

WEBINAR 1 : LIVING ALPHABETS

Namaste to my brothers and sisters.

Let's raise our right palm and send our appreciation to the Creator

Thank you all.

I.CHANNELLING

1.ARCHANGEL METRATON'S

Hello my brothers and sisters, this is A Angel Metraton.

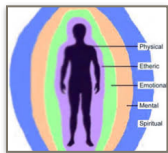
Before we bring the subject of the alphabets, I encourage you to **call forth 2 supporting energies** in yr life. The supporting energies are called:

i. **Wellness or well being energy**

ii. **Self love**

- it is very rare that human beings call these energies into themselves.
- Make it a habit or a part of yr daily prayer or in yr meditation

" I call forth the energy of well being and self love"



These are prerequisite energies to move u into the next phase for in the year 2019 u can have quantum shifts in yr personal realities. These energies of well being and self love is the foundation. U are required to have energy in all the levels of yr body- physical, mental, emotional and spiritual.

Exercise:

You have been taught before thru the writings of A **Angle Gabrielle**. He has said to make it a point **every morning when u wake up to say:**

Peace in my body

Peace in my mind

Peace in my soul

Peace to all beings

OM TAT SAT

Then say:

"I call forth the energy of well being and self love in all levels of my existence, in my earth reality, in my galactic and solar reality."

Stay in that space for a few minutes.

Be with the energy.

You will start to feel the difference in the way yr life proceeds

U will be in a much more calm state of mind.

There will be peace and less stress in yr life.

Good day to all of you this is AAngel Metraton

2. ARCHANGEL GABRIELLE

Hello my friends.

This is AAngel Gabrielle.

The Master of Alphabets is coming in from a higher dimension way beyond this Universe.



U must wonder about the letters, about the shape of the alphabets-
How did these shapes come about?
Who inspired these shapes?
What is the purpose of these shapes?
We rarely think about it

Maybe it has been gifted to humanity by the angelic beings

Maybe inspired by the Creator

Maybe it is coming from the waves

Maybe it is a combination of all these

We would say it is a combination of all these

What is the purpose of the letters?

U will say to create words.

To give meaning to an experience.

But words are limited.

Words cannot fully comprehend the higher realities of the spirit, cannot communicate the true spirit but words never the less support the present reality of the Earth.

Now we invite the **Master of the Alphabets and the great healer Master Ankhana** to come and speak

3. MASTER ANKHANA

My dearest brothers and sisters of the Earth plane, this is Master Ankhana with Master Yeshua and Master Ya Li. We wish to touch the subject of the shapes of alphabets.

Each alphabets represents:

- a specific Star System
- a specific point in our Solar System

There are millions and millions of planets and myriad forms of life forms in many of the Star Systems. Each of the alphabet represents one star System. **Each Star System has a certain frequency and a certain vibration and a certain quality to it.**

What do they do in common in the evolution of the Universe?

We are not talking about the Earth's evolution but the evolution of the Universe itself.

When Earth and all the other planets in the Solar Systems and Galaxies all evolve then naturally the Universe evolves. The Creator also evolves. It means the Creator or God is not static. Now this is difficult for human beings to accept. But it makes sense does it not?

When u evolve, u grow and everything evolves and there is growth and Creator too evolves along with it. The love of the Creator never goes away, it always stays the same.

When u connect with each of the letters, the 26 letters u will take the vibration frequencies of all the Star systems. Now let us look at a few letters today and try to decode and give it some understanding.

● Letter A

Now let us look at letter A

What does the letter A represent?



It represents

- a beginning
- the alpha
- the point from where everything came

It's a star system representing this consciousness but it is not Alpha Century. We are talking entirely about a different Star System way beyond this Universe. Way, way beyond this Universe itself.

A... alpha, it also contains OMEGA.

