

# The Malta Essences

## Ggantija

- ♥ **Date** 14<sup>th</sup> of September 2022, under a stunning blue sky and blazing sun
- ♥ **Time** Around 12:30 pm
- ♥ **Location** The Ggantija temple complex on the island of Gozo, Malta
- ♥ **Key words** Grounding. Inner transformation. Rising like a phoenix

Every so often we reach a phase in our lives where we need to let go of deeply buried, ancient limiting factors, to step into a new, more expansive version of ourselves. Snakes do this regularly by shedding their skin. Caterpillars turn into butterflies. Our inner journey of expansion can be a challenging process at times.

This is what happened to me in June 2017, when my heart started bringing forth The Mary Magdalene Light. Since then, the amount of this glorious Light seeking to flow through me into the world, grows daily. I must admit, at first I found this process quite challenging. I could feel my light body expanding by the day, shedding ancient limitations I had carried with me for lifetimes.

However liberating this was, it was also confronting to face such deeply hidden aspects of myself. Meanwhile, I had to learn to see myself through other eyes and reevaluate my purpose on Earth: that of a sacred channel for the powerful Mary Magdalene Light.

In 2017, I did not know that the purpose of this Spiritual Light is the healing and 'wholing' of feminine woundings. It helped me tremendously – and still does – to release and let go of inner subconscious patriarchal limitations, both within myself and my clients.

Six years later, I experienced once again the start of a new life phase when a Spiritual Light of a much higher 'calibre' became accessible through my light body. This wave of expansion also took years to unfold and allowed my vessel to become a tool to access the Light of The Divine Mother (The Mother Goddess, The Womb of Creation), to enable yet a deeper level of healing and wholing, within myself and others.

### **The guru cave**

In the spring of 2023, I entered a profound journey from my heart to my womb which required silence and peace, and I suddenly fully understood why I had been guided to move to a quiet village and live on the ground floor instead of high up in a modern apartment of down town Amsterdam. My little house in the peaceful village still feels like a cave in a mountain, where in the olden days gurus dwelled to deepen their spiritual connection.

### **Our grounding needs to become solid**

To be able to channel higher Spiritual Light I am constantly nudged to develop a deeper

connection with my body, my womb and with Mother Earth. My new dwelling in the countryside is perfect for this.

In general, one can say that we need to establish a more profound relationship with our physical body and with Mother Earth, in order to deepen our spiritual connection. To be able to receive deeper (or should I say higher) spiritual guidance in a safe way, we need to be strongly rooted. A solid rooting into Mother Earth requires a deeper presence within the cells of our body.

### Twofold effect

The Ggantija essence vibration becomes particularly useful when we enter a phase in our life where we need to step into a(nother) more expanded version of ourselves.

It works twofold. On the one hand, Ggantija helps to develop a more solid grounding, needed for our own spiritual growth. On the other, it helps to ease the process of stepping into the new, more expanded version of ourselves. Both these effects go hand in hand. To blossom fully, we need a good foundation.

### The Ggantija Temple Complex

This essence vibration was offered by the megalithic ruins of the Ggantija complex on the island of Gozo (Malta). In the southern temple to be more specific. Ggantija is a unique prehistoric monument, situated at the centre of an extraordinary archaeological landscape, the Xaghra Plateau. It is the oldest temple complex on the islands of Malta.

The oldest part of Ggantija dates to 3,600 BCE (neolithic period), making it one of the earliest free-standing man-made structures in the world. It was excavated in 1827, listed by Unesco as a World Heritage Site in 1980, and developed into a heritage park with a little museum in 2013.

### Stamps featuring Ggantija

The Maltese postal service has often issued stamps featuring Ggantija. The left one at the bottom shows an arial view of the typical clover-leaf shapes, the grey sections being thick walls. Archaeologists believe that these temples were originally covered by roofing.



## Female giant

The word Ggantija means female giant in Maltese. The temples of Ggantija owe their name to a local legend featuring a female giant who carried megaliths on her shoulder with one arm, whilst she held her newborn baby to her breast with the other. The height of the temple complex is astounding, not to mention the size of its megalithic slabs. It is quite unique that a few sections are still standing up to a height of seven metres (23 feet). Scaffolding is used for the moment to prevent them collapsing, until a better solution is found.



This is what Ggantija would have looked like according to a reconstruction in the Netflix series 'Ancient Apocalypse' (2022). The height is that of a three-storey building:







The blistering Mediterranean sun and sea winds are progressively revealing shell fossils on some of these megaliths. The interior of the temples was originally plastered and decorated, but weather has ensured that hardly any of this art is left. After 5,500 years of weathering, only a few bits of wall plastering were found covered by a wash of red ochre. Imagine all inner walls of Ggantija were red.

From the artefacts that were found, only two carved limestone heads, some pottery sherds, a bowl filled with some 158 seashells and a bull's horn were registered. Like many other neolithic ruins on Malta, the Ggantija temples are thought to have been used for fertility rituals and worshipping the feminine as a representative of the Womb of Creation (The Divine Mother) on Earth.



### Multiple benefits

The vibration received in the southern Ggantija temple is infused with its impressive sturdiness. As mentioned above, it is perfect for developing a more **solid grounding**, needed for new beginnings and deeper spiritual growth.

Ggantija not only helps you receive the full support of Mother Earth, but also brings your connection with the Womb of Creation to another level. In other words, this vibration helps you embrace and embody the next expression of your earthly existence by ensuring full support of The Divine Feminine from below and above, through solid rooting in Mother Earth and **a deeper bond with the Womb of Creation**.

Thirdly, the vibration invites you to whole-heartedly fully claim your unique presence on Earth. You may throw away any hesitations caused by shame, fear or any other inner limitation holding you back from all you are meant to be. Ggantija helps to **discard the limiting social mask** you might not be aware of, but have built up over the years to protect yourself in a world that feels too harsh and full of misunderstanding for your precious essence.

And last but not least, Ggantija supports you in claiming your wholeness and your radiant uniqueness with **dignity**. Once you have shed off the old, like a snake discards the skin which holds it back from further growth, you will find, on reaching the new expression of your being, that there is no need for a big ego or for showing off in any way. You may be whole, unique and radiant from a place of **naturalness**.

### **Rise like a phoenix**

Rise like a phoenix. Live your natural magnificence. Allow your inborn majestic, spectacular, 'Ggigantic' version of yourself to be expressed, safely held by the nurturing Divine Feminine Forces below and above.

Rest assured that your new level of authentic, loving presence will be much appreciated all around. Don't be surprised to find love mirrored back to you on your path.

With all my love,

*Harriët*

