



Archangel Metatron

“The Scribe”

Associated Colors:	<ul style="list-style-type: none"> • Violet and Green
Personality:	<ul style="list-style-type: none"> • Name does not end in “el” (of God) • Raised from the earth by God to be an angel. • Known in the bible as Enoch who walked with God; then he was no more.
Associated Crystals:	<ul style="list-style-type: none"> • Watermelon Tourmaline, the Merkabah
Field of Expertise:	<ul style="list-style-type: none"> • Sacred geometry and esoteric healing, the Merkabah • Working with universal energies such as time management and time warping • Helping extremely sensitive people • The Judaic book calls him the Mediator between Heaven and Earth

How we can work with AA Metatron	
Merkabah Cube	<ul style="list-style-type: none"> • To cleanse and purify the chakras and release any energy that is not for our greatest good.
Interaction with others	<ul style="list-style-type: none"> • He offers love and is firm and strong in his guidance.
Universal energies	<ul style="list-style-type: none"> • Knows how to manage the energy of time, even bending it to allow you to be on time and have seemingly more time in each hour.

A couple of Santana hits on YouTube

Included on the album was this smash hit with Rob Thomas, called Smooth:

https://youtu.be/6Whgn_iE5uc smooth

<https://youtu.be/9wT1s96Jlb0> Black Magic Woman

Meditation

Spending time with Metatron using the Cube and Merkabah.

Clearing Chakras Exercise with Metatron and Cube

1. Take a few deep breaths.
2. Your intention is to connect with the Archangel and his cube. This intention is the laser focus to ensure the connection is made. We will call upon Archangel Metatron to assist you with clearing your chakras. If you work with angel cards and have the Archangel Metatron card with you, you can place it close to you during the healing.
3. Remember when clearing out toxins, we must input love.

AA Metatron, we thank you for being here with us right now. Thank you for pouring your energy of love over and into my whole being. We thank you for the insight and the act of remembering your divine presence and vibration today. Thank you, AA Metatron, for using your cube to cleanse and purify my body, mind and spirit. Allow your love and energy to flow into those spaces cleared so that I may be whole.

1. Visualize the Archangel and his cube. Do not worry too much about the visual details.
2. Visualize the Archangel sending his cube towards the top of your head. Visualize the cube spinning clockwise inside your crown chakra. Intuitively scan the chakra for traces of toxins. Feel these toxins being cleared by the spinning cube. **Input Metatron's loving energy of violet and green in those little spaces.**
3. Next move to the third eye chakra and repeat the same process. Similarly, move the cube through each of the chakras and allow it to work on each one, thereby clearing every chakra of toxic debris. Chakras in order are: Crown, 3rd Eye, Throat, Heart, Solar Plexus, Sacral, Root.
4. Trust your intuition. Let the cube move as it wishes to. There is no strict rule to be followed as to which chakra must be cleared first. You may find the cube moving randomly from chakra to chakra and moving back to do more work on chakras that were already cleared. Do not analyze. Just go with the flow and relax. You will not make a mistake when you trust your intuition. **Input Metatron's loving energy of violet and green in those cleared spaces.**
5. Once you feel that you are done, thank the Archangel for his assistance with this healing.
6. Sit quietly for a few minutes in meditation to allow the body, mind and spirit to settle comfortably with the balancing and harmony we are now experiencing.

Shamatha Breathing

Sitting, feel the weight of your body through your seat. Straighten your upper body. Soften your gaze and try to gently fixate on a point on the ground in front of you. Connect to the natural cycle of your breath, feeling the rise and fall of your belly. "Tune in to the breath like a radio signal,

sensing each complete breath as a unique act,” explains Rinzler. “When your mind wanders, as it will, return to the physical sensation of the breath.”

Journaling

Discussion

Homework

- **Talk to Metatron as the friend he is.**
- **Clear your chakras and energy with AA Metatron cube as many times as you feel drawn to do it.**
- **Drink plenty of water.**

