing and healing green light to fill the second (downward pointing) pyramid and enclosed Double Helix and genes.

As these beautiful blue and green lights meet in the overlapping pyramids, they fuse into a brilliant white light. This light begins to swirl in a clockwise direction. It becomes a vortex of clearing and healing energy in, through and around the Double Helix and genes. The contents of the Double Helix and genes, including the DNA **and all its aspects**, are cleaned and cleared. The white light and vortex energies within the Star Tetrahedron clean and clear the Double Helix and genes much like a high efficiency washing machine.

As the clearing and healing of the Double Helix and genes is completing, allow the spinning to slow to a halt. Now allow the white light to dissipate, leaving you with healthy, renewed, fully viable Double Helix and genes with the DNA **and all its aspects** vitalized to a higher vibratory level.

In your meditation, take this healthy Double Helix and genes out of the Star Tetrahedron by sliding them toward you.

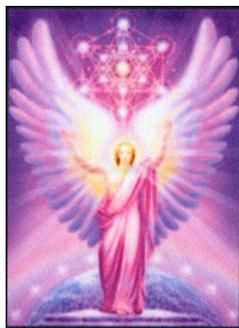
Place these healthy, vibrant Double Helix and genes into your Third Eye (brow chakra).

Then allow Spirit and your Higher Self to return the Double Helix and genes back into all the cells of your body.

This Double Helix and gene(s) that has been reset to a healthy, normal state are used as a template model, regenerating and repatterning all of the genes in all your cells in your entire body.

Metatron

When you are ready, open your eyes. Thank yourself and Great Spirit for this clearing and healing and let it go.



Metatron

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