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# Chay Life



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Chapter Four: The Chay Journey Testing and a Map for  
Inner Healing

From "Ten Words That Will Change Your Chay"

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Cover by Rodrigo Arteaga

Second Edition

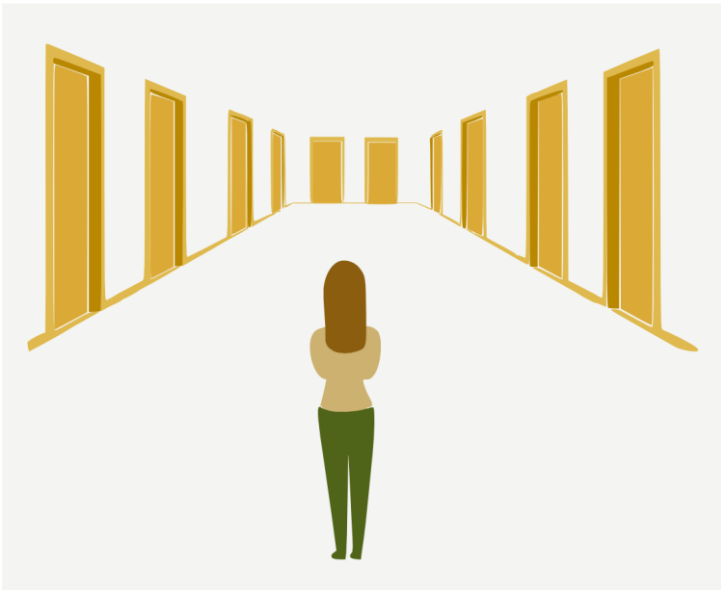
## CHAPTER 4

### **The Chay Journey Testing and a Map for Inner Healing**

After three or four Chay sessions, Dany visualized the Hebrew words as doors in a long corridor. She had a vision of four doors to her left, two facing her at the end, and four more on her right. When I asked her what each door represented, she continued receiving insights, identifying the first four on the left as Yatsar, Eth, Apher, and Adamah. On the right side, starting from the farthest, were Aph, Adam, Hayah, and Nephesh. At the end of the corridor were two doors facing her—Naphach on the left, and Neshamah on the right.

Below is a drawing of the vision Dany experienced. It illustrates the corridor with its

arrangement of doors, as she sees them during our sessions. This visual representation provides a clearer understanding of the spatial layout of the ten doors and the corridor.



This vision provided us with something invaluable: a map to navigate each of the Hebrew words and dimensions. It wasn't just a

vision, though—Dany could walk through it, opening each door as if it were a real place. For the first time, I felt like we had a structured guide to use during healing sessions. It was as though we were taking people from room to room, knowing what tools were in each space, the order in which to visit them, and what we could expect in each one. This spatial map was immensely beneficial for both the healer and the person receiving healing. For the healer, it provided a clear, organized path to follow, reducing ambiguity and enhancing the effectiveness of each session. It allowed us to address specific issues systematically, making the process more efficient and targeted.

For the person receiving healing, this structured approach offered clarity and focus, helping them understand and engage with the process more effectively. The spatial map made

it easier to track their progress and remember each step of their journey, fostering a deeper connection to their own healing experience. This mutual benefit not only streamlined the healing process but also ensured that we were all aligned and informed throughout each session.

With this structured framework, we were ready to test it. We needed to see if the experiences within these dimensions were consistent across different people. The goal was to validate the framework, practice it with at least 10 participants before presenting it publicly, and gather enough material to write a book. We were excited to start, knowing this could be a transformative process for everyone involved.

## **Exploring Hebrew Words' Impact on Other People**

Our goal was to determine whether the experiences and visions were similar to those Dany had, to assess if this healing framework could be used with others. We wanted to establish that it wasn't just Dany who could experience this but that it was open to other people as well. We desired more people to explore the Chay dimensions, which were definitely amazing.

I remember asking Dany if she knew why and how this was happening—specifically, how simply listening to a Hebrew word could trigger a vision and access these dimensions. She immediately received an answer in her spirit: “It’s because Hebrew words are POWERFUL!”

