

Merlin Healing®

'M1 Pure Heart' Student Notes – updated 20th Feb 2018

During the M1 course you received the ethereal Octahedron into the Heart centre. This is the first part of the Crystal which is the focal point to access and channel the energy of M Healing, Merlin.

Should you take further courses the Crystal is expanded upon through the levels to M6 Zero – Master Healer level. At each level, the capacity to bring in more light/energy is increased.

What is Healing?

Healing comes from the word 'Wholeness'. Nobody is whole so everyone can benefit from healing. However not everyone wants to get better.

The objective of giving someone healing is to bring them to a better place, to help free them of their pain, wounds, inner trauma, emotional upset and so on. This is obvious. If someone felt complete in their life, if everything was fine and they were happy with their lot they wouldn't want or need healing.

Very few people are in this position. We all have things that bother us that we'd like to change. This is the purpose of healing, to help them/us change for the better.

Many of the things that bother us, even physical pain, can be caused by memories from the unconscious part of the mind, that which we don't have ready access to.

When we try to figure things out for ourselves we can only draw on the information we have in the conscious part of the mind, the lesser part of the mind, and then it's like trying to make a jigsaw without all the pieces. We can think or assume we know what the picture is but until we get all the pieces only then can we really see what the picture is – most often not what we thought it was. This is why healers also need healers.

Everyone is totally unique. Try not to assume that what helped one person will be the exact same thing that helps another. There is no 'painting by numbers' in this art. We start with a blank canvass and create something from that with the tools we have for the benefit of that person.

With M Healing, we're trying to access and clear the confusion or misalignment that creates an incomplete being. When something is not in alignment it restricts or hinders the natural flow of life force. If you look at it as when something is fully in alignment it's perfect. Anything other than that is 'imperfect'. So, we're trying to restore the natural flow.

We aim to work on the spiritual aspect of the person, the spirit that is having a human experience, the real 'I'. Not the body that has a spirit. If the spirit is sick then the body will be sick. If we just fix the body then the spirit stays sick and then at some point the body becomes sick again.

In Merlin Healing® we're working to make the unconscious become conscious.

M1 Pure Heart.

During the course, you received the tools to be able to access the source of this energy – Merlin. I'm not talking about those in ages past who have carried the title of Merlin.

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I'm talking about the source of the energy that is Merlin, who was/is also the source of all those who have carried the title and those they have taught to channel the energy. There is only one source that is Merlin.

During M1 you received the Pure Heart crystal into the heart chakra. It's in the form of an octahedron. An eight-sided sacred geometrical shape, one of the platonic solids. This is the focal point to access and channel the energy that is Merlin.

To see how the crystals of all the levels come together as one there is an animation on the header of the home page of the website. www.mhealing.org

Giving a Session

Before you do a session, you'll have discussed with the person what area they'd like to be worked on. What they tell you is not always the cause of their situation so you may find Merlin works on something else, which is in the way of what you want to work on once you start channelling the energy. See notes at the start regarding unconscious and conscious parts of the mind (paragraph starting 'Many of the things....').

If you're not sure what to work on then you can ask Merlin to do whatever is most beneficial for them at this time.

If while channelling the energy, you don't feel too much happening don't be put off. Just keep going. Often, we're working beyond the physical and therefore it will feel 'lighter'. Like listening to music on the radio if the volume gets turned down you can still hear it, the music is still playing the same tune.

Definition of 'Intention' as used below.

(added on 31st Dec 2017)

I've always said that the energy is channelled by '*intention*' and not effort, but it seems that perhaps some students may not fully understand what I meant with that. This is the definition of what's meant when I'm using the word 'intention' –

It's 'the will to make something happen'.

There is a *force* behind intention.

It's the act of bringing Merlin through your system/energy field to effect the healing to take place.

Once you've made a connection to the one you're working on then you need to bring in the intention for the session. It's more than just a thought of what you want to happen, there is a force behind that thought.

If you wanted an ice cream, and then you saw someone selling ice creams but you only think about wanting the ice cream then you wouldn't get one. You have to put the *intention* to go and get the ice cream, and then you'll get one. If you don't put the intention you'll just stand there thinking about it.

To channel the energy is very simple. This applies to working with the person in the same room or at a distance. It makes no difference if they're just a metre from you or across the other side of the world.

