



## DNA LAYERS 4, 5 & 6 WORKSHEET

### The Human Divine Layers

#### **Layers Four and Five: (Your Angelic Name) Urim Ve Tumim and Aleph Etz Adonai**

Focus on Urim Ve Tumim and Aleph Etz Adonai, quiet your mind and listen.  
Feel your individual vibration existing around and through you, describe what you feel.  
Do you recognize your name in the feeling and sound?  
While in this space begin to hum, bringing together the many parts of you.  
What does your song sound like?

#### **Layer Six: (The Higher-Self) Ehyeh Asher Ehyeh - "I am that I am"**

Allow yourself to feel the love of God coming into you.  
How does it feel to be loved so unconditionally?  
Is there anything that would prevent you from feeling this way towards yourself?  
Acknowledge that this unconditional love, this vibration is also coming from YOU!  
Merge these energies and feel the oneness of God within, while releasing any doubt of your worthiness to be loved unconditionally.  
What is the prayer you offer to yourself?

#### **GROUP TWO: The Human Divine Layers**

Layers four, five and six are the Human-Divine Layers which call out your multidimensional name.  
Expressing the energies of your soul and Gods love as one, allow yourself to feel the strength of all that you are.  
How clear is your vibration?  
Describe the overlap of your God energy and your individual energy with 'all that is'.  
Once enveloped in self-love what will you release?

#### **GROUPS ONE AND TWO**

You are perfectly incarnate with a strong foundation from your grounding layers 1, 2 and 3.  
See and feel layers 4, 5 and 6 intertwined with this grounding, establishing your individuality as well as your oneness with all of creation. Can you describe this?  
How does it feel?  
What do you sound like?

This is the call of who you truly are, vibrating and expressing your divinity!