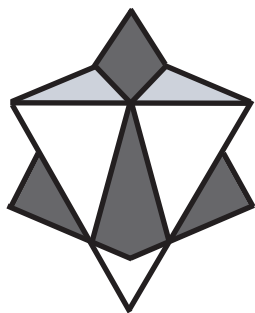


# MER-KA-BA ACTIVATION MEDITATION

The Mer-Ka-Ba Activation Meditation clears, activates, accelerates and transforms your energy fields into a coherent expression of your expanded being. The fully developed and activated Merkaba is your personal vehicle for inter-dimensional exploration, and its mastery will enable you to access aspects of your being that have been, until now, out of your reach. You will expand your knowledge of yourself and your multi-verse.

So what is the Mer-Ka-Ba? 'Mer' refers to light or energy. 'Ka' refers to the individual spirit or consciousness. 'Ba' refers to the vehicle or, as appropriate, embodiment.

The Merkaba is formed by two interlocking tetrahedrons (three-sided pyramids), forming the star tetrahedron – a three-dimensional Star of David – its two-dimensional representation can be seen above in Metatron's Cube and in the diagram below. The upper tetrahedron is referred to as the positive, sun or male tetrahedron. The lower tetrahedron is referred to as the negative, moon, earth or female tetrahedron.



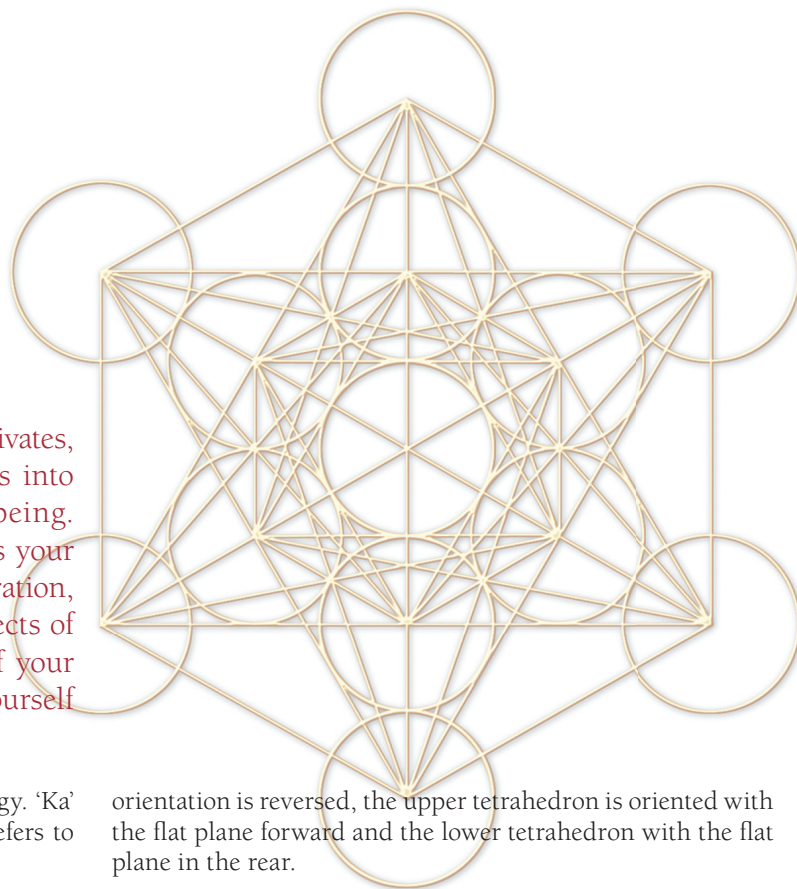
## THE VISUALISATION

The individual is contained in the centre, surrounded completely by the Merkaba field formed by the two interlocking tetrahedrons. When they are activated, the top and bottom tetrahedrons spin as a unit. Do not attempt to spin the top and bottom tetrahedrons independently.

The Merkaba is actually made up of three layered fields: a positive, electric or male field that upon activation rotates towards the right or clockwise; a negative, magnetic or female field that rotates towards the left or counter-clockwise; and a third field that remains stationary.

The stationary Merkaba field surrounds the physical body and extends approximately one hands length above the head and one hands length below the feet. When fully activated, the Merkaba field elongates out in all directions on the horizontal plane into a shape resembling a typical UFO (flying saucer) or the shape of the energy field surrounding the galaxies – this discoid field is approximately 55 feet in diameter, varying with the height of the individual.

Usually in the male, the upper tetrahedron is oriented with the edge and point forward and the lower tetrahedron with the edge and point in the rear. Usually in the female, the



orientation is reversed, the upper tetrahedron is oriented with the flat plane forward and the lower tetrahedron with the flat plane in the rear.

## THE MEDITATION

Daily practice of this meditation is recommended for optimum results. The preferred position for this meditation is seated upright with feet flat on the floor, resting the back of the forearms and hands on the thighs, palms up. The eyes can be open or closed according to preference. Closing the eyes usually allows us to be more internally referenced, and allows for more expanded possibilities. Sitting cross-legged, standing or lying positions are options.

**There are 18 breaths that fully activate the personal Mer-Ka-Ba:**

**Breaths 1-6:** Inhale and exhale through the nose in a way that you feel the breath in the back of your throat and hear the rasping sound of the inhaled and exhaled air – deep, full breaths.

### Finger positions for breaths 1-6

1. Thumb and first (index) finger together – being certain to not allow other fingers to touch one another.
2. Thumb and second (middle) finger together.
3. Thumb and third (ring) finger together.
4. Thumb and fourth (little) finger together.
5. Thumb and first (index) finger together.
6. Thumb and second (middle) finger together.

As you inhale for a seven count and hold your breath for a seven count, visualise the upper tetrahedron (male) lighting up brightly. Then as you exhale for a seven count and hold the breath out for a seven count, visualise the upper tetrahedron going dark and the bottom tetrahedron (female) lighting up brightly – allow whatever color of light shows up – it may be bright white light or any other color. After holding the breath out for a seven count or when you feel the hunger for air, cross