It means the One and Nothing

The black hole and creation

In breath and out breath

Exercise:



Now if you were to bring the letter A to yr shoulders right now
Now close yr eyes and bring the letter A to be embedded in yr shoulders
Simply say Alpha,Alpha

Alpha on yr right and Omega on yr left

Because u have these points of light inside of u, u have chakras related to Alpha and Omega on your shoulders. It means all the **letters have certain points in different parts of yr body connected to 26 Star System.**



Now if u were to bring the letter A in front of yr 3rd eye

1 inch in front of yr 3rd eye

And imagine A in front of yr 3rd eye

And simply chant Alpha

U will see spectrum of light frequencies coming from the letter and going into yr forehead and above yr forehead and creating a star.

We want u try this right now.

If u look at the letter **A**, it is a part of a star

Letter A is a star



Now if u were to bring the letter **A** right on **top of yr head**

Above the Soul Star chakra

And simply chant Alpha or A

U will see incredible energy coming from the top into yr head.

Now **A** has a master

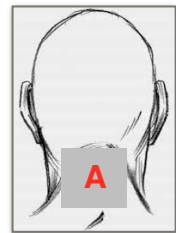
And the master is **Master Avatar Babaji**

Babaji is not limited to the Indian philosophy

He is an Universal master.

Simply bring **A** on top of yr head and chant Alpha

U will see a spinning disc on top of yr head.



Now bring **A** to the back where the **pineal gland** is in the medulla oblongata where the head and the neck join.

And simply chant **A** or alpha.

Again u will feel light coming from the alphabet and going into yr pineal gland

This shape from the front to the top of yr head and to the back where the pineal gland is, has the shape **A**, part of the Star System.

Alpha- the beginning and the end

Some of you who cannot meditate sitting down.

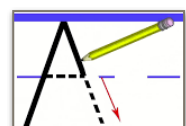
Simply sit on a chair and chant silently and slowly

A.... al....pha...

U will feel like a star appearing, a star which has the top part and not the bottom part.

A shape like **A**

When u fully integrate the energy of **A it means u integrate the energy of all, the beginning, the end, all aspects of reality is in one**



Now **write** the letter capital **A** on a piece of paper

Place yr right hand above the letter **A** and simply chant Alpha

U will feel vibrational energy in the middle of yr palm.

It means u are joining with the very force, the absolute where there is no separation. U join with the One.

● Letter B

Now let us take the 2nd letter **B**

B's are also from a different Star System far away from this Universe.

What does the letter B represent?

What are the qualities of B?



B represents

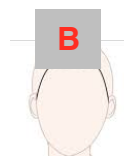
•**Birthing**- it means **new creations coming forth**.

- birthing of new ideas from the oneness, from the alpha
- creative force that birth forth using plasma energy and takes a form of it's own. This is how planets, countries, trees, the bees are created.

Where does the energy of B exist in yr body?

It exist at the **hairline**.

Exercise:



Bring yr attention to the top of yr forehead head where the hair touches especially where the **hairline** is.

Simply chant **B**

The **Star System** is called **Biteu**.

Now simply bring Biteu to yr attention in the physical body where the hairline is.

Simply chant Bi...teu...

U will feel u are going deep within yourself.

The deepest part of yr inside.

Again u might feel a slight discomfort on yr forehead area.



Write the letter **B** on a piece of paper.

Take yr right hand or yr predominant hand and rotate it above the **B**

Simply chant Bi... teu...



And when u feel the vibrational frequency in yr hand, bring yr hand **in front of yr stomach**.

Just rotate clockwise in front of yr stomach area about an inch.

Chant Biteu and rotate yr hand.



Now bring yr hand on **top on the head** and chant Biteu



Now bring yr hand to the back of yr head to the **pineal gland**
 Rotate yr hand
 Chant Biteu.
 U will feel a lot of pressure

What is the purpose of bringing yr hand to that part of the body?

U are programming the God cell inside yr pineal gland the vibrational frequencies of the letters and their Star systems.

It means I birth new consciousness from the Oneness.



Now if u had drawn **A**, take another piece of paper and draw **B** on top of that- like cutting across.

If u had not drawn, u can imagine the **A** and the **B** on **top of the head**.

A is vertical and **B** is like diagonally cutting across.

