

Metatron

Manual

Use this manual as a reference to understand the spirits or Angels powers and as a beginners tool to begin working with the energies.

The Attunement

The attunement is sent to you by way of a chi ball or chi balls that you can activate at your leisure. Chi balls never expire. Chi balls are invisible balls of energy that are delivered to you after I create them. After they are delivered to you, you must activate them. You are hence attuned.

To be attuned means that your personal energy system is attuned to the energy of the spirit. This makes very real changes to your system of which you may notice physically.

Once the initiation is complete, anywhere from 20 minutes to 3 days, you can begin channeling the energy of the spirit. What I mean by channeling is that the energy of the spirit enters through the top of your head, passes through the different energy centers or chakras, and from your chest goes down your arms and out your hands. You can then direct it with your hands. It's important to recognize this isn't "channeling" like mediums do, you aren't letting the spirit take over in any way, it's energy is simply passing through you so you can direct it as you see fit.

Expectations vs Reality

It is important to keep your mind open, if you expect certain things from your initiation you will almost always be disappointed. This is a new experience for you, so don't go into it with a prejudiced point of view. Going in with certain expectations will almost always hurt your results, because you've already decided what will make you happy or unhappy. This is a powerful intention, and intention is the most important factor in working with energy.

For example, you get the attunement hoping to be able to hear the spirit speak to you more directly. This doesn't happen, so you feel like the attunement failed. But the spirit may have been wanting you to experience communication in some other way. But you've already shut down and refused to use the energy or experiment and so you lost out on that experience, that lesson, and all the brilliant magick you could have created together.

A good way to look at this is that you can channel the spirit's energy, you can direct it and even control it, but you do not control the spirit. Things will still manifest according to the way the spirit works. The best you can do is build a relationship based on the reality of your experiences and learn to work together to create the results that you desire.

Relationships take Effort

A big mistake a lot of new energy workers make is they think they don't have to do anything, the energy will do all the work. This is both right and wrong. When using the energy, you will set your intention for what you want the energy to do, and then your job is to get out of the way as best you can to let it do its thing. However, that doesn't mean you still don't have to do some work. The best example is with Reiki. It's mainly a healing energy, but people can get disheartened when they first start and can't cure a cold, much less cancer. It takes practice. You have to work with the energy regularly to get better with it. With regular use you will get better and better with it. Spend time with the spirit, meditate with it, continue to speak to it even if you don't think it's speaking back. You do have a very real connection with that spirit now. You are in a permanent relationship. Never forget that, even if things aren't working the way you wanted. Relationships seldom workout exactly the way we expect them to, but they can still be rich and beautiful. Don't turn your back on it, keep working and I promise you, that you will do amazing things.

Activating Your Initiation

Your initiation comes to you in a bundle of energy. These are traditionally known as chi balls. The energy in the chi ball will attune you to the energy of the spirit. It will do this whenever you are ready to receive it. They do not ever go bad or expire. If you forget to do it for a year, it will still be there ready for you. This is an excellent way to give initiations because you don't have to try and coordinate times to pass the energy directly.

I will be sending your attunement in three levels, so there are three chi balls. I do this so the side effects are minimalized. I'll talk about the side effects and how long you should wait in a moment.

You will want to set aside 30 minutes for the process. Get in a comfortable position. When you are ready say, "I, (your name,) activate and welcome the level (level of attunement 1, 2, or 3) attunement of (spirit name) sent via chi ball by Lysa Brown" You will say it with the intention of receiving the attunement. If you say it by mistake and you didn't want the attunement, don't worry, you won't accidentally set it off. It's your intention not the words that actually do the activation. So if you mess up the words, but the intention is there it will still work.

For example, if your name was Bob and you were doing level two with Raziel, you would say, "I, Bob, activate and welcome the level 2 initiation with Metatron sent via chi ball by Lysa Brown," with the intention of receiving the initiation.

Example

I Bob activate the level 1 attunement with Metatron sent via chi ball by Lysa Brown

I Bob activate the level 2 attunement with Metatron sent via chi ball by Lysa Brown

I Bob activate the level 3 attunement with Metatron sent via chi ball by Lysa Brown

Or

I Bob activate the level 1,2, and 3 attunement with Metatron sent via chi ball by Lysa Brown

Please note that taking all levels at once could induce more purging effects. It is not recommended for some of greater intensity attunements unless you've some prior experience/prerequisite like a reiki attunement.

It's a lot easier than it sounds!

You can create a ritual environment for yourself if you want and light candles and burn incense. Or you can do it in bed right before you go to sleep so you sleep through the side effects. (One side effect could be that it energizes you so you can't sleep, so be aware it's a possibility!) I've done one sitting in a car. Do whatever makes you most comfortable.

