

Maat Ancestral Lines/Self Forgiveness Meditation
through ariel www.holographicgoddess.com



MA'AT speaking.

“If your heart were to be weighed against a feather tomorrow, is there any forgiveness you would wholeheartedly offer to the self, to unlock the grace and gifts that flow through the runnels of clear ancestral lines when you do? Ancestors then, rather than resistance, offering buoyancy and blessing to clear the appearances of any separation that had seemingly pick-pocketed your joy and abundance, leaving it with only a half life, like plutonium.

Or like Anubis, in response to your standing surrendered and empty at his gate, becoming a pattern of intense sound energy, like boys choir voices holographically saturating every molecule of your being, creating a sluiceway to travel on the **light rivers** that quantum tunnel through ancestral lines, freeing the prisoner and self-made prisons, dissolving the invisible wall that apparently stood between you and the realization of your dreams.

Meditation:

(In preparation, if you have boys choir music such as Faure's Requiem, play it during this work, as it holds the resonance of this transmission as you do it. This meditation is most potentized, if you create a ceremonial setting and give yourself plenty of time to clear whatever comes up. If you also wish *ahead of time*, to get salt, flowers, saki (or equivalent), and clearing sound to complete the ceremony, please do that.) **It is important in doing this work that you not try to “transcend” the shadow pieces that**

arise, but LOVE them as they dissolve into the River of Light! In other words, have you garnered the GIFTS and messages from the shadow, before you release them?

First, in meditation, begin by breathing deeply, calling the blue fire female force of Shakti up the spine, evoking that fire, however you can viscerally align with that power (the breath of fire is helpful in this process.). Take all the time you need, to really viscerally FEEL the blue fire, moving up your spine as a River of Light.

Then evoke the gold fire of solar consciousness down the spine through the crown chakra... merging the two rivers of light in your heart temple, as you deeply breath, feeling the pulse of that light river in your heart and blood. Then when that condensed and balanced power of the River of Light is fully focused in your heart, allow it to begin flowing out from the heart as Love itself, into the cells, nervous system, brain, muscles, bones, limbs, and then into the subtle bodies- taking all the time you need to **feel the pulse of that River of Light going through your entire being.** When the light river is powerfully flowing through you, with deep **SELF-FORGIVENESS** place into that river,

1) One deeply held piece of shame, guilt, grief, etc. that has been staunching the flow of the River of Light, that the Divine Light flow *unimpeded* within you.

2) When that is complete, ask your Witness Self, “What is the **genetic, ancestral pattern that my life stream is to break the chain** of for myself AND my ancestors?”

When you are clear about that, offer that pattern to the flowing energy of the River of Light to be transmuted in the Light of Love that powerfully flows through you now. If you wish to add extra potency to the process, etherically (or physically) offer to the River of Light, a puja of flowers, saki, salt, and sound to honor your ancestors and invite their joyful participation in blessing your life!

Complete with gratitude for the opportunity to heal and clear your ancestral lines both forward and backward in time.

I have personal witness from doing this work that Ma’at graciously offered us, that this meditation has almost immediate, verifiable effects. I don’t want to “color your field” as to how or what, but, if you have given this meditation your full conscious attention, you will have a direct experience of its effectiveness.

In Devotion to the One Heart.. your sister..ariel