And just breathe



U will see light coming

Sometimes u will **see a cross, a silver cross or a golden ankh appearing.**

But many a time u might see **Master Krishna's coming there with the peacock feather.**

When **A** and **B** **start rotating, moving, it creates particles of light representing the peacock for it moves to the awakening of the higher consciousness existing in the pineal gland.**

● Letter C

C again is coming from a different Star System

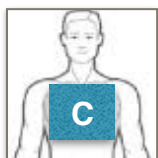
Not from this Universe.

What does **C** represent?



- The ability to carry out creation.
- Represents the birthing of new consciousness.
- The ability to manifest that consciousness into matter.
- anti matter into matter

Exercise:



Now bring yr attention to yr **heart** area

Image the letter **C** in yr heart

A beautiful shining C in whitish color

Breathe this into yr heart

If u look at the **C** it is one half of a circle

What does it mean?

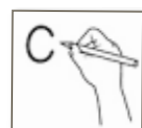
What does half mean?

It means conscious creation affecting the Earth and the Universe because what u do affects the other part of the galaxy. It means co creation.



Imagine the **C** and breathe into it
 U will see this **C** emerging with yr body and moving to the top of yr head.
U can see this C right on top of yr head around the 12th chakra.

The master for this letter is the Holy Ghost, Master Shiva himself.
Responsible co-creation.



Again if u were to draw **C** on a piece of paper
 Bring yr hand over it and rotate
 U will feel energy.

Now bring yr attention to the **top of yr head.**



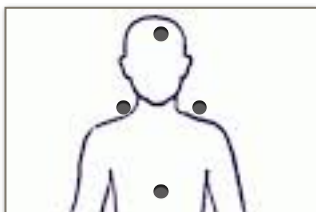
And see A vertically.
 B embossed on it
 And **C** on top of it.
 Breathe
 U will feel all these letters start moving on top of yr head
 U will feel nausea.
 U will also feel vibrations coming from these 3 letters.

The place in yr physical for the energy of C is in your heart.

As we mentioned **A** on yr shoulders

B near the hair line.

C on the heart.



Again if u were to draw or just imagine on yr physical body **A** on yr shoulders, **B** on yr forehead and **C** on yr heart. just connect them , again it will represent **a piece of a star.**

● Letter D

What does the letter D represent?



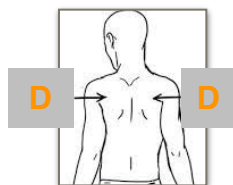
The ability to perceive the outcome of an action

U are well **aware of the perceived outcome of an action even before u do the things.** It means u are perceiving the consequences of yr creation as how it will affect you and everybody else touched by yr creation.

Once u are aware of this then wouldn't yr creation be more responsible. I am sure u will think many times before it is created. Not only think but you are able to see the perceived effects of yr creation on other people.

This is how in highly advanced societies do before they take an action. They will meditate and see the decision they are going to make as to how it is going to affect their community, their Solar System and their other parts.

Now how many of u think about this when u want to create something?

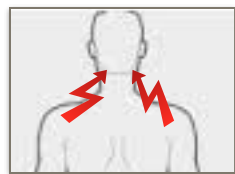


Now where does D exist in yr physical body?

On the shoulder blades.

The back of the body on the 2 shoulders

Exercise



Imagine the letters **D** embossed on both yr shoulder blades.

A beautiful gold colored D

Breathe into that

Breathe.

Now **take the breath from the 2 shoulders into the pineal gland**

U may again **feel pressure or pain in the pineal gland.**

U may feel some pulsing energy on yr forehead too

It **means awakening to the higher truth.**

It **means our truth is blending with the Universal truth.**

It **means our music is in complete harmony with the orchestra of the Universe.**

And **we only create things that benefits us, benefits the larger community of people, benefits Earth and our Solar System.**

We must perceive this before we undertake anything.

A very beautiful letter, the letter D



Again you must **draw D**

And place yr hand over it.

Or draw **D** and sit on it.

U will feel vibrational frequency entering yr body.

Now people who are **running a business**, we encourage u all to **work with this letter D because when u make a business decision it can affect a larger group of people.** This product can be bought by somebody and how is it going to impact others.