Simplified Procedure.

(updated on 20th February 2018)

1/ Firstly 'Relax'. take a moment to just relax and let go of any tension in your body.

2/ 'Intend' (see the meaning of intention elsewhere on the page) to invite Merlin, or bring the energy, into your system. You may feel a warm glow come down through your body and then you know you're connected. Don't think too much about it, simply intend it. If you don't feel the glow assume you're connected and then go to next step.

****From this point, for self-healing just take what you need to know from the following steps.***

Some students find it easier to imagine they're working on someone else rather than on self. To do that you could work on a visualisation of yourself in front of you as if working on someone else - follow the rest of the steps.

3/ Have a visual image (if you can) of the person you're working on, the client. Simply visualise them as a few feet in front of you. It doesn't have to be a strong, vivid image in your mind. It's more that you're connecting with them energetically so to just imagine they are there is enough. Try to feel a sense of their presence in front of you.

4/ Intend to make a connection to them with the energy. You may feel a release from your Heart chakra as the energy reaches out to connect with their Heart. If you don't feel it then simply visualise it.

**** Until this point can take a couple of minutes or even less. The longer you take thinking about things then the longer it will take. Merlin will work instantly if you allow and trust that. So those first steps could take just as little as 5 or 10 seconds. Just do it rather than thinking about 'have I done it right?', 'am I connected?' and so on. This just wastes your time and can bring in doubts.***

5/ Start to channel the energy (intention) with the idea to work on whatever the focus of the session is to be – you'll have discussed this with the client you're working on, or you'll already have an idea what to work on from previous information they've given you.

6/ Once you've started channelling the energy you don't need to keep visualising them in front of you (you 'know' they're there) but tune into your own system to be able to feel what the energy is doing in their system, while at the same time channelling in the background.

You are connected to them through Merlin and so in a sense the three of you become one. You, the client and Merlin, so in your own system is what's happening with the client.

7/ When you are ready end the session off with grounding and bringing them back. The Sun aspect (From M1) is a good way to finish in that way. Integration will happen over the following days.

You can always just check or enforce your connection to them during the session at the same time as channelling the energy.

I've always said it is intention and not effort but if you want to you can try 'pushing' the energy through your Heart, like an out breath.

Work with that in whichever way works best for you. Try not to be too rigid in how to do the above. Once you fully understand how, and get a concept of it in your mind, then you don't need to keep re-reading this because you'll 'know'. Once you understand you'll see how simple it is.

- 1/ Relax
- 2/ Glow
- 3/ Connect
- 4/ Intention
- 5/ Channel
- 6/ Feel what's happening in your own system
- 7/ Grounding

Sometimes you'll feel a lot going on and other times not so much. It can be that it's not until you speak to the person afterwards that you'll fully realise what happened during the session. The more you practice the more confidence you'll have. During a session something is always happening whether felt or not.

It can sometimes be that you'll not feel so much and the client will feel a lot, sometimes it's the other way around in that you'll feel a lot and they won't. The energy can continue working for up to a few days or more so it can be a day or more before the client feels the benefits.

****** If at any time during the session things seem to go quiet, as it sometimes does, just keep going. There is still something happening and on the other side of the quietness it will start moving again. If you think of when you boil a pan of water, you put cold water in the pan and put the heat on. You don't see anything happening until the water starts to boil but it was warming up all the time until that point. So it is sometimes with the healing.******

It is as simple as that 😊 Don't try to make it complicated.

If you don't feel much happening it can be easy to think nothing is. Just keep going for whatever set amount of time you put aside for the session.

***When you're working with Merlin look at it as that its Merlin that you're channelling. He is a non-embodied being whose presence, intelligence and consciousness is coming through you as you channel. When you made the Heart connection Merlin, or the energy of Merlin, came through you and connected with the**

other person. Therefore, the three of you are connected, you and the person you're working on are connected through Merlin.

There are eight facets/sides to the M1 crystal. Each has its own quality of energy and can be worked with separately. See page 8 for the list of facets.

I recommend trying to get feedback after giving a session. This way it lets you know that something happened and most often was in alignment with what you were seeing/sensing.