Oh my, I said, I was so impressed by this answer! It deeply resonated in all my being; I was also hoping for this to be true in other people.

## **Conducting Our Sessions**

How did we conduct our sessions? This is an important question to understand the findings we attained. Though we explained what Chay was about, we didn't give any details of Dany's encounter or what they would see in each door or dimension. We simply told them that I was going to say one Hebrew word at a time from Genesis 2:7, and they would share the first thought or image that came to their mind. We worked with fewer than ten people, most of whom, but not all, were seers—meaning they could perceive beyond their normal senses.

This approach ensured that the participants described what they saw independently, without being influenced by Dany's experience.

As we explored into the Chay dimensions, we believed their purpose was limited to healing. However, we soon realized they offered far more than that. We gradually realized that they were also designed to deepen our self-awareness and encourage personal growth.

In the beginning, when we entered the Chay doors, we focused solely on identifying what was wrong or misaligned in each dimension. If we received feedback indicating everything was fine, we would move on to the next dimension. This approach hindered us from truly learning what each dimension had to offer because we didn't investigate deeper into places where

feedback from the participants said things seemed fine. We missed the opportunity to discover more on how each dimension was set up and what we could learn from it. Nevertheless, we gained enough information from our first sessions to understand the specific functions and properties of each dimension we accessed through the Hebrew words.

Our initial goal of the Chay journey through the different dimensions was to reach the seventh room, connected to the heart, where the Pinwheel was to be installed to receive the Breath of Life. We soon discovered that we needed to start with the first word, “to form” (Yatsar), as door one, and proceed in a specific order closely aligned with the original scripture, though not exactly the same order that the words appear in Genesis 2:7.

## **Distinguishing and Repairing the Dimensions**

The places accessed or sensed by each individual during our trial sessions seemed to have key elements in common, even if they were not identical. There were enough similarities for us to distinguish them.

The Hebrew words didn't transport participants directly into the dimensions themselves but connected them to areas or stages in their lives that needed healing. Once we dealt with those areas, we were able to see the correct dimension. However, there was often still work to be done in each dimension before it could be restored to its original state—or perhaps to its original frequency, since these

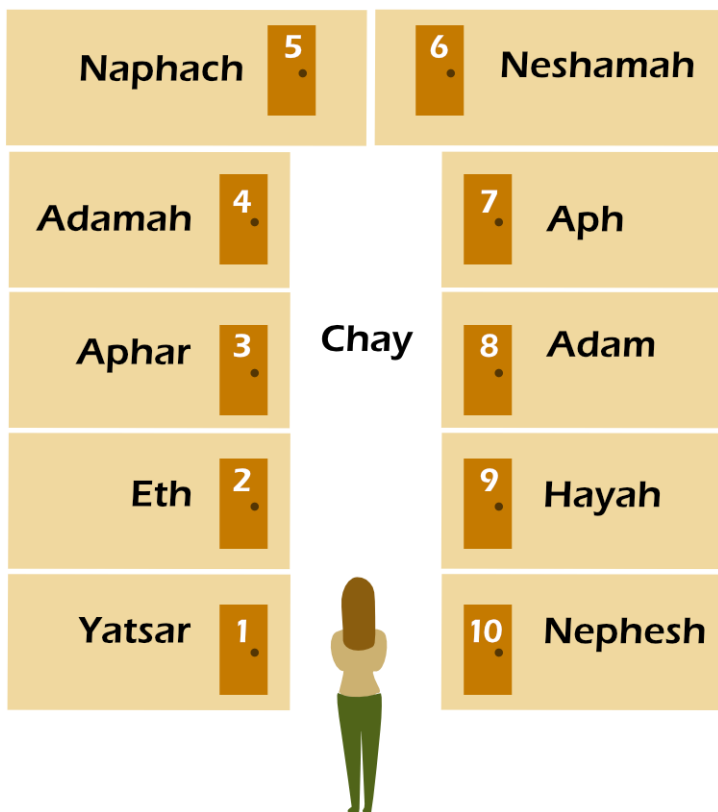
visions or ethereal places can change depending on what needs to be done.

