

HEALING SONG - *Entry point to the MATRIX.*

This Goddess Sound Stream initially vibrates the Solar Plexus and encourages the locked emotions to the surface. The Goddess vibrates these emotions, breaking them apart and raises them to the higher centres where they are transmuted.

When you recognize the core pattern and the emotion connected to it affirm these words.

SPEAK THIS AFFIRMATION ALOUD

“I acknowledge that I am feeling..... (whatever emotion or fear it is)”

Connect to the feeling and breathe deeply of this acknowledgement down and through your body and trust that the Goddess will do the rest. Surrender to her sounds and release them and they will be transmuted by the vibration of her love. The Goddess sings the sounds of harmony. Allow her to envelop your heart centre and stabilizes any changes. Repeat it again and receive another level of HEART HARMONY.

FEEDBACK FOR THIS GODDESS SOUND STREAM

A Vision from Jalquin

I see standing behind you Amaliah as you channel a beautiful star being. She is tall, in a full length cape, high backed collar and a head piece. Her hands are resting on your shoulders. She is a powerful presence. I experience your tonal download soundings as an entry point, a gateway into the Matrix. It is as though the sound vibration clears and cleanses – there is a distinct vibration occurring with the sound, as though the sound, which seems amplified, is also breaking away accumulation of debris in a physical sense. It is a major entry point to the Matrix.

What is the Matrix Jalquin?

Answer: A web that encompasses the entire planet. It is the web of life; everything feeds into it and is connected to it. I see Souls moving through the entry points coming to assist the planet. It is a planetary Matrix and sound is vibrating the Matrix.

Feedback from Annie.

When I listened to Amaliah's April 2012 Goddess Sound Stream, I saw a symbol of transformation, within the Divine Feminine and Masculine and Source rising into the clouds to be transformed. I received awareness of Self Love. Through my feelings I realized I am making myself wrong and that it is important to take time out for myself daily for my balance of health and wellbeing. I sobbed. I felt the powerful energy of Divineness of the Goddess within me.

Feedback from Seonaid

“When I listened to the Sound stream, it brought up very old ancient wounds around annihilation and betrayal (particular from other women) to do with spirituality. I had to acknowledge the feelings of mistrust, doubt, and fear – shadow side.”

“I am getting the message now, that for me this is to do with abuse of power and a long held deep wound that is now shifting, slowly and within its own gentle timing. So that's great. The physical pain in my body has also relieved a little and if I tune in now I can feel it still shifting – so the energy is still working through and will continue to do so for the next couple of days.”

This Goddess Sound Stream was a big help, exactly what I needed at the right time. Message at the end of streaming on both listens: To bring back the ancient knowledge/wisdom. My sense is that this is a means to opening this channel for those who have chosen to activate the wisdom of their heart at this time. Any Blessings, Seonaid.

ACKNOWLEDGEMENT TECHNIQUE

This is a very simple technique to express what you are feeling through acknowledging out aloud that feeling. It enables you to find what lies below the surface of any feeling that you have, using your breath and by going within your body down to the Hara point.

HARA POINT

This is the place within you that sits in an equal place between the top and bottom, side and side, and your back and front. Shaman's call this place, the point of Power, or the Power centre.

Once you have found the word that describes the emotional feeling you are experiencing, you then focus your breath by directing the breath, with that feeling tone of the expression of your emotion/word down through different areas of your body.

- **The space in the body on the first round.**
- **The muscles on the second round.**
- **The bones on the third round and.**
- **The cells on the fourth round.**
- **Continue until there is nothing more to express & rest in the peace that is created.**

The meditation below takes you through several rounds and then I leave you to continue on your own while the music continues to play.

Use this technique to define fears, what a fear really is. Fear is a very broad term, which creates a lot of stress if we don't know what we are fearful about. When we can find the specific of a fear, we are closer to facing it, acknowledging it and then using the acknowledgement technique to clear and reduce the impact of that fear on our being.

Very simply say out aloud to yourself

"I acknowledge that I am feeling....." Whatever fear or emotion that is occurring.

Breathe deeply the acknowledgement into all of your body, down through your legs, to your toes and fingers. Then sit down into your Hara point, your Shaman Centre and wait for the next message to come forward. Then repeat the process once more with the next feeling tone.

This meditation guides you through the process for several series and then gives you more music and time to continue further if it is needed.