The Effects

What happens after you receive the attunement will be very different person to person, so I cannot tell you exactly what will happen. You may feel the energy enter you through the top of your head. You may feel it go through your whole body. Or you might not feel anything at all. You might get light headed or dizzy. You may feel high. You might feel warm or cold. You might get the chills. You might get a ringing or clicking in your ear. Most of these effects will fade away in a few moments, but some may stay longer. When I got my very first attunement I was light headed for a few hours, but not in a way that would impede me from driving or anything. I also had the clicking in my ear for a few days. Most side effects will fade in 3 days, but could last a week.

You will probably want to wait until the side effects have faded before doing the next level of the attunement. Traditionally you are supposed to wait for 21 days, but honestly it's entirely up to you. If you want a suggestion I would say do one a week. But if you are experienced or just want to get it done, you can do all three at once. It won't kill you, but you might not enjoy life for the next few days.

Purging

Changes to your energy system can often free negative energy that has been clinging to things. This negative energy breaks free and moves through your system. This will make you irritable. You may have unpleasant memories or be unusually angry or irritable. Again, this will vary person to person. The worst I ever had was about 3 days of being really pissed off at everything online. Others have gotten it much worse. The good news is that in the long run, it's a good thing. You will feel better having gotten it out of your system. Just recognize that this will probably happen and don't panic thinking the spirit is tormenting you. It's a natural process.

It Worked!

Don't doubt the attunement working just because you don't feel anything! It worked. As long as you intended to receive it, it worked. This comes back to the expectations part. If you expected fireworks and didn't get them, it doesn't mean it didn't work. It did. I can't express how reliable this is. One of the most amazing things to me is just how reliable energy work is. If you intend for something to work, it will. You may not notice the results right away, but it worked.

Using the Energy

You've activated your initiation and are now attuned to the energies, so now it's time for the fun to begin! Honestly, this is the hardest part for me to write, because the powers of every spirit are different and I can't expect to know how they will all manifest. So I am going to give you some methods, some ways of working with the energy that you can get started with. You will have to experiment yourself! I cannot say this enough, you have to go beyond what I'm writing here.

If your spirit is known to have a specific power that you want to use, read through the following techniques and see which one fits that power.

Before doing anything, know what you want to do. I call this setting your intention. Have a good idea of the outcome that you desire. Don't worry about how the spirit will do it, just focus on the outcome you want. Once you have a clear idea of what you want you will activate the energy.

Activating the Energy: To turn the energy on, simply say the name of the spirit with the intention of it activating the energy. You will probably want to repeat the name to yourself a few times to get it going. You can do this silently in your mind. You may begin to feel a tingle of some kind in your hands, or feel a shift inside you. Listen to your intuition and you'll know when it's turned on and ready to go. Learning to trust your intuition is a big part of energy work.

Now that you know what outcome you want and have set your intention, and you have activated the energy you are ready to direct that energy. Most often you will use the manifestation technique.

Manifestation: Think of an image that represents the outcome you desire. Don't think of how you are going to get it, but the moment of fulfillment of getting what you want. Once you nail down an image for the moment of fulfillment you are ready to start the magick. Activate the energy using the spirit's name and start making a ball of energy between your hands. You do this by imagining a ball of energy forming between your hands. Now imagine that image inside the ball of energy. And importantly, imagine the feeling you will have when you get what you want. So you are putting an image into the energy ball and the feeling you will have

when you get what you want. You don't necessarily have to hold it the whole time you are charging the ball, once you feel like it's in there you can just change your intention to putting enough energy into it to make it happen. What you are doing is basically creating a powerful thought form and using the energy of the spirit

to create it rather than your own. The thought form is going to create the reality where that image and feeling come true. Once you feel the energy stop flowing, send it out into the world to do its job. Then try and not lust for results. You can repeat as often as you want, because you are just giving it more energy each time.

Tendril: If your spirit has the power to directly influence someone in some way, you may want to use this technique. Like always set your intention and activate the energy. Now visualize the energy leaving your hands and like tendrils of a plant or perhaps tentacles until they reach the other person. Imagine them growing around the person's head and reaching inside them, putting ideas in their head or influencing them in some way. Use this for mind control, seduction, or any other power where you are influencing people. You do not have to be in the same place, you can do this over vast distances. You can imagine more than person too, though area influences might be better handled with an energy bubble.

