

LESSON 9 – MIRROR – TRULY SEEING YOURSELF

In this lesson we were introduced to a beautiful exercise by Melchizedek.

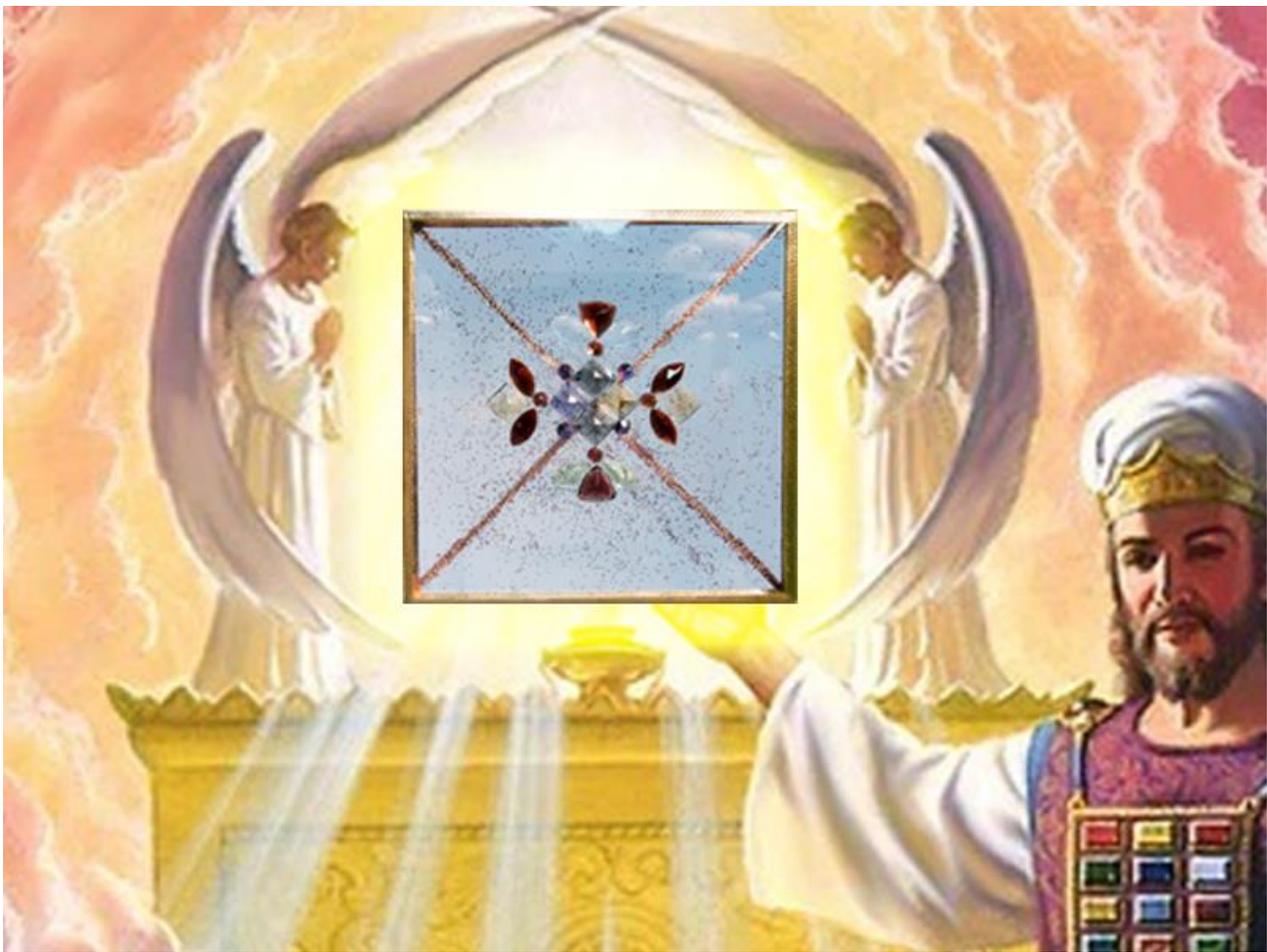
The exercise is comprised of you looking at yourself into the mirror, paying close attention to your eyes, to see what type of energy you are sending through your eyes onto the world. How many times have you stared at yourself in the mirror? But have not truly SEEN yourself as you are? Ignoring to truly look into your soul. This is a very intense and brilliant experience, which will truly get you to tune into your own self. And when you do, you will bring out the Melchizedek within your own self, the seer of your very own soul. And through this cleansing, you will tap into the universal knowledge of incredible proportions.

You are asked to look into your own self, and be your own teacher, to wait not for another to show you the way, as it is you who is CREATING THE way..