What are the affects of the product on the well being or the emotional state?

We want all of u to look into this.

Also all the healers or in the healing profession or anything like channelling, giving guidance, energy work. look at how the effect of yr actions before u take the action on other people or a larger scale like the community where u live society, yr country and the Solar system.



Bring **D** also on **top of your head**.
Where there is **A,B,C** and place **D** on top.
That means u are placing each letter on top of **A**
Some diagonal some horizontal, just **create yr own way**.



● Letter E

What is the meaning of the letter E?



E simply means energy.

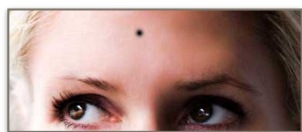
The understanding that everything is pure particle of light frequencies created in the vibration of the creative force emanating from the heart.

Every particle of energy contains the frequency of God or the Creator.

And **one particle** is enough to enlighten a human being for this particle contains the **essence of all**.

As it has been said many times, the entire Universe can be comprised into 1 minute particle of light, smaller than the head of a pin.

Where does this energy exist in the human body?



It exist right in the **middle of yr forehead**.

The **Master** of this letter **E** is **Lord Melchizedek**

Exercise:

See the letter **E** on the **middle of yr forehead**.

And it has a point of light into it.

Tiny point of light

We want u to breathe into this tiny point of light.

Bring yr breath into this.

And you will feel this **E** start vibrating- like jumping up and down.

And a point of light will go from there all the way to the Universe



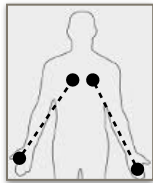
Now if you were to bring yr right hand and when u visualize this point of light like **E** in yr forehead, rotate yr hand.

Simply rotate it and in the middle of yr palm facing the forehead will feel a shot of energy there.

Some of you might see masters there.
Many visions will appear
U may also feel nausea.
Just continue to do this and when u feel the vibration in yr hand



Bring yr 2 hands in front of you yr heart.
Both palms are open.
Yr left hand is straight and fingers held together in front of yr heart.
Now the right palm rotate over the middle of yr left hand in front of the heart.
Left hand doesn't move, only the right hand moves.



U may feel lots of pressure on yr forehead.
U may feel the **E** vibrating and like a spinning movement of energy from yr right hand into the forehead and into yr left hand.
U will feel vibrations.

It means SPINNING THE WHEEL OF ENERGY.

What does this mean?

When u are short of energy, this simple exercise can generate whatever energy you want.

It means u will never be without energy.

U will always have excess energy.



What does this mean the left hand straight and the right hand moving?

It means spinning the wheel of energy creation.

Like the loom, u are spinning the loom.

The loom produces thread but now u are producing energy

My dear brothers and sisters, this can dramatically change yr life.

Just imagine u have all the energy you need in yr life.

How will you live?

Would u live in fear, live in love, live in forgiveness or live in irritation?

Of course not.

It's because u have so much energy, u will start staying within yourself because u are already full and u don't need anything.

Full of energy within yourself.

And where is this energy coming from?

From within yourself.

U have the ability to spin energy whenever u feel depleted of energy in yr life.

Dear family, we are giving u the **secrets of the Universe** today.

This has never been revealed until now.

The decoding of the letters has never been done this way.

Today we are giving u the **tools of creation.**

If u look at stories in the children's story books u may have heard of the fairies spinning energy. It is true **u can spin energy for yr work, in yr relationships issues, in yr abundant issues and yr health issues. But most of all to have freedom and peace in yr heart.**



The more energy u have, **since u are full u will naturally start distributing this energy onto others.**

U become like a holy well which never goes dry.

U know u are continuously creating this energy.

The beautiful thing is u will not feel depleted because u are continuously creating.

This is how the great masters lived- Buddha, Jesus and all other masters.

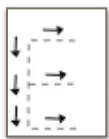
Thousands of people came to see them, they gave their energy, gave their love, gave their attention. They did not feel depleted because they were continuously spinning their energy using this technique.