Energy Bubble: Set your intention, activate the energy, and send the energy out of your hands and around you to create an aura of energy or a bubble. Typically done for protection, but this could be for anything where an aura effect would be useful. Again, it will do whatever you intend it to do. Influence everyone in the room, have an aura of lust or power or charm, whatever your spirit specializes in.

Fill a Room: Similar to the Energy Bubble, but you use the energy to fill an entire room.

Meditation: You can meditate with the spirit by using their name as a mantra. Again, intention is key. You will want to activate the energy like above, tell the spirit you are going to meditate with it, and then begin. You'll get the hang of it and create your own method. By doing this you will grow closer to the spirit, and may receive revelations or some other kind of communication.

Communication: This can be done like mediating, but can take other forms as well. You will want to activate the energy, and express your intention to communicate and how you want to communicate. You can then ask questions. You may hear answers, or feel answers, or suddenly know the answer. Or the answer may come later in a dream. Or you might see something and suddenly feel like it's speaking directly to you. You can try asking a question and then writing with a pen the answer you think the spirit is trying to communicate. You'll be surprised with how well this works sometimes! You can also try channeling like medium and open yourself to let the spirit speak through you. Whatever method you choose, you will probably need to practice to get better with it.

Channeling the Energy into Yourself: This is mostly for healing purposes, but you might think of other purposes for it. The energy comes out of your hands so want to place your hands on yourself where you want the energy to go. If your foot hurts and you want the spirit to heal it, place your hands on your foot and channel the energy into your foot. Maybe the spirit you are working with helps with sexual matters, you could channel it into your genital region directly. The mainstream way to do energy healing is by placing your hands over each of your chakras and sending energy into each one in turn.

Channeling the Energy into Another: Works the same as yourself only you are doing it to another person. The other person may or may not feel the energy, but it's still working.

Distance Channeling: Imagine the person you want to channel energy into. Imagine you are with them. Then channel the energy into them as though you were actually with them. Again, set the intention of what you want. Be aware that some people will have a natural defense against this.

Power Rituals: You can still do rituals the regular way, just use your new connection to put more power into it! Channel the energy into the sigil, or fill a candle with the energy and then burn it. This will probably offer the most diversity with the energies.

Attuning Objects: You can attune objects. You can attune crystals, sigils, your altar, a picture, a talisman, or whatever you desire. All you have to do is decide how you want the energy to work with the object, then hold the object or direct the energy at the object, activate the energy, and say something to the effect of, "I attune this object with the energy of your spirit's name" and let the energy flow. When the energy stops you have attuned the object and it will give off the energy on it's own however you intended for it to work. It is possible to use up all the energy so you may need to do this again from time to time.

Customize it! These are the techniques that I know of to use the energy. Now it's up to you to find ways to apply them to the powers your spirit has. Or find your own methods! I'm sure there are ways to use energy that I am unaware of or that no one has thought of yet. Work with your spirit and figure out what is possible!

Repetition Works: Unlike what you hear or even what I've said in other forums, repetition works in energy work. You can repeat a ritual or method over and over until you get the result. The energy will continue to build. So knock yourself out!

Working with Metatron

In this section I will discuss some of the powers Metatron has and how best use them with the techniques from above.

Increase mental abilities: Directly channel the energy into your head

Manipulate time: Manifestation technique

Spiritual Perfection: Meditation, communication, and directly channeling energy into yourself regularly.

Initiating Others

Once you have all three attunements you can pass them on to others. There is no set initiation ritual. I have included two methods of passing it to others. Be sure to educate the other person of the side effects. Give them these instructions or create your own based on what you have discovered. If you charge them, it is usually considered bad form to charge more or less than what you paid. Don't forget to tell them their lineage, as this is something most people find very interesting.

Direct Method: Activate the energy and set your intention to attuning them to the particular level, such as level 1, 2, or 3. Place your hands on the other person and let the energy flow. It will flow for a time and eventually stop. When it has stopped the person has been initiated and is attuned to the energy. This can be dressed up as much as you want, but that's the core that you must do.

Chi Ball: Just like the energy ball above, create a ball of energy with the intention that the person receives an attunement of the particular level with the particular spirit. Let the energy flow into the ball as long as it needs to. Once it is finished tell the ball to go to the person and wait for them to activate it.

Conclusion

You are about to enter a new world or at least a new way of working with spirits. Again, I want to congratulate you for choosing to take this step. I wish you great things and hope you have a wonderful experience with your chosen spirit.

Your Lineage

Jareth Tempest

Lysa Brown

You!

Please allow 3-5 days to receive your attunement. You will be notified through email that your chi balls are ready to be activated

****These energies were passed down to me via the 151 current system along with the manual with a few minor changes.**

***Attunement and Initiation are used interchangeably.**

