





## Week 1

**A~ ALIGN with Source. Take time every day get very quiet and listen beyond the chatter of your mind.**

The most important thing that we can ever do to remove our blocks to what we want is to connect with the Divine or Source as much as possible. It is said that the Dalai Lama meditates 3 hours in the morning before he even begins his day! Now I know that we are not the Dalai Lama, but we need to see how that kind of dedication to remaining connected to Source can keep us open to hearing angelic guidance.



When I say align with Source what I am saying is the ability to turn our focus away from our mind chatter until we begin to hear the nothing

of the nothing. Behind that nothing is the voice of God or the Divine. This is what many call the “still small voice”. You will know this voice by the feelings you feel and the gentleness, hope and love with which it vibrates.



As you align with Source more and more, you will begin to see shifts in how you see the world. You will literally begin to see with “God’s eyes”.

When this begins happening, your vibration will rise higher and higher and as I said in the welcome pack to the course, the Angelic Realm is a very high vibration.



The first archangel that we will be dealing with is the Archangel Metatron. In all of biblical Scripture the Torah, Kabbalah, Islam and Christian mystic tradition archangel Metatron is said to be the closest angel to God. Many of the greatest rabbis ever to live did and still do consider Metatron to be the greatest archangel of all.

Unlike many of the other archangels, who can be seen or perceived physically or through certain colours, archangel Metatron is said to be of such a bright white light that very few people have ever really seen or experienced of him with their eyes.

This bright white light of Metatron's is closely associated with the Shekhinah of Jewish mystical tradition. The Shekhinah is the divine pure white light of God. In Christian terminology this is known as the Holy Spirit. It is also the divine light that shines down from above the Tree of Life giving existence to all life and connection with Source.

Archangel Metatron is one of only two archangels that were a human before they became an angel. The other archangel who turns from



human to Angel was Archangel Sandalphon. We will not be covering Archangel Sandalphon during *Creating Heaven on Earth*, but I encourage you to do your own research if his energy speaks to you.

Before archangel Metatron became Metatron his name was Enoch. Enoch is a very famous character person in the Jewish mystical tradition. There is a very famous book called the Chronicles of the Enoch. According to the Chronicles of the Enoch , Enoch was chosen when he was a human by the Lord as the scribe of the truth. In a beautiful passage from the Chronicles of Enoch, he described when he was given this duty.





*“Then the lord said to Michael, ‘Go and strip him of his clothes, anointing him with oil and dress him like ourselves’ And Michael did as he was told. He strips me of my clothes and rubbed me over with a wonderful oil light dew. With the scent of myrrh; which shone like a sunbeam. And I looked at myself and I was like one of the other angels, there was no difference, and all my fear and trembling left me.”*

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Among his responsibilities after he made his transition to becoming Metatron is that he records everything in the etheric archives. When we know that God or Source entrusted him with recording the truth, it is logical that he is one of the only humans to become an Archangel.

When we think about aligning with Source we are talking about aligning with Truth with a capital “T”. As I always say: “The truth is the truth is the truth”. Archangel Metatron comes as a real, literal light of Truth shining directly from Source to help light and guide our way on our inner journey



## Your Assignments for Week 1

1.) Align with Source by meditating every day. You have to commit to doing this for at least 10 mins, 2 times a day, preferably once in the morning and once in the evening. As you meditate please be very gentle with yourself and do not force anything. Forcing will defeat the purpose and keep you stuck in your ego. Allow, allow, allow.....

In the audio for this week, I have included a basic 10 minute meditation for you. Listen to it once all the way through, then if you feel that you want to go for longer periods of time, you can pause the audio and allow yourself to feel when you would like to finish.



2.) Breathe! The breath is one of the other key ways that we connect to Source is to connect with our own Spirits. When we are connected to our Spirits we are in a higher vibration and we can more easily hear and feel angelic guidance.

In the audio for this week I have given you two breathing techniques that you need to do as much as possible during this week. Remember the breath brings us back to our Spirit and when we don't breathe, we are in our ego.



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