We learned to ask whether the dimension **felt right**—a key indicator—and whether it was the correct room. We would get one of two answers: either it was not a dimension, or it was but needed repairing. If it wasn't the room corresponding to the Hebrew word, we assumed the person was in a place of trauma—rather than a Chay dimension—that needed to be addressed first. If it was the correct dimension, we would start looking for how to repair it before moving to the next door.

**Connecting Words and Realities:  
Session Insights and Confirmations**

The following summaries of the Chay sessions highlight three key aspects to consider. First, it's common for participants to initially describe areas of trauma that need healing before they can fully enter the Chay dimensions. Second, the Chay dimensions might appear unrecognizable at first due to the extent of the damage they have sustained. Finally, the third aspect involves experiencing the Chay dimensions in its restored state. While the descriptions of these three aspects may vary, they are always, in some way, connected to the specific Hebrew word being explored in the session.

Below is the map we use to navigate the eleven Chay dimensions, presented in the optimal order for achieving the best results. This guide will also help you follow along with the various sessions more easily.



*You may wish to skip this section and jump directly to the conclusions at the end of the sessions. However, for some readers, this detailed account may be exceptionally helpful before participating in a Chay session. Others*

*might prefer to avoid being influenced by the experiences of others. Personally, I believe it's important to highlight that many encounter significant trauma before fully accessing the Chay dimensions—a common occurrence. While this may delay reaching the essence of each dimension, the journey through these challenges is part of the process.*

## **Our First Official Sessions with Clients**

### **#Yatsar (1): to form**

- Emma saw a disturbing vision of a potter reshaping clay and experienced nightmares, which was later linked to past sexual abuse.
- Dayna saw the umbilical cord as black and red, which highlighted feelings of fear and vulnerability.

- Fiona immediately connected with her mother, who was pregnant with her at the age of 13.
- The experience of transitioning from a dark, confined space to a bright, open garden mirrors the journey from the womb to the external world.
- Dara felt a sense of drowning in the womb, feelings of being overwhelmed and trapped.

We confirmed that when our participants heard the word Yatsar in their spirit they immediately connected with circumstances and traumas related to their time in the womb. When they healed, they would end in a peaceful place, often in a garden or crib. The early experience in #Yatsar was confirmed to be connected to the earliest stage of one's life in the womb. It was also identified as the first door to open when

beginning a healing journey through all the other rooms of one's life.

### **#Eth (2): not translated**

- Belinda felt that the concept of teaching was central to her experience in the Eth session. This suggests that she viewed teaching as a crucial aspect of her life, reflecting her hopes and aspirations.
- Maris's vision involved a red-orange room, with three dolls on a shelf representing her sisters. This room symbolized her hopes for improving her relationships with them.
- Kellan was in a car that was stuck, and heard a word saying, "you will fail". The image of being stuck in a car represents feelings of being trapped and unable to progress, tied to Kellan's deeper trauma of fear of failure.

Each participant's experience in the Eth session relates to the concepts of hope, personal values, and life aspirations, whether through exploring what they hold dear—such as teaching or relationships—or by confronting fears that challenge their sense of hope.

### **#Aphar (3): dust**

- Briana experienced a metallic taste in her mouth and saw metal, which were interpreted as both physical and emotional sensations. The metallic taste and vision suggest a negative or harsh experience impacting Briana's physical and emotional state. This reflected feelings of being stifled or undervalued and highlighted broader issues with how she perceives and experiences her own physical and emotional self.

- Delia experienced bullying related to her weight, leading to body rejection and envy during school years. She also had a vision involving the theft of land and inheritance.
- Marina experienced a vision of being cleaned from trauma, followed by a transition to a beautiful room with new attire and adornments provided by Jesus.
- Nelia felt protected and saw herself as a strong, new vessel.
- Celina saw a vision of being handled like laundry, picked up and hung with pins.

The sessions related to the #Aphar dimension revealed recurring themes of body imagery, which seemed to point not only to physical concerns but also to deeper issues of essence and identity. Participants' experiences often

highlighted the connection between their bodily self-perception and internal struggles.