Also **the more E u have in yr life, the more love u have in yr life.**

One of the interesting thing is in the coming years u will see **children being born in the world many will choose to have their name staring with the letter E.**

It means **ENERGY CARRIERS.**

When u are carrying energy u are able to preserve energy, it means u become an empowered human being.



Now **write E** on a piece of paper.

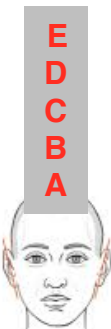
And bring yr hand on top of that **E**.

And just rotate that hand

U are creating energy in yr hand

Now u can bring yr hand to the **top of yr head** and rotate yr hand there.

U can rotate at the **pineal gland.**



When u complete u can bring this letter **E** and place it on top of the other letter which is **D** on top of yr head.

It means u are going to create a stupa on top of yr head carrying all the vibrational frequency of each letter.

Your own pagoda of light, love frequency.

● Letter F

What does F represent?



F represents the time line.

It means everything has a time period from conception to completion.

An experience

Everything is defined from conception to evolution.

If it's not evolution, it's dissolution but most creations continue to evolve

F represents the time not in the sense as we understand in the physical Earth's reality but from conception to evolution.

What does it mean?

Everything that is created is moving towards evolution.

It can move either on a higher evolution or the opposite direction but never the less it is moving.

It's a time cycle

In the Earth's history the time cycle is about 25 million years.

But evolution does not move to higher frequency in about 25 million years.

The particles of energy that created this cycle starts to disseminate and go back to the original source as anti matter once again.

What does this have to do with the human being who lives maybe 80 to 100 years?

We also have a time frame which we have set up ourselves in this Earth plane to complete certain task we have come here to complete. But most of us are not able to understand this concept or don't have any idea or even if they have some faint idea they are unable to find out for what purpose they are here for.

Conception to evolution in this period they are here but in what they will evolve, this they are not aware.

The letter **F** can support u in this.

Now if u look at the letter **F**, it's a **geometrical pattern**

The master of the letter **F** is **Master Saint Germaine**



What is Saint Germaine's speciality?

Transmutation and transformation of forgetfulness through his violet flame.

Where does the F exist in the human's physical body?



It exists in the elbows of both the hands, the ancient part of you.

The part that refuses to change.

The part which is held by old belief systems

The part that is held by past conditioning

Exercise:

Now I want u to imagine or visualize the letter **F** on both yr **elbows**

Breathe

Again when u breathe from the elbows where the **F** is, u will feel nauseous

Breathe

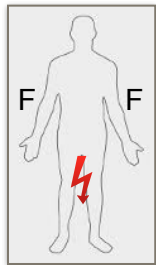
When u start breathing **F** from yr elbows u will immediately feel pressure in yr forehead.

Breathe into that.

When u shift the energy in the elbows, this is the time u are open n starting to looking at newer conceptions of creations, newer quantum God reality and newer way of understanding yr life.

It means moving from yr past conditioning system n u are open to **new way of looking at things.**

And this new way of looking at things is what **will liberate you.**



Now bring yr attention to the elbows.

Breathe into the elbow

And **breathe out thru yr base chakra.**

Again u might see a star shape, the top of the star.

Breathe in thru yr elbows, breathe out thru yr base chakra.

Breathe it in, breathe it out.

What will start happening?

Embedded energy in the base chakra slowly starts chipping away, slowly falling away.

The survival energy, the instinct energy n the fear energy will slowly start to loose it's grip.

Alchemical process is happening

U are shifting the frequencies of yr base chakra.

It will definitely affect the 2nd, 3rd chakra.

The way u think, the way u perceive and most important how u look at life.

U will start realizing u are a spiritual being having a physical body manifestation.

U slowly start recognizing the larger purpose for u being here n u start looking at yourself.

This is the process of full awakening and transformation.

St Germaine can assist u in this.

So for those of u **who are still stuck in all energy thought forms or belief systems n u are not able to get out because of the fear or the conditioning of the cultural belief system or any other thing.**

Simply breathe into the elbows and breathe out thru the base chakra.

