

The Malta Essences

Mnajdra

♥ **Date:** Received September 11th, 2022, between around 4 and 4:20 pm, on a dry, hot day under a blue sky and scorching Sun, following on weeks of 33 degrees Celsius.

♥ **Location:** Mnajdra Temples, Malta.

♥ **Key words:** The Primordial Yin Force, Divine Feminine Power, sacred sensuality, sacred marriage.

♥ **The Malta Essences:** This entire essence range was given to help access our Divine Feminine Power. The womb is the physical home of Divine Feminine Power, and your Womb Chakra is the access point to the Divine Mother. All genders have a Womb Chakra and can benefit from this range of essence vibrations.



The three monumental megalithic temples at Mnajdra, located on the southwestern cliffs of the island of Malta, are among the best preserved of the country. Although the roofing is long gone, their layout gives a very good impression of how they were. The Mnajdra Temples consist of three separate buildings which can be accessed via a common forecourt. There are various remains around the three buildings, indicating that the site extended beyond what we can see today.

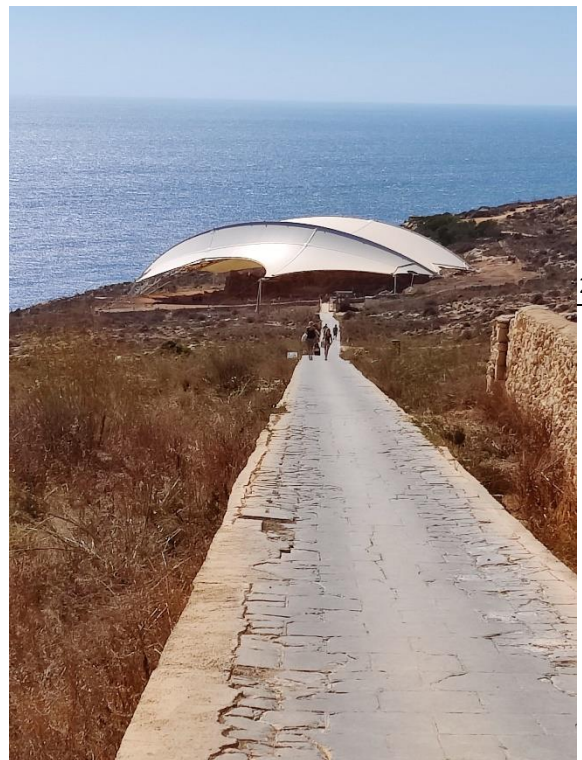
The temples were built of immense blocks of rock during the late neolithic period, around 3,600-3,000 BCE. This is more than 5,000 years ago, making them older than the Egyptian pyramids and Stonehenge in England. It is still unclear who made these temples and how.

Pottery predating the temples was found on the site, indicating the area was used prior to the temple construction. The clay figurines found at Mnajdra include a range of limbs and other body parts such as torsos, legs, phalli, and a head.



Unesco World Heritage

Part of the charm of Mnajdra lies in the fact that no modern development is visible from the site. The Mnajdra temples are located around 500 meters downhill of the Hagar Qim site and offer idyllic views over the Mediterranean Sea. In 1992, the Mnajdra Temples were added to the Unesco World Heritage List. An immense shelter has been erected over the three temples to protect them from the elements and help preserve them for future generations.



Before the excavations and restorations

The type of rock that one finds on the surface of this part of the island of Malta, is globigerina limestone, a relatively soft, yellowish stone that is still widely used nowadays for construction. Very cleverly designed, the outer walls of the Mnajdra Temples are built in hard coralline limestone – more resistant to weathering – while the softer globigerina limestone is used inside in order to allow a more elaborate finishing and carved decoration, such as neatly pitted surfaces.



Entrance to the Southern Temple.
1: Courtyard. 2: The main door and entrance passage.
3: Second door. 4: Niche with shrine on the opposite side.
Picture by Marina De Franceschini.

The site's power catches me unaware

It is another dry, hot day under a deep blue sky and a scorching sun. It has been an unceasing 33 degrees Celsius in Malta for weeks on end. Here, on the cliffs of Mnajdra, a welcome breeze from the Mediterranean Sea – choppy today with white horses – refreshes my skin.

Nobody knows what the Mnajdra Temples were built for, but standing there amidst the remains of these buildings, I cannot help but feel they were for connecting with the Divine Mother at Her deepest level. Here, in these prehistoric temples of Mnajdra, I have no choice but to surrender to the deepest Yin, the Primordial Yin Force. The power of the site takes me by surprise.

