

NAMES

What do names denote? - a being, an experience, a country, an event, a memory and so forth.

Names denote the essences of your soul; you came in within this lifetime.

You have chosen your name in this lifetime (it may seem that others have given you your name) to support you to complete the life lessons and balance the karmic energies in a gentler way.

The alphabets of your name are not merely letters, they are Spirits. Each letter of the alphabet is a living Spirit with a Consciousness.

Each letter of the alphabet also has a mathematical number associated with it and when you combine your alphabets of your name with the mathematical numbers, you come into a place of more awareness.

Your heart has four chambers and each chamber has a distinct function.

They are for receiving the light and energy, instituting in or incorporating it into your organs and other body parts and then processing the light and energy and then accomplishing what it came here to do. These four chambers of the heart process all what you take in.

By becoming aware of your name, and meditating on your name, you will draw forth the Spirits of the alphabets and higher thought forms can manifest from these

Spirit Beings and then these thought fields are picked up by the four chambers of your heart and it will proceed to integrate these within your systems.

EXERCISE

One of the meditative practices you can do is to sing or hum your name to yourself. With each breath you take bring the awareness of your name to the heart chamber and gently rest there.

This process will start to open the Heart Codes and will create an opening for you to enter into the secret caves of your heart, which holds not only the original light you brought forth when you were conceived, but also the blue print for your evolution.

You may also want to place your open palms of both the hands on your heart area and be with it in quietness. Your fingers hold the energy of Light Beings and by placing your palms on your heart area, you are bringing forth the consciousness of those light beings into your heart chambers.

The energy of your thumb is significant for it holds the energy of Creator and the Love Source.

It means through the awareness of your fingers you can activate the primordial life force energy which is in the secret cave of your heart.