When you look at yourself into the mirror, if you notice that you are sending “negative” energy through your eyes, transitioning, transmitting negative energies, you must keep cleansing your palate. You are called to gaze at your own self.. deeply.. and to see how it feels when you look onto another, to see how you feel about your very own self, to stand naked before your own self and to acknowledge your own divinity, to see yourself as you are, without any masks or illusions.

To do so you must truly be brave... as the energy coming from your eyes, may surprise you.. and yet you will learn so much from doing this exercise. Looking into your very own eyes, with your eyes being reflected back at you through the mirror, which shall act as a prism.. magnifying everything back to you..will assist you in pinpointing the true nature of the type of energy that you are projecting, releasing, and manifesting into the world, which in turn attracts the type of experience that on a subconscious, conscious, physical and etheric levels you are spinning into existence.

As I mentioned in the video part of this lesson, as you look into yourself in the mirror you can either listen to the recording of these words or read them from here.



MELCHIZEDEK RECONNECTION DISC - Works on All 3 Subtle Bodies, Etheric, Emotional, and Mental to Assist in Healing the body. This disc is **The Healing Key**, that works holistically to harmonize the mind, body, emotions and spirit, helping to increase your feeling of well-being, and neutralize negativity. The disc can be placed on specific points of the body for 10-15 min or so, to bring relief. Keeping this tool near you also help ameliorate various conditions. For more information please visit:

<https://natalyaankh.myshopify.com/collections/ascension-tools/products/melchizedek-reconnection-device>

Anna Merkaba | <http://sacredascensionmerkaba.wordpress.com/> | annamerkaba@fastmail.com *The information provided herein is for informational and entertainment purposes only, and does not constitute medical advice, and should NOT serve as the basis for any medical decision by you. Anna Merkaba is not an M.D. or a licensed medical professional. Please always consult your physician or any other medical professional before beginning any new healing treatments.

I stay and I stay upon you, through the glorious continuation of the times that have passed, through the yesteryear of the consciousness of the beholder.

I stay, and I stand before you, glorious in the moon, and glorious in the sun, partaking of all the energies of the cosmic flares. I stand before you, naked, I stand before you revealed. I stand before you, and I, offer you the glorious accompaniments of the heavenly abodes.

I stand before you as I am, for I am. I stand before you today on the edge of the new world, and I ask thee to look deep into the abyss of that which ye has created for thyself. I ask thee to look deep within into the abyss to examine closely that which ye have created for thyself, for indeed the question of ye consciousness shall arise, the question of ye consciousness shall spring anew and birth a new cognition, of the benevolent creation of that which ye are.

For the cognition of your earthly abode shall begin to swirl in the understanding of informational decrees. Shall being to take a new route, a new route into the prowess of ye hearts.

I ask thee to look past all the obstacles, I ask thee to find my hand and I ask thee to follow me into the heart space of ye own creation. As I stand before ye, revealed, as I stand before ye naked, as I stand before ye with the accompaniments of the creator.

Yes I the gaze through the realm of the divine unfolding. I stand before you naked as I am. Naked as I appear to be, naked of all the glory, naked of all the ego, naked of all the energies of the past , I stand before you as I am, as nothingness, as a void, I stand before you as the creator, and as a whole.

And when you shall look into the gaze of my eyes, and when you shall gaze upon me, and when you shall gaze into my eyes, you shall see the benevolence of all that indeed you are, when you shall gaze into my gaze, you shall be transformed,

Anna Merkaba | <http://sacredascensionmerkaba.wordpress.com/> | annamerkaba@fastmail.com *The information provided herein is for informational and entertainment purposes only, and does not constitute medical advice, and should NOT serve as the basis for any medical decision by you. Anna Merkaba is not an M.D. or a licensed medical professional. Please always consult your physician or any other medical professional before beginning any new healing treatments.

transformed for through a prism of your understanding of thyself, you shall find the true meaning and core of that which indeed you are!

For I stand before you naked, for I stand before you cleansed of all , for I am nothing and I am everything, For nothing I am and Everything that I am is me. For I stand before you in the void of your creation. And when you shall gaze upon me, you shall see yourself through a prism of your own creation.

For I bring with me the pureness of all that is, for I bring with me the purification of that which you indeed have been longing to uphold, for I bring with me the purification and I take upon me that which is, and I transmute all that is, and I break through the barriers and I walk thee on the path of righteousness the path of righteousness I walk thy path.

Heed my words child of the gods, heed my words for through my gaze you shall be transformed, through my gaze of nothingness' you shall be transformed and birthed anew. Gaze upon me whenever you wish for I stand before you transformed.

Once you master the adjustment between the “dark” and “light” energies emanating from your eyes, you will be able to use this technique to completely restore your balance at any given moment in time.

I hope this helps you to come into your power! I love you and am so humbled and grateful to walk this path with you!