

## The Chakra Essences, No. 6

# Self-Love

♥ **Date Received** September 2<sup>nd</sup> 2017, a windy and cloudy day with a temperature of 16 degrees Celsius.

♥ **Location** A lovely cottage in Shropshire, England.

♥ **Key words** Self-love, self-sabotage, negative patterns, negative thoughts, addictions. This essence vibration can be taken on its own or together with the 'Golden Seed of Self-Love' Attunement\*.

♥ **Second layer** Purification of the Brow Chakra.

In the early summer of 2017, my heart had reached a certain level of spiritual maturity, when, out of the blue, it started to pour a new Spiritual Light into the world. It came with a name: 'The Mary Magdalene Light'. As my system got used to increasingly becoming at one with this pure Light, quintessentially feminine, I increasingly recognised its purpose. I had to overcome a fair share of existential fears in order to acknowledge the life task that came with it. Now, I wholeheartedly enjoy guiding others to their missing link with this pure and feminine Light.

At this very special time in history, our spiritual journey consists of unlearning thousands of years of conditioning and *becoming whole*. Reconnection with the abundant, replenishing Feminine Forces is key to becoming whole so we can step into our sovereignty, and live life from a place of inner peace.

The Mary Magdalene Light was given to help people find their way back to their missing link, *the Divine Feminine within and without*. This unique Spiritual Light has inspired me over the years to develop accessible, practical tools for healing and wholing, such as essence vibrations, Mother Goddess Meditations, Light Transmissions, a large variety of Light Programs, and Light infused accessories. It fills my heart with joy that these practical spiritual tools reach so many hearts over all continents.

Only a few months after my heart had started to pour The Mary Magdalene Light into the world, I suddenly received a blessing in the form of an Attunement. This too came with a name: 'The Pink\* Seed of Self-Love'. Four days later, just after midday, I was sitting on the sofa in a lovely cottage in England, when my heart received two essence vibrations to accompany this Attunement, named 'Self-Love' and 'Passion'. They are also very helpful as stand-alone essences.



As the essence vibration of Self-Love was seeded into my heart, I received the following words:

*'This essence vibration contains The Essence of Self-Love.  
It is pure love, hundred percent Love – Self-Love.*

*This essence vibration activates your blueprint for Self-Love,  
So you cannot disregard your Self anymore,  
And you will align with The Truth of Who You Are.*

*This is the essence of Self-Love.  
Her vibration pushes out mechanisms of self-sabotage:  
Negative patterns,  
Negative thoughts,  
Addictions.*

*Addiction is the key word to this essence vibration.  
The essence of Self-Love will address any addiction.*

*Addictions undermine,  
And are opposite to passions.  
Passion is a 'positive addiction',  
Passion is Lust for Life.*

*Drink in the vibration of the Self-Love essence.  
Cultivate your Self-Love,  
And you will be ready to live your Passion.'*

### **Self-acceptance and self-love**

The essence vibration of Self-Love ignites self-acceptance and self-love, and by doing so, it helps you to *see and know* the truth of who you are and where you **distract, deviate or destruct** yourself.

- ∞ Do you realise that in essence you are a unique aspect of the God-Consciousness?
- ∞ Can you fully connect with and embrace the unique Love that you came to express on Earth?
- ∞ What else is there that you need to see?

The Mary Magdalene Light invites you to *see and know* how you hold yourself back from bringing your entire essence to full expression, or in more mundane words, from living your full potential. As you recognise the truth of this, the essence vibration of Self-Love will support your transformational process by dissolving the heavy energies of your self-sabotaging mechanism(s).

## About the Brow Chakra

This essence vibration has a second layer to it. When you take it for more in-depth spiritual awakening, your Brow Chakra, also known as the Third Eye, will also be addressed. It will stimulate this chakra's purification process that allows you to *see and know* the true nature of all that is, beyond the physical dimension.



The sound to activate the Brow Chakra is: AUM.

Aum (also spelled as Om or Ohm) is the basic sound of the Universe and therefore the Mother of All Mantras. It is the vibration by which all is brought into manifestation. All matter, all energy, all thoughts exist in Aum. By chanting this vibration, you acknowledge your connection to nature and the All That Is and remind yourself of your true essence.

The syllable Aum encompasses three vibratory energies. A (Akaar) represents the vibration that brings into manifestation the created Universe; U (Ukaar) stands for the vibration that preserves the creation and keeps it in a state of equilibrium; and M (Makaar) represents the destructive vibration that dissolves the manifested Universe back into the Infinite Spirit. In other words, the syllable Aum holds the information that all of manifestation is created, preserved in the created state for some time, and then eventually 'destroyed' or transformed into nothingness.



## How to chant Aum

To fully access their mantric power, these three letters, (actually Sanskrit sounds), need to be chanted properly. Chant from deep within yourself and let the sound vibrate through your entire being. Take a deep breath, and with one complete outgoing breath, let the sound A come up from the base of your spine, roll the U through your entire being, and end with the M-sound, a humming sound, with the lips closed.

- ✓ A should be pronounced short, as in the first 'a' in 'afar', rather than long as in 'arm'. When this sound is heard in meditation, it has the highest pitch of the three.
- ✓ U is pronounced 'oo' as in 'moon'. This sound is somewhat lower than the A.
- ✓ M is pitched lowest of all, like a deep humming or even rumbling sound.
- ✓ When chanting AUM, the M should be given equal emphasis to the preceding two vowels.

Each time you take your Divine Love essence drops, chant AUM three times.

With my heartfelt love,

*Harriët Kroon*

\* Over the years, as the power of my Holy Womb Chakra (not to be confused with the Sacral Chakra) developed to a much higher extent by working with The Mary Magdalene Light, the 'Pink Seed of Self-Love' Attunement evolved into a higher vibration and thus a more powerful expression. Nowadays, the colour of the seed shows itself as Golden, and therefore the name of the Attunement has changed into the 'Golden Seed of Self-Love'.

The 'Golden Seed Self-Love' Attunement is a Blessing from The Divine Mother, whereby you receive a Golden Seed of Unconditional Love within the core of your Heart Chakra. This Seed of Golden Light will then gradually grow within you, flooding your energy system with more and more Unconditional Love. This Golden Light is of such a high vibration that it will naturally transform lower vibrating energies into Love. The Golden Seed of Self-Love will focus on energies that stand in the way of a healthy self-esteem and embracing Self-Love.