

## 12.12.12 Meditation

### By Hazel Raven

Time 12.12 pm, moment ~ whatever time zone you are in, or whenever you can join in, as I have already placed the energy into a 'no time' 'no space' no separation energy of Oneness.

Dimensions will become available, which were not available before to the un-ascended, as we move into 'Unity Consciousness' and the 'Zero Point.'

This 12.12.12 group celebration meditation, ascension gateway is for the **Ascension of Mother Earth**, as she gets ready to be born into the 'higher energies' of the **New Earth on December the 21st 2012**.

This is the '**Emergence**' we have all been waiting for. This pivotal turning point centres on the sacred **12 configuration**.

We know lots of sacred twelve's, such as the 12 strand DNA, the twelve master chakra configurations, the 12 Tribes of Israel, the 12 signs of the Western Zodiac.

Some other twelve's are:

There are twelve 'Jyotirlingas' (epitome of God Shiva) in Hindu Shaivism. The shaivites (orthodox devotees of God Shiva) treat them with great respect and these are visited by almost every pious Hindu at least once in a lifetime.

The number 12 is very important in many religions, mainly Judaism, Christianity, and Islam, and also found in some older religions and belief systems.

In Antiquity there are numerous magical/religious uses of twelve's'.

In ancient Greek religion, the Twelve Olympians were the principal gods of the pantheon.

The chief Norse god, Odin, had 12 sons.

Several sets of twelve cities are identified in history as a dodecapolis, the most familiar being the Etruscan League.

In the King Arthur Legend, Arthur is said to have subdued 12 rebel princes and to have won 12 great battles against Saxon invaders.

The importance of 12 in Judaism and Christianity can be found in the Bible. The biblical Jacob had 12 sons, who were the progenitors of the Twelve Tribes of Israel, while the New Testament describes twelve apostles of Jesus; when Judas Iscariot was disgraced, a meeting was held (*Acts*) to add Matthias to complete the number twelve once more.

The Book of Jude contains much numerical symbolism, and a lot of the numbers mentioned have 12 as a divisor. 12:1 mentions a woman — interpreted as the people of Israel, the Church or the Virgin Mary — wearing a crown of twelve stars (representing each of the twelve tribes of Israel). Furthermore, there are 12,000 people sealed from each of the twelve tribes of Israel, making a total of 144,000 (which is the square of 12 multiplied by a thousand). In Orthodox Judaism, 12 signifies the age a girl matures (*bat mitzvah*)

There are 12 days of Christmas. The song *Twelve Days of Christmas* came from the traditional practice of extending Yuletide celebrations over the twelve days from Christmas day to the eve of Epiphany; the period of thirteen days including Epiphany is sometimes known as Christmastide. Thus *Twelfth Night* is another name for the twelfth day of Christmas or January 5 (the eve of Epiphany). Similarly, Eastern Orthodoxy observes 12 Great Feasts.

In Twelver Shi'a Islam, there are twelve Imams, legitimate successors of the prophet Muhammad.

In Hinduism, the sun god Surya has 12 names.

Also, there are 12 Petals in Anahata (Heart Chakra)

And, the Twelve Labors of Hercules.

Also for this meditation, please make yourselves familiar with the 12 petals in Anahata (Heart Chakra).

And Metatron's Cube

## **Metatron's Cube: Magic, Alchemy, Containment and Ascension**

Archangel Metatron (the Scribe of God) "The Garment of Shaddai". The visible manifestation of the Deity as "Garment" of the Father. Almighty, Eternal Lord and 'Divine Voice' of the Father. Creator of the outer worlds, teacher and guide. **El Shaddai** (Hebrew: אל שדי, el šad ַj) is one of the Judaic names of God, with its etymology coming from the influence of the Ugaritic religion on modern Judaism. *El Shaddai* is conventionally translated as **God Almighty**.

**Metatron's Cube** is a two-dimensional geometric figure created from 13 equal circles with lines from the centre of each circle extending out to the centres of the other **12 circles**. Six circles are placed in a hexagonal pattern around a central circle, with six more extending out along the same radial lines. Metatron's Cube shares 2-D resonance with the Flower of Life. It is a sacred geometry figure. Its name makes reference to Metatron, a figure mentioned only in apocryphal texts including the Book of Enoch or Sefer Hekhalot and the Zohar. These texts rank Metatron second only to **YHVH** in the hierarchy of spiritual beings. The derivation of Metatron's cube from the tree of life, which the Talmud clearly states was excluded from human experience during the exile from Eden, has led some scholars to portray Metatron as the means by which humanity was given knowledge of YHVH. Implying that study of Metatron's cube would be necessary to understanding the tree of life.