I also recommend only working on people that actually want to have some healing, rather than you talking them into it. There are plenty out there who want healing and there are also those who don't. There are some who will be happy to be your guinea pig as you practice. If you work on someone who really doesn't want healing then the likelihood is that you'll get negative feedback and this lowers your confidence.

The choice is yours though. Try not to get into the frame of trying to heal the world and then push yourself onto them. Experience will show you they either want healing or they don't.

Self-healing

An alternative way is to visualise yourself in front of you, the same as you would when working on someone else. Then channel to this version of yourself, as if there is you who is channelling and an energetic version of you who is receiving.

Some students prefer one way and some the other way.

When working on yourself, because of things coming to the surface, it's very easy to decide to do something else instead of working on yourself. So, set yourself a time for the session duration and channel for the whole time. It could be 30 minutes, 45 minutes or an hour – it's up to you. Maybe set an alarm for when the time is up.

Space clearing.

For clearing the energy in a room to make it a more harmonious place to be is also very simple.

Firstly, look into one or more of the corners where the wall and ceiling meet. Just 'see' how it looks first so you can make a comparison afterwards. Then bring your awareness to your Heart/Crystal and intend to channel the energy into the room with the intention of clearing any negative energy that's lingering there. Then channel with that intention to clear or clean the room of it. It need only take ten minutes more or less. You can spend longer if you wish to. Now look at the corners again and you may see it looks much brighter.

This may take longer but if you know the room has a previous history of negative events then you can be more specific with your intention. For example, there may have been prolonged domestic violence prior to you living or being there so you could specify in the intention to clear any energies connected with that. There could also be negative energies from way back, even before the house was built but the space it stands in can still carry old negative energies.

Working with the M Mantra.

The mantra is a very effective healing tool in itself. Simply start with bringing your awareness to your Heart and doing the mantra there. Then as you channel the energy project the mantra into whatever you're working on, as if the mantra is flowing with

the energy. It's the same for working on another person or yourself.

Using the M Mantra for Earthwork.

This is very easy to do. Again, the connection is the same as connecting with a person. Let's use the Sphinx as an example. Visualise the Sphinx in front of you, connect from your Heart to the Sphinx and then start doing the mantra but intend to project it into the Sphinx. It's as if the mantra is being channelled with the energy. You could have the intention to clear any negative ancient or current energies from within or around it. In my own experience doing this on any location can be 'very' interesting. It's worth a try. Treat it as a whole session if you like but I'd go with it for at least half an hour.

Clearing negative situations.

If this is a situation that involves two or more people you can visualise them and the situation in front of you and intend to channel the energy to break down any conflict and to bring harmony. Working on a war situation is something different as the ones creating it are not the ones who are doing the fighting.

Work and think intelligently.

You don't need to be 'educated' to work with the energy. You're working with the intelligence, consciousness and presence of Merlin so you have a good teacher. Just try and work intellectually and you'll find the way easy. You can always ask Merlin to do whatever is best if you're not sure. Over the years in working with the energy, by enquiry and research I have discovered so many things that I didn't know before regarding our make-up, how the body works, what effects misalignment of vital functions in the body can have and so forth. Obviously, I don't know everything, but at least I attempt to work on things and then if I don't know I'll research afterwards on what I've just worked on. We live in an age where so much information is freely available through the internet. On the other hand, when you know how to drive a car you don't need to know how to strip down and rebuild the engine to be able to drive from one place to another. Keep it simple and just keep going.

I never say 'can't do'. If someone comes to me and wants healing I always have the approach of let's give it a try and see what happens. I sometimes say 'I don't know if I can do that' but let's try it anyway. Sometimes when someone has a terminal illness then the best you can do is to help them with the negative emotions they have surrounding their situation and get them in a much more peaceful place. Doing this can be immensely rewarding for them.

On the other hand, I never say 'I can definitely fix that'. Statements like that create expectation and hope in the one receiving. If that expectation isn't met then disappointment can follow thus devaluing what you're trying to do, as in helping them.

Additional notes.

You can do the mantra as a meditation/self-healing. It has the potential to take you into a very deep state of consciousness if you stick with it.

Channelling the energy is by 'intention' not effort.

You can ask Merlin to show you things while you're working with the energy. Or ask him to help you to 'feel' or 'see' what's going on.