F
E
D
C
B
A

Now we want to bring the letter and place it on top of the other letters on top of your head.



● Letter G

The next letter to decode is the letter **G**

If u look at the letter G it is like a C with an attachment to it.

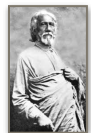
What does G represent?

It means the ability to look within oneself.

It means the ability to go deep, deep within ourselves to **find the solution, to find answers.**

It means **to have trust, belief and faith in yourselves.**

This is the key component



The Earth master who supports in understanding this concept is an ancient master, **Master Sri Yukteswar**. A great being from Arcturus who had life in India n a great teacher for Pramahansa.

Where is G in the physical body?

G is on yr wrist.

Exercise:



If u were to imagine the G as a bracelet on yr wrists on both hands
Breathe into that.
Back of the palms, at the wrists - breathe into that.
Again u may feel energy/pressure in the middle of yr forehead.
Breathe into that.

When u start doing this u also **become action oriented.**

U will not just wait for things to happen.

U will **fully participate to create a desired outcome.**

And u will **develop yr own faith and trust within yrself.**

G
F
E
D
C
B
A

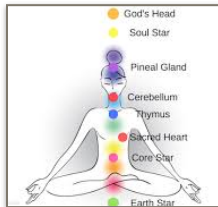
Now bring the letter **G** to the top of yr head.



● Letter H



H comes from another star system not from this particular Universe.
The Master of H is Mother Mary.



H the vibrational point is not on the physical body but around 12 inches above the head.

Now **H** has certain characteristics and that is represented by the 4 petaled flower

A flower which has only 4 petals and slightly beige in color

Mother Mary has the frequency for this Solar System

What does H do for people?

How can u use H?

H can help support u to have no attachment to an outcome u desire.

When u have no attachment it means u do not have expectations.

There is no expectations, only creations.

It sets you free.

Expectations create a chain of thoughts where a perceived outcome n when that does not happen u feel disappointments.

Disappointments can also cause severe fragmentations of the soul.

It could become anger- u become angry.

Creator when he creates does not have expectations.

Creator creates for the pure joy of creation.

And for your beloved soul, the highest glory for the soul is in creating.

The soul is not interested in the outcome.

It is interested in benevolent creations. That's all

We want u to work with this.

U will see yr perceptions of why u do things will shift because there are no expectations.

U simply do and create

U do not create for other acknowledgement.

You acknowledge yourself.

U will start giving yourself meaning to all the experiences u created.

In this there is freedom.

It has been said many times, I Am Who I Say I Am

In relation to this, this happened in my life related to what I created.

And I give meaning to all the experiences I have now to my creations.
It is freedom, my dear one.

Exercise:



Bring yr attention to 12 inches above yr head.
see this beautiful flower with 4 petals, beige with bits of orange on it.
And simply chant **H**
U will see golden particles coming from the edge coming into yr head into yr crown.
Chant H.

H
G
F
E
D
C
B
A

Now bring the letter **H** and place it on top of the other letters.



● Letter I



The letter I comes from this Universe.
Master Thoth is the master for this letter.

What does I represent.?

It represents always One

It represents fullness, completeness.

It represents All That Is.

Exercise:

Bring this letter I, way above yr head.
Let's say 1 meter above yr head.



This letter I has a particular geometrical configuration which is shaped like an umbrella.

If u see the umbrella, it has wires that hold the fabric of the umbrella.
So this umbrella has 8 wiring like that.

If u were to simply chant I

U will start to see flickering of lights from yr head to the middle part above the 1 meter

This is opening yr higher chakra up to the 21st chakra

The understanding and experiencing All That Is.

This is the **place of the 7th dimensional consciousness n it's reality.**



Bring now the I and place it on top of the other letters.

For the final part, we close at this time.

All of you simply chant

Fully focusing all the alphabets which are on top of yr head

A....

B...

C...

D...

E...

F...

G...

H...

I...

All these letters will start to glisten a beautiful platinum light creating beautiful sparkles of light

We ask u to stay in this energy for a moment.

Thank u everyone.

This is Master Ankhana.