My body first becomes heavy and slow as the Earth energies ground me deeply. A profound sense of peace permeates my being. It is not just peacefulness; it is the ultimate peace. My pelvic floor and sexual organs fully relax, all possible tension carried there, melting away like snow in the sun. My foundation becomes as peaceful as it has ever been, my whole body relaxes deeply, and I enter The Now as never before.

I am in full alignment with the energies of Mother Nature. I experience myself as a bridge, perfectly aligned between Heaven and Earth. Everything is, I AM. There are no words to describe the stillness within me. I have no needs, no cravings, my brain does not seem to exist. I have become eternal stillness. I have become at one with nature. I don't need anything, don't want anything, don't think anything. Total inner peace. The supreme quality of nature's element of Yin.

Being at Mnajdra and walking through the different 'rooms' becomes a thoroughly sacred act. The talking and analytical comments of other visitors, which normally would not bother me, suddenly feel like harsh interruptions of the sacred energies. It is as if they cannot not hear the energies of Mnajdra Temples' call to surrender to silence and peacefulness.

Inside:
Neatly pitted surfaces



Hieros Gamos

For my partner too, the healing touch of the Divine Mother/Primordial Yin is clearly tangible at this prehistoric site. Sitting on a bench in the shade of the Mnajdra Temple, sharing our experiences, we discover that we are both pulled into a state of Ultimate Yin. All bodily tensions, including the subconscious ones, have melted away and we both feel serene and fully at one with nature and the cosmos. We just are. Everything around us seems to just be. There is no doing, just being. Complete utter Yin.

We then grasp that the evening before, our systems must have been prepared for this visit as in our apartment we received the words 'Sacred Marriage', together with instructions for a sacred ceremony joining our souls as one.

Sacred Marriage is also known as 'Spiritual Marriage' and is the translation of the Greek concept of *Hieros Gamos*. It stands for sacred sexual intercourse (real or simulated) and is thought to have been common in the ancient Near East. Hieros Gamos can be found in many rebirth mythologies as a ritual reunion often between a King or a God with a High-Priestess or Goddess to promote fertility.

Masculine and feminine oneness

The primary purpose of the Sacred Marriage is that two equals, e.g. twin souls or a husband and wife, reunite through the Hieros Gamos. Those who have experienced it agree that it is a unique experience. Total orgasm can be experienced without any physical activity or stimulation, e.g. receiving sexual stimulation by the other who is communicating solely with the mind. Partners can both not only read the other's mind but interact with it as well, as one unity of cosmic consciousness.

Hieros Gamos is about experiencing the Divine Union of the Masculine and the Feminine on Earth, frequently described as 'Utter Bliss' or 'Heaven'.

Sacred Sensuality

Here, at Mnajdra, the words 'Sacred Sensuality' are given, in addition to the words 'Sacred Marriage' received the previous night. This explains why in these temples, my partner also experiences energetic changes in his lower abdomen. His psoas muscles, bladder, prostate, testicles and penis respond in turn with irritation. 'I think something is healing,' he shares on the bench. 'Something is letting go. Something in my body is transforming from masculine to feminine. It feels like the masculine is releasing so the feminine can take its place. It touches me deeply in my heart. Everything is turning feminine, soft and sensitive to the touch. I crave to be touched in a very soft way and experience sensuality.'

Our deep friendship was reignited as a result of our visit to Mnajdra and brought to a whole new level in which sensuality and tantra became as important as sexuality.

The Mnajdra Essence Vibration

The Mnajdra Temples have several entrances. The Mnajdra Essence Vibration was offered to me at the entrance, there where the light from the rising sun enters at Summer Solstices. Interestingly, this part of the temples has the most ornamental, carved 'dots'. It must have been an extremely sacred, if not the most meaningful entrance.

The essence vibration of Mnajdra heals you where your Divine Feminine Flow was hurt, blocked, aggressed. It helps to:

- ∞ Bring your Divine Feminine Power in full flow
- ∞ Reclaim lost power in your reproductive organs
- ∞ Establish a connection with your Holy Womb Chakra (not to be confused with the Sacral Chakra)

Reclaim your feminine power

May the essence vibration of Mnajdra rekindle your spirit as it invites you to connect deeply with the Primordial Yin – not only in the Universe and around you, but also within.

The organs that represent the most Yin element within you, the element of water, are your kidneys, bladder and ovaries / testicles. The deeper you can connect with the profound silence within these organs, the further you will be able to connect with the Ultimate Yin, the Divine Mother and allow her nourishing presence to reclaim your feminine power where you lost it as a result of patriarchal patterning or wounding.

The more you can surrender to Her permeating embrace, the more you will be able to step out of the patriarchal patterning of analysing, doing and competing. Eventually, you may surrender to a lifestyle that incorporates more being, more loving and the capability to experience the sacredness of each and every moment.

With my womb felt love,

Harriët