

THE ORDER MATRIX

Fundamental to our security and stability as humans is the memory of our ground or origin. There is an etheric matrix composed of light points in the center of the chest. This matrix responds to heart connection, or soul memory, or an intention for oneness or peace. Stimulating this matrix brings an immediate re-connection to a conscious awareness of oneness and the origin of all that is, without belief or dogma—a sense of remembering that there is order from which we spring. The order matrix, therefore, assists us to stay connected, grounded, and centered.

Stimulating the matrix also reminds the cells in the body to be in the hum of the eternal vibration of order. Slow down. Feel the moment. Experience presence.



To begin sit comfortably and focus your breath and attention in the center of your chest. The matrix is usually about 6 inches wide and 12 inches long and sits between the breasts from the clavicle to the solar plexus. You'll feel the parameters of your matrix as you focus on it. It looks like a laced bodice. The easiest way to activate the points of light is to image that you are lacing the bodice, one side at a time. Start with the right side up by your right clavicle. Put a ball of light, any color, in the top of the right clavicle and see it cross over and touch into the left side of the matrix about 3 inches down from your left clavicle. Continue by dropping the point another 3 inches as you cross back to the right side, down and over to the left, etc. ending on the opposite side that you began. Now take the ball of light and start on the left side, dropping to the right as you cross the body, like you have little chutes or ladders crisscrossing your body.

Do each side three times at least. Each time you go through this, you deepen the connection and stimulate the memory within the points. This brings the left and right sides of your chest together, female and male, also. When you've finished putting in the light, sit quietly and feel all the points at once. You will learn to hold the field of order in your body and relax into the stability of your origin. Consciously activate your order matrix whenever you remember throughout the day. This could become a part of your daily meditation or prayer. Do this first and then the Four Level Meditation.