### **#Adamah (4): ground**

- Belinda saw green pastures and felt that everything was okay. The session also involved addressing ‘walls’ that covered the heart overly protecting her from close relationships.
- Mira encountered an exaggerated fortress representing a mental structure of being overly strong and independent. A place in here called the Room of Love was in ruins with oxide-covered walls, resembling an abandoned castle. After prayer, the room transformed into a beautifully decorated space with fine floor, white walls, and pleasant surroundings. After the restoration she could invite special people to this space.

- Nelia saw a river of brown water blocked by fears and mental structures. The Room of Love had white walls and fine wood, with inscriptions of self-rejection and envy. Dark beings were present, and Nelia was guided to break through these barriers.
- Dara's session involved a crystal box in a 10x10 room, projecting messages of lies about her identity from when she was five years old. This was her Room of Love at this point. Once worked with this space it was ready and open to receive people she loved.

In the #Adamah dimension participants' experiences reveal a deep connection to the heart and emotional intimacy. This dimension presented itself as a space for addressing and healing issues related to emotional stability and comfortable relationships. The Hebrew meaning of "Adamah" emphasizes grounding,

and the presence of the Room of Love within this dimension further underscores its association with matters of the heart.

### **#Naphach (5): to blow**

- Initially, Mira did not see anything, as all seemed dark. After further probing, a distant, blurry human figure appeared, which was later identified as originating from her stepfather projecting fear onto her.
- Mira saw nothing initially but identified issues related to generational pacts with death and agreements with illness. There was also a feeling at the jaw area, associated with frustration from her father's involvement in Freemasonry. Forgiveness was offered for her father's actions and inactions, and prayer was made for any declarations made over her.

In summary, the #Naphach session examined deep themes related to spiritual breath, personal freedom, and space. This dimension often appeared shrouded in mystery, with practices linked to hidden or unexplained forces underscoring its intangible nature. This aligns with the dimension's name, meaning 'to blow,' and emphasizes its connection to spiritual and unseen influences.

### **#Neshamah (6): breath**

- Kara received a vision where she was given a uniform of an army personnel, with the Lord affirming her courage and her significant tasks ahead. She was instructed to put on this uniform.
- Delia saw holes in the ground. When asked about the issue, the answer was a lack of affirmation from her father.

- Nyla found the space empty, symbolizing generational fatherlessness. She prayed for her grandfather's failure to be a father, acknowledging the consequences of this generational issue. She saw fragmented parts of herself, resulting from a lack of paternal blessing, protection, and affirmation, which led to physical and emotional abuse by others.
- Nelia experienced betrayal by her father.

Our findings about #Neshamah reveal how someone's life can be profoundly impacted by the absence of paternal blessing. This lack of affirmation often creates significant voids in one's spiritual and emotional well-being. Each session revealed how the presence or absence of a father's affirmation significantly influences personal growth and fulfillment.

## **#Aph (7): nostrils**

- Kara envisioned bees, milk, honey, and a large field with a cliff and river below. A Pinwheel obstructed by a stone symbolized a stumbling block from her adolescent boyfriend. She had been breathing from the breath of man, including her ex-husband. The Lord removed the stone and breathed life into her Pinwheel, promising provision and guidance. He said, "Don't worry; you will never lack. He will always provide for you; He knows your needs. Focus on Philippians 4:8: everything that is pure, just... think about these things. Now that your Pinwheel is working, I will blow my breath and guide you. Go out, meet new people, and I will show you what to do. When new ideas and projects come, ensure they are from Me."

- Delia saw a windmill on water that moved during major religious events but created swirls afterward, leading to moments of depression.
- Mira envisioned a water mill situated in a river with a view resembling that of Alaska. The mill was missing from its expected location at the top of a cliff. With further insight, it became clear that this missing mill symbolized her ongoing situation. Although her Pinwheel, representing God's Breath of Life, was intended to provide guidance, she had inadvertently lost its direction by selecting a different path.