Sometimes when you're channelling the energy you won't feel very much. It doesn't mean nothing is happening. Often when you get feedback when it's like this you'll find it was a most profound experience for the one receiving. Sometimes it feels like a lot is happening and then when you get feedback they tell you they didn't feel very much. It doesn't mean nothing happened for them.

The energy can continue working on them for up to a few days or longer. They may have realisations long after the session.

The objective of giving a healing is for them to be in a better place after the session than they were before – even if they don't feel it until later. Something you can do before finishing the session is spend a bit of time balancing their hormones – this can have a profound effect on their sense of, and their actual wellbeing. An imbalance in hormones can be responsible for many physical conditions so it's worth working with this.

When someone is depressed you can try helping them by channelling with the intention to raise their serotonin levels. Simply ask Merlin to bring the Serotonin production to its optimum levels. You may feel the energy moving around behind the forehead when doing this.

This can be a very effective way of lifting someone out of their bad place.

Some believe that depression can be caused by a drop in Serotonin levels. Others believe that depression can cause a drop in Serotonin.

Depression can be caused by different things but this doing this will give them a break for a while.

You can try this (bringing to optimum levels) with each or any of the hormones for different ailments.

If you're not sure how to work on someone just start channelling and ask Merlin to do whatever is most beneficial for them at this time.

To get 'yes' or 'no' answer from Merlin first ask him to show you how a 'yes' will feel in your body (as a sensation) and then ask him how a 'no' will feel. Then ask the question and whatever you feel afterwards gives you the answer.

You may feel an expansion in the body as a 'Yes', and a contraction as a 'No'.

Something I'll go into more depth in later courses is how to get to the root of issues and break down the energy holding them in place. At this M1 level too much information can be more confusing than beneficial and so I'll keep it brief.

When you work on an issue, if you work on the issue itself then whatever is creating it in the first place will recreate it again. An issue is created following a series of earlier similar events. At first, it's not an issue, but after repeating a similar pattern several times over a number of years it does become an issue.

When working on this the intention is to go back to the 'first incident in the sequence of events' that created the issue. You may or may not see what it is but that's not important. What's important is that you intend to break down the energy holding that first incident in place. Once that is done then the issue can fall away.

You may have to trust your intuition here in finding the first incident but you should get a sense of it and then follow that. Don't forget you're working with Merlin so you're not alone. If you're not sure that it's the first incident then ask Merlin for a 'Yes' or 'No' answer. If it's a 'no' then ask Merlin to go back to the first incident – you could also ask him to let you 'know' when you're there.

Not everything is an issue.

There are eight facets to the M1 Crystal – listed below. Each of these facets has its own unique flavour of the energy. If while channelling the energy you are drawn to work with just one facet then ask Merlin to select the appropriate facet for whatever you're working on and then intend to channel from that. Some students can actually feel their crystal turning as if the facet selected is turning to be at the front. Don't worry if you don't feel this (I don't) but just intend to channel from it anyway.

The eight facets are:

Sun

Moon

Earth

Wind

Fire

Water – flow

White Heat

Nurturing

The Sun aspect feels like it's doing something on a cellular level but I can't prove this scientifically of course. However, when channelling it the cells feel like they're being cleansed in some way, dancing. It's a good way to finish off a session before integration and grounding. It has a 'feel good' or energizing effect.

The Moon aspect - our bodies are made up of a high percentage of water, 70% or thereabouts. It has been scientifically proven that water has emotion. Therefore, it follows that our emotions can be held in the water content of the body. By channelling the Moon aspect with the intention to harmonise the emotions of the body's water content can also be very rewarding.

The other aspects have different qualities. You can try them one after the other for some minutes on each one to get a feel of them. Trust your instincts to know which one to use if you get drawn to use a particular facet rather than the crystal as a whole.

Summing up.

The more you work with the energy the more you will discover. There are no set rules. Learn the basics of how to work with it and by following those steps you'll see where it takes you and takes those you work with.

My door is always open as it were. I'm always here to answer questions or give advice and guidance on matters regarding M Healing. Please do not be afraid to ask me if you're not sure. None of the other students have any 'inside information' so it's not always helpful to go to them for things that may be confusing you. In fact, if they give you the wrong answers then it can be less beneficial to you. Always come to me if you can. Have fun working with Merlin.

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