### **Before you begin:**

Create your sacred space before you go into the meditation.

It may be helpful to read through the full meditation before you begin and have the image of **Metatron's Cube** on a piece of paper to place in front of you.

Always allow yourself a few moments to relax and let go of daily tensions by breathing deeply and slowly, before meditation.

If you have my Angel essence '**Divine Initiation**' by Archangel Metatron or Angel of Ascension (**Archangel Metatron**), please mist your aura and sacred space with it and any crystals you feel guided to use.

I suggest using Selenite and Phenacite (any format, tumbled, natural, and heart-shaped or a pendant). Don't worry if you have no crystals or angel essence, you will be calling the **Light** of your Higher-self to yourself and this will purify and uplift the energies of your sacred space.

## Meditation

Make yourself comfortable in a chair, or sit cross-legged, or in the half lotus or full lotus posture: these classic forms make a triangular path for the energy field and stop it dissipating in all directions. For long meditations choose to sit in a comfortable steady posture with the spine and neck held erect but not tense. The psychic current must be able to flow unimpeded from the base of the spine to the top of the head. When sitting, face north or east to take advantage of favourable magnetic vibrations.

If sitting in a chair, choose a straight backed chair to give support and stop your diaphragm cramping. Your feet should be flat on the floor, your hands resting palms up on your knees or place your hands on your thighs, palms upward, and join your thumbs to your index fingers.

Do not let your head loll forward as this will restrict your breathing. Now pull the shoulders back ever so slightly and lift the chin a little, so there is a small pull on the back of the neck; this will ease the blood flow to the brain.

Or you can lie down for the meditation.

1. Allow your eyes to close.
2. Begin to focus on your breathing take a deep, cleansing breath in through your nose, hold the breath for a second and then blow it out through your mouth, each time you exhale drop your awareness down into your heart centre. Again, breathe in and hold and breathe out again. And again.....continue to breath like this, nice and slowly, in and out.
3. Once you feel relaxed, raise both your arms above your head and say out loud "**I call the Light of my Higher-self to myself**"
4. As you bring your arms downwards, visualise, see or feel a vortex of **bright, pure, pristine white Light** above your head, right above where you are sitting.
5. As the light descends, focus on breathing in the **Light**.
6. You will swiftly feel this **Light** relaxing you by cleansing, harmonising, integrating and aligning all your subtle energy channels and activating all your chakra centres, including the transcendental chakras above your head.
7. Now, gently turn your attention to the **Earth Star** chakra beneath your feet and anchor yourself to the crystal at the centre of our beautiful mother earth (the Earth Star chakra is about 12" or 30 cm beneath your feet. This important centre earths and assimilates the energy changes that take place on the 'higher planes', grounding them into conscious awareness).

8. When you feel a strong connection to the earth, **gently touch your heart centre with your left hand.**

9. **Focus on your heart chakra (Anahata) and see the 12 Emerald green petals.** It is important to check that **all twelve petals** are open and look healthy. If you see any closed or damaged petals use your focused intent to open and heal them.

10. Once your **twelve heart petals** are open, allow your heart chakra to expand. As it does so, allow the energy to move gently downwards through the lower chakras. Solar Plexus, Sacral, Root, Earth Star, Earth Star Gateway.....all the way down to the centre of **Mother Earth.**

11. Now, bring your awareness back to your **12 petal heart chakra**, feel your heart chakra expanding even more, as the energy gently moves upwards to your higher chakras. Through the Throat, Brow, Crown, and on upwards through the Soul Star, and Stella Gateway chakras.

12. You will become aware of **Archangel Metatron** and his sacred geometric matrix known as **'Metatron's Cube'**.

13. **Archangel Metatron** will guide this process as you allow yourself to be open to the **Light codes** that are meant for your own **Ascension**, these Light codes are also known as the **'Language of Light'**.

14. You can stay relaxing in this beautiful energy for as long as you wish. Allowing your awareness to be guided to wherever Archangel Metatron is taking you.

15. This experience is meant for you alone, it will be unique to you as part of the **'One'**.

16. When you feel the process is complete, mentally ask for the 12.12.12 experience to be **"closed, sealed and protected with Divine love and wisdom"** and give thanks to Archangel Metatron and the assisting angels.

17. Before opening your eyes, take several deep breaths, stretch your body gently like a cat, move your hands and feet wiggle your toes and fingers, shrug your shoulders.

You may need to take some time before you open your eyes. As they open remember to look downwards at first.

Allow yourself time to come back to everyday waking reality, have a sip of water or eat something sweet to ground yourself.

Keep a written record of your experience for future reference.