In the #Aph sessions, a recurring theme centered on the concepts of breath and trust. The Pinwheel within needed God's breath to move. The experiences across participants consistently illustrated the significance of

relying on God's Breath of Life rather than external sources. The dimension highlighted the detrimental effects of dependency on others or spiritual practices that lack true life-giving power.

### **#Adam (8): human**

- Kellan saw emptiness; an office room (his office) with only a career certificate and nothing else.
- Mira received the vision of a false tree of life, not living her birthright. The Lord introduced an Oak tree (Psalm 1), symbolizing shade and blessings for others.
- Maris resonated with an image of a Jackie Kennedy-like figure with a beautiful jacket. This imagery suggested elegance and influence God wants Maris to embrace, countering negative self-perceptions.

- Kara has Jesus blessing her name and initials, affirming her identity and purity. A name represents identity, and reputation.

These sessions in #Adam focused on how participants saw themselves and their value, often shaped by outside roles and expectations. Each person worked on letting go of false ideas about their identity and aligning with their true purpose and worth. The main theme was about overcoming negative self-perceptions and embracing their real identity

### **#Hayah (9): become**

- Kara sees a warrior with a machete in the jungle, cutting a path. The warrior with a machete symbolizes carving out one's path. The machete represents tools and strength needed to navigate challenges. The jungle reflects complexities in finding one's

purpose. The Lord's message to "open up the path" shows Kara has the skills and resources to navigate her journey and achieve her goals.

- Maris envisions a city and sees herself in a cage, a mental structure. She escapes the cage and flies over the city. This vision suggests breaking free from mental constraints. The city represents possibilities, while the cage signifies self-imposed limitations.

In the #Hayah dimension, participants' experiences underscore the theme of navigating to their life's purpose by overcoming challenges and breaking free from mental or emotional constraints.

## **#Nephesh (10): being**

- Nyla saw a beautiful garden with unique flowers, like yellow trefoils. She felt very small, about 5cm tall, and saw a double rainbow at the end. As she moved forward, she grew in size while singing a song. The garden and double rainbow symbolized potential and promise.
- Maris saw fireworks celebrating her as an influencer and leader who supports others. The fireworks symbolized the celebration and recognition of Maris' unique purpose. This vision affirmed her role as a key influence and support in her community, and the significant positive impact she is meant to manifest in the lives of others.

The common theme in the #Nephesh dimension revolved around "Manifesting

Purpose." This dimension highlighted the journey of aligning with one's unique purpose in life, and the realization of potential.

**#Chay (11)** The connecting dimension to all others; perceived as a hallway. Chay is also the name given to all the framework.

- Kara saw misaligned geometry and hexagons, representing people who decided over her life trying to change its natural course.
- Nyla felt feet punctures at the neck, experiencing her life being choked and inverted (upside-down), leading to disorder. The disorder signified the need to address these blockages to realign her life with its intended vitality.

- Delia saw her life as out of order and messy. The messiness indicated her life was in chaos and lacked structure.
- Mira smelled perfectly grilled meat with an explosion of flavor. It symbolized a well-aligned and pleasing life, as referenced in Romans 12:1-2, being a perfect sacrifice

The common thread in the #Chay dimension is its role as a space for revealing misalignments, blockages, and chaos in one's life. The #Chay dimension serves as a place to identify and address these disruptions, facilitating the realignment of life with its intended flow and purpose.

## **Highlights and Takeaways**

In summary, our exploration has led to several key insights:

*Consistency Across Experiences:* The visions experienced by Daniela in her initial encounter with the Genesis 2:7 word portals have proven to be reproducible in others. This consistency underscores the reliability of these dimensions in revealing similar characteristics and insights across different individuals.

*Specific functions of dimensions:* Each dimension related to a Hebrew word has demonstrated specific functions that enhance one's self-knowledge. These dimensions serve distinct roles in helping individuals understand various aspects of their lives and spiritual journeys.

Below are two tables designed to help you recall the key insights from our initial Chay sessions. These tables serve as a memory guide for future Chay sessions and are not meant to be the definitive interpretation of each dimension.

