



Revised and Expanded Edition
Beyond the Flower of Life
Advanced MerKaBa Teachings, Sacred Geometry, and the
Opening of the Heart

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NEW BOOK ANNOUNCEMENT

Excerpt from Beyond the Flower of Life

Chapter 2. New Tools for Learning and Practicing Unconditional Love

Unconditional love is changing the planet. You and I are part of the massive change occurring everywhere. This section is probably the most important element of the MerKaBa practice.

Mother Earth is healed by your love, not your tears!

Daily Practice and Opening Your Heart

Drunvalo says without the Heart Connection your MerKaBa will not go anywhere or even work. I have got really good news for you. In spite of everything, if *all* you do is the MerKaBa, your heart will open. You cannot continue to activate your MerKaBa daily, getting all the elements of yourself in perfect balance, without opening your heart!

The most important element of the MerKaBa is unconditional love. Unconditional love is the rocket fuel of the MerKaBa. The level of unconditional love you have is directly related to your performance. The benefits of developing your connection to your heart and unconditional love are enormous. Take a stroll with me through the exercises that will support your advanced MerKaBa practice! You will be very glad you did.

The Hathors--Masters of Heart Opening

The Hathors are the most intelligent, most advanced race of enlightened beings in our solar system. They are more advanced than the dolphins. They represent only peace and love. They communicate through singing or toning, not spoken words. Many Egyptians experienced the Hathors in their life all the time. Many Egyptian artists were able to see them.

Accessing the unconditional love energy of the Hathors is an instant solution to hardness of heart, anger, resentment, or any other thing that stands in the way of an open heart. They are such wonderful, loving beings and they are already anchored in this dimension by virtue of their Fifth-Dimensional presence on Venus. They are willing and able to assist you with your heart opening. Remember we are in a “free-will zone” so it is up to you to ask for their help. Expecting them to help you will not bring their help. You must seek their help. The difference is significant.

Heart Help--When to Ask

When you are feeling particularly “unloving,” simply ask the Hathors to send their “electronic presence” to overshadow you. When you must deal with a certain person that you do not feel loving toward they can help you. Let their Mastery provide you with the perfect template of unconditional love.

What to Ask?

Remember that the Hathors hold the Flame of Absolute Love and they live on the planet Venus. They can be present on Earth at our behest. Their primary communication is through singing, as we understand it. If you ever hear your name being sung to you as if the sound of singing is coming through water then you are hearing the sounds of the Hathors. There is a warble and waver in the sound. This sound may appear in your head.

Their tones can be found in the warble of your own voice when they overshadow your toning. You can make a practice of toning to develop their presence. Practice your toning and ask them to join you, lead you, and love you.

Ask for their vibration of love to embrace you and all with whom you interact. Ask them to become one with your heart. Ask them to overshadow you while you are dealing with a difficult situation. It is their joy to serve in this way. Learn more about the Hathors in the next chapter on toning.

“I Love You” Exercise to Open Your Heart

This powerful exercise will help you open your heart. This “I love you” exercise is a series of I love you statements. They come from your memories. This will recreate who you really are and assist you in becoming truly open in your heart.

Start by writing down a page of all the wonderful things that have been said to you, by people who have cherished you. Begin with the closest persons and then add to it with other close friends, family, coworkers, etc.

For example, “You are so lovely.” “You are so beautiful, inside and out!” “You are so kind.” “You are so generous.” “You are good-natured and selfless.” “You are great to work with.”

The speakers do not have to be part of your life now; a beloved friend who is not currently with you may have said the sweetest things. Start wherever you like. You might choose to begin with your current beloved or treasured memory of a significant other, parent, best friend, son, daughter, or grandchild. Start with the most recent loving statement that you remember.

Give yourself permission to look at you from their perspective. If you are able, you might connect at the soul level with each person (or at least some of them) and then you would be able to hear them telling you exactly how they love you! Write these statements in the present tense, even if the friend or family member is no longer around you. It will look like this: “(Your name), you are so loveable.”

Keep moving in an outward circle to the various people in your life and see them look at you with a joyous heart, expressing their gratitude for knowing you, for experiencing you and for the gifts you bring to the relationship, family, friendship, and world. Make sure you include Mother Earth and Father Sky. Hear Mother Earth express her gratitude to you for helping to keep the Earth clean, for example.



As you write these love statements, you will experience a changed self-view. It empowers you to love YOU, and as a result, your whole being--body, mind, and spirit--quite literally starts to resonate at the heart. You learn to trust your heart. You learn to trust yourself. You become your heart. This empowers you to trust others and open your heart to them. Like dominos, you have changed only one thing and have changed the world.

Author Bio: Maureen J. St. Germain is the founder of Transformational Enterprises and Akashic Records Guides International. An internationally recognized teacher and intuitive, she is also the author, musician, and producer of more than 15 guided-meditation CDs. She is the author of 6 books, including *Waking Up in 5D* and *Opening the Akashic Records*, and lives in New York City. <https://maureenstgermain.com/>

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