

# Mp3 Maureen J. St. Germain - Mantras For Ascension

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Choral baroque style of original music to this ancient Egyptian healing chant. 2 MP3 Songs NEW AGE: Healing, SPOKEN WORD: With Music Details: Toning Why is toning so important? Toning should be part of your regular practice. Just like you periodically get an oil change for your car, and you periodically go for body work, so also should you incorporate toning into your life practices for your general health and well being. It will assist you on your ascension work. My CDs save you time and energy - so that you can get to the important things - like getting into your practices - whatever they may be. Key factors of toning: 1. If a note is missing in your field, by playing, it your body will pick it up and start to resonate it for itself. This is why toning is so important. 2. Toning is the language of the Hathors 3. Toning ... creates the rarified state, instant fulfillment. 4. Quality of light shifts dramatically. 5. Be prepared, you are becoming a being of Light Unlock the hidden codes of your being, feel the full presence of God unencumbered by the mistakes of the past. Experience the Hathor chant, as written about in the Hathor Material. It is used to heal you and Mother Earth. The Ancient Hebrew chant is for opening and clearing your direct connection to the supreme deity. Two very powerful tones or chants El Ka Leem Ohm Kadosh, Kadosh, Kadosh Adonai Tsebayoth El Ka Leem Ohm I was directed to write this down and include it in my Advanced Flower of Life workshop. After I worked with this material for over a year, a student informed me that it could be found in a book titled, The Hathor Material . This was a complete shock to me. This is not the only Egyptian Chant that has been given to me without any prior knowledge or experience. It was unbeknownst to me that this Egyptian chant was included their book, The Hathor Material. As a courtesy, I sent a copy of my recording before pressing, asking for permission. Tom happily agreed and secured Virginia Essenes permission as well. Even though he doesnt give endorsements, Tom told me that the Hathors told him this CD would have its own momentum, and would not need any help from him. In our worlds we have sound for each of these four Sacred Elements. El is Earth, Ka is fire; Leem is water and Om is space or air. These four constitute a vibrational continuum. It is possible to chant the sounds of these elements and enter the archetypal reality in which they exist. It is as if these sounds open the door of perception and allow you to move into the resonant field of consciousness where the archetypal reality

of the elements are alive. Indeed, entering into that realm and staying there for a while enables you to shift consciousness and perception in such a way that you sense the profundity of the physical world and also its place within the continuum of consciousness. It is always chanted four times, and only in groups of four. Ideally it would be done 256 times or four to the fourth power. This gives you time to allow consciousness to settle in and to shift through its various states so it can enter the archetypal realm of the elements. There you perceive directly the aliveness and the continuum of consciousness that expresses through the Earth plane. It is very powerful to practice this chant outdoors where one can sense the elements directly. It is also a powerful practice to place your awareness within the pranic tube. By holding your awareness in your pranic tube and chanting the sounds of the elements, you actually cause the prana that moves within the tube to become rarefied to become enlivened by the sound, and then activate and awakening of the elements within your own body. Another thing to understand about this chant is that material from the unconscious very often begins to rise up, because consciousness settles into a very deep and profound state. One can experience every state of consciousness, every state of awareness from absolute boredom and fatigue to high states of ecstasy and bliss including an awareness of ones own demons; ones own negative emotional material. All of this can be activated as one chants this chant, so it is important to understand that whatever arises while you are chanting is part of the clearing. By chanting the chant of El Ka Leem Ohm a person is, in our understanding, acknowledging the sacredness of the elements, acknowledging the continuum of consciousness from the Source that you may call God through its various subtle levels all the way into the Earth itself. Rest assured, you are clearing Mother Earth too. Here in the physical reality, which could be the densest sacred Element level, one is affirming and acknowledging the Earth as sacred, ones body as sacred and ones place in the continuum of the consciousness that one may call God as Sacred. It has been said that the body is the temple of God. We agree that your body is a sacred temple for it is the space in which the four consciousnesses of earth, fire, water and air (space) offer themselves to you in service. We see Earth as a sacred space, an out-picturing of the Sacred Elements of the archetypal realm of consciousness itself. We see Earth as being as close to God as any other reality, for the continuum is whole. Whether one experiences oneself as close to divinity or separated from it, has nothing to do with whether one is on Earth, embodies or not. Ones view is something that is held in personal consciousness. It is possible to be in deep communion with the Divine, to feel completely at home in consciousness, and still be in a body. It is not necessary to

leave Earth in order to go home, for home is a state of consciousness, a state of connectedness generated from within yourself. We see a dangerous situation upon the Earth at this time, especially in highly technologically developed countries. This situation is the separation of oneself from nature and the elements. Modern culture has isolated itself and insulated itself from the natural elements, the natural world. Western society has taken the biblical inscription to have dominion over nature to irresponsible heights. Humanity is oppressing nature. Humankind, in the modern world, is not only oppressing nature and the elements but is seriously separated from them, and as a result has lost much of its connections to the higher continuum of consciousness. You can form a link from your own awareness into the archetypal real of the elements. Many indigenous peoples can do this. This is a time to spend time in nature. Embrace air, the Sun (fire), water and Earth. Appreciate them. Allow your awareness and consciousness to become attuned to the Four Sacred Elements. Chant the names of the elements in a state of reverence and an inner world will open up to you far beyond your imagination. As you enter this inner world, the archetypal world of the elements, you will find a place where you are more deeply connected to the natural world around you and you will see the world with new eyes. You will see and clearly understand that the Earth itself is a sacred temple and wherever you go God is. My irreverent name for this chant is "a colonic for the poranic tube." I have so many stories of remarkable experiences of my groups doing these chants - I encourage you to do with the CD, but take it to your meditation group and see what they experience! Kadosh, Kadosh, Kadosh Adonai Tsebayoth from the book "Keys of Enoch" I first learned this chant about 16 years ago. My spiritual teacher taught it to me with the instruction, if you ever are fearful of the beings you see, or encounter just recite this chant. If they are not of the light, they cannot stay. Later, I hear a musical version of it. 1. I now know it clears all the fields in the body and bridges us to all other dimensions. 2. It is extremely powerful. 3. This mantra activates the holy grids in our bodies. 4. It is a bridge from 3D to all other dimensions 5. Immersed in the chant, we become one heart. These two chants together will clear us completely on the inner realms and externally, throughout all our dimensions of awareness!

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