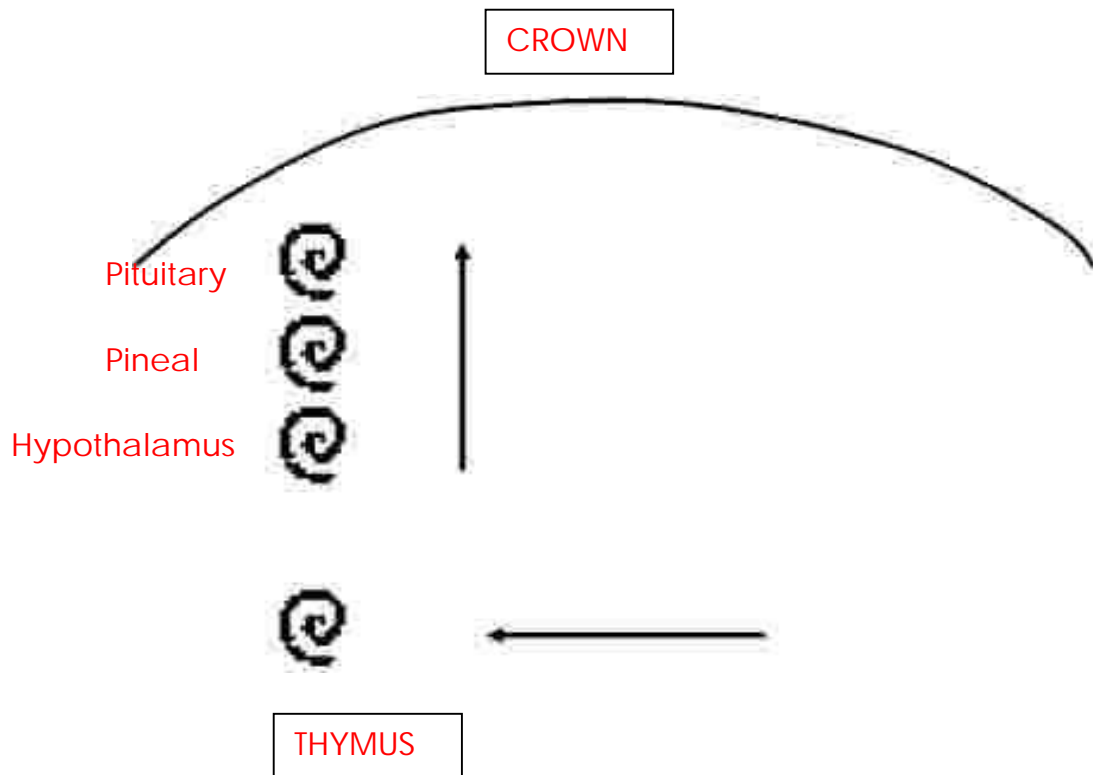


MEN TAT

(Awareness, Understanding, Expansion, Mastery)

This is the activation of parts of your crystal Light Body that you have not touched before. This will be activating the following glands:- Pineal, Pituitary, Hypothalamus and Thalamus.

This is the beginning. OM- MA- MI Do this with love and joy



Channelling 18th March, 2006

Dear One,

The sexual chakra is one that has been least understood. It is the one that most humans have blocked. This chakra is the key to creativity. This chakra is one that Ra-Sheeba will activate and bring to it's full potential. While it is known that the glands work with the Thymus not much is understood that all these glands work with the sexual chakra.

This is the first Chakra that gets activated when the Kundalini is rising to the crown chakra. The glands, Pituitary, Pineal and hypothalamus activate the Kundalini. When these have been activated the sexual chakra begins to spin which in turn infuses the other chakras with light and energy. Men Tat is a symbol to help activate this. You have experienced this and you know this to be correct. Do this symbol often and with love. When you wish to create your future use this symbol and allow the sexual chakra to open for the Kundalini to rise. Once it has risen verbalise your creation. You are dearly loved Pen Gough