<b>1-5 Dimensions (left)</b>	<b>Shared Visions</b>
Yatsar	Womb Issues
Eth	Legacy/future
Aphar	Generational/body
Adamah	Family/love
Naphach	Empty/ unknown space

<b>6-11 Dimensions (right)</b>	<b>Shared Visions</b>
Neshamah	Father's affirmation
Aph	Breath and trust
Adam	Identity
Hayah	Purpose
Nephesh	Fulfilment
<b>(center)</b>	
Chay	One's life

## **Clarifying the Essence of Each Dimension with Revelation**

Our ultimate understanding of each dimension was not just the result of our initial healing sessions, but came through divine revelation, as we sought guidance from the Lord. While the sessions helped us explore the dimensions through personal experiences, these insights were shaped by individual perspectives and could not fully capture the essence of each dimension. Over time, as Dany received spiritual downloads, we gained more clarity and a deeper understanding of the core themes that define each dimension's true purpose.

I share these initial findings as part of our process and journey—what we observed, investigated, and realized during those early

sessions. These experiences serve as a testimony to the evolving nature of our understanding. However, it's important to note that these were steppingstones, not definitive conclusions. They reflect the work we were doing, but they can't be universally applied to everyone's experience.

As we continued our journey, we gained deeper clarity into the ultimate themes of each dimension, revealed through further spiritual insight. This second, important download brought precision to our understanding. On the next page there is a preview of the core themes of each dimension. The following list serves as a clear and more defined understanding of the dimensions, compared to the insights gathered in our initial trials.

	<b>6-11 Dimensions</b>	<b>Shared Visions</b>
1	Yatsar	Shaping my life
2	Eth	Where my hope grows
3	Aphar	Discovering out what I'm made of
4	Adamah	Discovering my deepest longings and the beating of my heart
5	Naphach	Listening to my father's heartbeat
6	Neshamah	Complete and perfect to the measure of my creator
7	Aph	The place to breathe God's breath
8	Adam	Finding myself, who I am, and who am I meant to be
9	Hayah	Receiving the necessary provision for what comes next
10	Nephesh	My true wealth
11	Chay	Live of lives

These core themes guide us as we move forward in our exploration of each dimension's role in personal healing and spiritual growth. As we continue through the following chapters, you'll see how these consistent patterns offer profound insight into not only the dimensions

themselves but also how they manifest in our everyday lives.

Ready to dive into Chapter 4?

Get it here: <https://chay.life/getchapter>

## Stay Connected and Explore Further

Greetings! I'm currently in the process of writing the second edition of my book, "Ten Words that will Change Your Chay." After careful consideration, I've decided to share the book with you as I write it. I believe this approach will enable us to establish a stronger connection and ensure that I provide the highest quality content with the benefit of your feedback. Additionally, it offers an excellent opportunity to expand our reach to more individuals.

I have two requests for you. Firstly, I would greatly appreciate **your thoughts** on each chapter as I release them. Secondly, please feel **free to distribute the PDF** to anyone who may be interested in exploring this revelation as it unfolds over the coming months.

Furthermore, I am exploring various avenues to finance the forthcoming chapters and would welcome assistance from individuals who possess the talent or inclination to share this revelation within their communities.

Let's remain in contact! You can reach out to me via email at [rodrigo@chay.life](mailto:rodrigo@chay.life) or through [t.me/hellorodrigo](https://t.me/hellorodrigo).

Before exploring the courses available on my website, I encourage you to get in touch with me. Doing so will allow me to extend a 20% discount on any course and provide personalized guidance on where to begin and how I can best support you.

You can access both paid and free courses on our website:  
**[Learn.chay.life](https://Learn.chay.life)**

I'd like to note that our courses include live one-on-one meetings, a feature not currently mentioned on the site. Additionally, we offer both high-ticket prayer sessions and more affordable options. Therefore, I invite you to contact me before making a purchase so that I may tailor a plan that suits your needs.

Our commitment is to continuously improve our service to ensure that the Chay revelation reaches as many people as possible.



## **Daniela & Rodrigo Arteaga**

Founders of Chay.Life

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