

Activating your own Divine Gift: the ability to generate Liquid Manna by Efrén Solanas

The dawn of a new era on our planet is occurring. As the darkness softens and the light increases, our hearts are beginning to sense the profound promise of what is to come. Many among us are realizing the sacred potential of what is inherent within the human being. Simultaneously, chaos is increasing as the old structures are disintegrating. That which has been prophesized for centuries *is* coming to fruition.

The polarity between the old and new energies can appear to be intense, presenting a difficult landscape to traverse. On one hand, we can feel inspired by the promise and on the other, struck by the horror of the dysfunction. There are the many beings dedicated to supporting as we make this vital transition to the new earth. Many voices speak of the unprecedented opportunity we have to realize the truth of who we are: they gently point to the Divine power that waits to manifest through us in this lifetime if we are willing.

The daily activities we select—where we put our energy—has direct impact on this how we realize this awakening. Moment by moment, there is an opportunity to contribute to the expansion of Light through the vehicle of our bodies. This is simply and profoundly the realization of what we have come here to do—in other words, our Divine Mission. Each one of us has a vital role.

The ability to live on Light, or Liquid Manna, has been available throughout history. In the past thirty years a ground swell of interest has been building. Different individuals around the globe have been inspired by the potential of living on a high frequency, non-material source. After personally experiencing the process, several teachers have developed courses to share this amazing process with others. In some cases this has met with controversy and skepticism. The ego often attacks that which may render it ineffectual, especially if it risks losing domination in one of the most potent areas of its influence: eating.

In 2002, the Australian, Christine Day, channeled a process to reactivate our capability to generate Manna. It is presently one of the many tools that are being shared to assist us in increasing our ability to embody more of our own Light. In the summer of 2005, Christine led the first Manna Teacher's Certification Program in Bahia, Brazil.

Manna is an energetic substance that is self-generated and absorbed into the body. It is of a very high frequency and nourishes the body on many levels. Ingesting Manna raises the vibrational quality of the body, often resulting in superb levels of health and energy. In many cases, it also assists in the clearing of disease, emotional problems as well as eating disorders. The ability to manifest and ingest Manna can be awakened by participating in a six-day initiation process led by one of the certified Manna instructors.

Food is our greatest addiction and the cause of wide suffering and disease. The initiation into producing Manna offers a profound healing as choosing to generate a potent light and allowing it to enter the body for nourishment is a profound act of self-love. This loving act allows deep healing for the Inner Child. As children, many of us were exposed to unhealthy patterns related to food consumption. Many families inappropriately used food to control our behavior. As adults, we continue to use food in search of comfort, for reward or punishment, to relieve boredom—a substance to manipulate ones experience rather than for nutritional fuel. The folly in this is apparent, especially in the United States where obesity and eating disorders abound.

During a Manna course, the stomach is energetically reconnected to the heart. This natural realignment neutralizes the ego's influence and frees us to eat for nourishment alone. As Manna is absorbed into the body, deep emotional material is cleared. It is as if a great burden is removed from the cells of the body. The Inner Child is offered an important role as an ally in this process.

The transition to living solely on Manna is an exquisite one that will come when the time is right. Choosing not to eat food and to exist solely on Manna is a transition to a higher frequency reality that offers unlimited clarity and abundant energy. It can be chosen for a few days, months, or even years, although at present most individuals continue to eat food while ingesting Manna. The Manna is a powerful supplement that provides an energetic component that is no longer available in the food we buy in the store. In fact, many of us require this higher vibrational nourishment as we anchor more of our Light into our bodies and onto the planet.

It is critical for many individuals to learn to generate Manna as the availability of pure water and good food is at risk. Tragically, a crisis already exists in many areas of the world. If one has the capability to generate Liquid Manna, the unavailability of food or water will not be life threatening as one can exist without either. In the event of a local crisis, each person can perform his or her calling in a balanced, clear fashion without being disabled by panic or confusion.