



DNA LAYERS 1, 2 & 3 WORKSHEET

The Grounding Layers

Layer One: (The Biological Layer) Keter Etz Chayim –“The Tree of Life”

Focus on Keter Etz Chayim, feel your strength and power over yourself.

How will you direct that?

What message will you send to the rest of your DNA?

Contact has been made, what does that feel like?

Layer Two: (Your Life Lesson) Torah E’ser Sphiroth -- “Blueprint of the Law”

Feel your vitality and worth, dissolve duality and see yourself as perfect!

If you have any issues within yourself that do not please you, can you name a virtue in this?

Feel the support of Layer One and the presence of all other layers strong within yourself.

Do you feel confident?

How does this power feel?

Layer Three: (Ascension and Activation) Netzach Merkava Eliyahu – “Ascension and Activation”

You are the director of the orchestra that is your DNA what kind of song do you hear?

Feel your spirit entwined with your body, do you feel this connection through Layer One?

Feel your personal strength and wisdom through Layer Two; allow your foundation to be strong!

Call upon Layer Three to Awaken & Activate your DNA.

Are you poised to step into ‘all that you are’?

Alive, vibrant and connected, name some additional feelings you are having in your new awareness.

GROUP ONE: The Grounding Layers

The first three layers create a foundation which is grounded in the third dimension.

Envision yourself standing on a foundation made of these three layers, not as layers but as energies. What does it look like?

How does it feel?

Do you feel or see any colors or sounds?

Describe them.