Maia is the star that unlocks your hidden potential

Maia can be found in the Pleiades open star cluster which is nestled in the constellation Taurus.

You are a natural born healer, you may play a special role in harmonizing and contributing to the well-being of the environment and all life on Earth. You may already be a health care practitioner or involved in the healing arts. Drawn to nature and animals, you’re instinctively motivated to protect and care for them.

Heart-centered and compassionate, you have an innate understanding of how all things are connected and you strive to create a more caring, loving and sustainable world.

Welcome to exploring the healing star Maia.

This PDF guide and Audio Track is designed to help you connect with Maia and infuse its healing energy to manifest your vision here on Earth.
**Explore Maia**

Connect with Maia to nurture and develop your gifts as a healer!

Maia is a star in the constellation of Taurus. It is one of the brightest stars in the Pleiades open star cluster, which is approximately 400 light years from Earth. In mythology, Maia is known as one of the Seven Sisters.

Your soul consciousness has journeyed through many different galaxies and star systems before coming to Earth. Pleiades is one of those systems. It resembles a question mark (?) in the night sky, which has always made people curious.

Connecting with Maia’s energy may help you to remember your soul journey and receive healing.

When you become one with Maia, you can heal yourself and help to heal others using the energy of Maia.

**How to Listen to the Audio Track**

The Heal with Maia track is a guided journey to integrate new multidimensional information and healing matrices from the star Maia for your consciousness expansion, spiritual evolution and a stronger flow of healing energy in your life.

The star Maia holds very powerful energy for healing, restoration and rejuvenation for humanity and the planet. Connecting with Maia is very important for expanding your consciousness, receiving healing energy and developing the ability to help heal others. Maia is also known to help you to integrate light matrices to assist in repairing your DNA and prepares you for your next level of heart-centered living.

When you listen to Heal with Maia, hold one intention in your heart. Imagine manifesting your intention and send out those feelings from your heart.
Visualize the rays of Maia carrying your feelings and watch them ripple through the entire universe. Be curious about how the process may unfold for you. Detach from expectations and judgments.

**Benefits of Using the Heal with Maia Track Regularly:**

1. Expand your cosmic consciousness
2. Work with Maia’s light to receive your next steps and guidance in life
3. Integrate the energy of Maia into your chakras and meridians for healing
4. The cosmic energy of Maia helps with heart-centered solutions, ideas and new options
5. Focus on receiving healing energy from Maia to help your cells rejuvenate
6. You can radiate the healing energies of Maia to your family members, friends, clients, groups or organizations and Earth
7. Integrate a multi-dimensional light matrix from Maia for youth and vitality

**Using the Energy Matrix of Maia**

Please listen to the Heal with Maia track daily for two weeks to integrate the healing energy matrices for yourself. As you continue to connect with Maia you may receive guidance and ideas from your higher consciousness. Imagine or visualize a gentle mist coming to you from the star Maia to raise your vibration and help you align with your path and purpose.

After the initial integration, continue to use the track anytime to connect with Maia for spiritual exploration, expanding your consciousness, receiving guidance and solutions and manifesting your vision. When you listen to Heal with Maia, hold one intention in your heart. Imagine manifesting your intention and send out those feelings from your heart. Visualize the rays of Maia carrying your feelings and watch them ripple through the entire universe. Be curious about how the process may unfold for you. Detach from expectations and judgments.
Manifest Your Vision With Maia
Create a list of healing goals, your vision of healing others (if you are or want to be a healer), your vision of a healthy planet, and where you would like more guidance in your life. Focus on manifesting one item each time you listen to Heal with Maia. While listening, imagine stepping into your ideal world. Create a movie in your mind with feelings about your new life.

Practice Connecting With Maia
Work with Maia as part of your daily practice. Focus on your heart and the feelings of healing your body and being in perfect health.

- Imagine or visualize the light of Maia spiraling through you and restoring perfect health for every cell in your body
- Keep breathing in and out, deeply and gently. Notice how the energy flows through you
- Feel yourself being in perfect health. Hold the vision of perfect health and wellness in your mind and in your heart. Imagine and feel your vision coming true
- Know and believe each time you connect with Maia, you are getting healthier
- As you practice connecting with Maia, you can develop your senses to notice more of the cosmic energy flowing to you and open up your intuition
- Each time you run the process, you will align more with the vibration of your new reality until you manifest it. Focus on your vision from your heart with neutrality and non-judgment
You can play the Heal with Maia track once or continuously (in a repeat loop using your smart device) in the background while you sleep. The volume can be very low. Hold an intention to manifest and go to sleep while the star Maia helps you align with your higher vision.

Please do not drive or operate machinery while listening to a meditation/journey.

**Why is it Important to Work With the Stars?**
The wisdom of the stars provide valuable insight into areas of our life we may not be able to see with ordinary 3D perception. When we shift patterns energetically in the Cosmic World—receiving assistance and guidance from the stars—the results often show up immediately in our waking lives.

Manifesting from these spaces is much more powerful than manifesting from “regular” life. As you work with the Cosmic World, you can transform patterns with speed and ease due to being outside of duality and the 3D time-space continuum.

These are very important years for humanity’s awakening. Your personal transformation fuels humanity’s transformation to peace, fulfillment and higher consciousness.

**Utilize Cosmic Energy on a Daily Basis**
By awakening to new ways of connecting and working with the stars such as Maia, Alcyone, Electra, Bellatrix and Orion, you are tuning in to a wider frequency bandwidth. You will be deeply connected to the vibration of the stars. By initiating contact, your relationship with these cosmic beings will continue to unfold. You can ask for guidance, wisdom and solutions from the stars at any time and receive valuable answers.
What Will You Experience?

Working with the stars is a very powerful process to explore consciousness. Sometimes you may need to transform or let go of old connections in order to invite fresh, creative energy into your life. If old patterns come to surface while you transform them, stay neutral, notice your thoughts and feelings, disconnect from the old events and focus on bringing in creation energy and new possibilities. This way, you can raise your vibration and manifest faster.

Your Next Steps:

Continue to use the Maia track throughout the day. You can play it in the background while you work at home or in your office. You can also play it at night at a very low volume. Simply connect from your heart when you play it and allow magic to happen!

Want to play more with the stars? Learn to open up a flow of cosmic magic here.