

*Sacred Emanation from
Mother Mary's Heart*



www.heartalchemyinstitute.com

*with
Satya Sakara*

Beloved Heart,

Thank you for connecting with me. It is with great Joy that I share this heart opening emanation with you.

Mother Mary has always and gracefully showered us with so much Love. It was not a surprise for me to feel Her come through for our first emanation.

"My beautiful child, I am always present.... When you push me away, when you feel separated from me, when you call upon me or when you ask for my help, I am always with you. Don't doubt my Love and my Protection. You are my child, and I can never be far away from you.... I hold you in my arms while you sleep. I walk with you in your waking hours. I protect you with the power of my Love. Have Faith beloved Heart, I will never leave you. I am your Mother now and forever and my Love will sustain you, protect you, and guide you through this life..."

Purpose of this Emanation

Mother Mary' Heart Emanation can help you:

- remember the connection between your heart and Mother Mary's Heart
- release lower frequencies like anger, depression, sadness (and any other energy)
- transform them in higher frequencies
- awaken the Alchemist in you
- remember how powerful and loving you really are
- create the life you need to fulfil your purpose
- become the voice of the Divine Mother on Earth
- and more.....

How to receive Mother Mary's Heart Emanation

- ♥ Find a place where you are not going to be disturbed for at least 30 minutes
- ♥ Prepare your space to rest and receive. Use candles, incense, essential oils, crystals, warm blankets, colourful scarfs.... Whatever you need to help you feel safe, protected, and Loved
- ♥ When you are ready find a comfortable sitting position, with your spine straight and your palms facing up and resting on your knees. You can also choose to make the Dhyana mudra by placing both hands on top of each other, both palms facing upwards. The right hand should be on top of the left hand. The tips of the thumbs should be touching each other.
- ♥ Start the recording
- ♥ Close your eyes

- ♥ Follow the guided meditation
- ♥ When my voice stops, keep listening to the music until the end while resting in a meditative state.
- ♥ At the end before you open your eyes, breathe in and out slowly and deeply for about 4 times
- ♥ Be aware of the space around you
- ♥ Become aware of the Earth Mother holding you, below your feet
- ♥ Say thank you to the Divine Mother
- ♥ Open your eyes

Before you go on with your day, please make sure you are grounded and centred. Emanations can be powerful, and it takes about 15 minutes to feel fully grounded.

If you are doing this before going to bed, simply lie down and rest. The night may bring you messages in your dreams.

You can also journal your experience with this emanation and see how the healing energy from the Heart of Mother helps you on your journey.

What is a Sacred Emanation?

An emanation is a Divine Energy born in the Heart of the Divine

Mother to help you:

Heal

Awake

Remember

Create

And more....

The Divine Mother is giving me access to specific frequencies that can help humanity at this time. Once I have received an emanation, I'll share it with you.

How does it work?

When I receive an emanation, I'll download it in a short meditation. When you decide to receive it and work with its energy, simply contact me to access the meditation. I'll email you a link to the emanation-meditation with instructions on how to receive it.

This is not a weekly or monthly meditation. I don't know the exact day of an emanation. They come at random times when I least expect, but when I receive it, I'll download its essence and sacred energy in a short meditation and publish it on my website.

Emanations are a new way of working with the Divine Mother's Heart. I am surrendering to Her Love and Grace so that I can be of service to this world.

If you have any questions, please feel free to reach out:

heartalchemy@protonmail.com

I am sending you Peace

In Grace and Love

Satya Sakara

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