

your eyes, which are now focused on the lower tetrahedron, by focusing eyes to the centre, and then quickly raise your internal gaze straight up to the top of the upper tetrahedron and then pump them quickly straight down to the bottom of the lower tetrahedron and visualise anything that is to be cleared from the Merkaba field being expelled out the bottom of the lower tetrahedron. It may appear as an orange spark or stream.

These six breaths effectively clear the Merkaba energy field and balance polarity. This is an acceptable stopping point.

Breaths 7-10: Run energy down the prana tube from source and up the prana tube from the centre of the Earth. The prana tube is approximately the size that you see when you put your thumb and middle finger (longest finger) together. Visualise the energy meeting at the solar plexus (just below the ribs in the pit of the stomach) and forming a sphere of energy (prana) about the size of a grapefruit on the seventh breath and reaching full size (about the size of a soccer ball) on the eighth breath. Hold the thumb and first two fingers together for all four breaths. Deep, full, breaths as in breaths 1-6.

7. Deep, full, rasping inhale and exhale – energy comes down from source and up from the centre of the Earth and forms a ball of energy the size of a grapefruit at the solar plexus.
8. Ball reaches full size – approximately the size of a soccer ball, filled with prana energy of ever increasing intensity.
9. Visualise the energy getting hotter and hotter on inhale and exhale.
10. Energy bursts into white-hot flame on inhale. On the exhale, blow breath forcibly out through pursed lips, expanding the sphere to a size that surrounds the Merkaba.

Breaths 11-13: Deep, full, quiet breaths to stabilise the sphere.

11. Deep, full, quiet breath – sphere stabilising.
12. Deep, full, quiet breath – sphere stabilising.
13. Deep, full, quiet breath – sphere is stable.

Breath 14: Place hands in lap, palms up, with fingers of right hand facing towards the left and fingers of left hand facing towards the right, palm over palm with thumbs lightly touching – place whichever hand on top that feels most comfortable energetically. As you take a deep, full, quiet, breath, raise the centre of the sphere to heart level, in the centre of the chest.

This raising of the prana-filled sphere to centre at the heart moves you from solar plexus, third density, survival consciousness to heart-centered, unconditional love Christ Consciousness. You may want to pause here for a bit and enjoy this gentle, yet powerful, Consciousness.

Your next four breaths activate the spinning of the Merkaba fields:

Breath 15: Inhale deeply and fully through the nose, force the breath against your closed lips until pressure builds to maximum and then blow breath forcibly through pursed lips

and intend the Merkaba fields to spin at equal speed – the male field rotates out to the right or clockwise and the female field rotates out to the left or counter-clockwise at approximately 1/3 the speed of light. The stationary field remains in place.

Breath 16: Inhale deeply and fully through the nose, force the breath against your closed lips until pressure builds to maximum, and then blow breath forcibly through pursed lips and intend the Merkaba fields to spin at the ratio 34/21 (for males – male Merkaba 34: female Merkaba 21; for females – female Merkaba 34: male Merkaba 21), at approximately 2/3 the speed of light. Do not stop here as your fields are spinning at an imbalanced, unstable ratio and you will experience wobble.

Breath 17: Inhale deeply and fully through the nose, force the breath against your closed lips until pressure builds to maximum and then blow breath forcibly through pursed lips and intend the Merkaba fields to spin at 9/10 the speed of light. This is a good stopping point, as your fields are again spinning at a balanced, stable ratio.

Breath 18: Inhale deeply and fully through the nose, force the breath against your closed lips until pressure builds to maximum and then blow breath forcibly through pursed lips and intend the Merkaba fields to spin at the speed of light and beyond.

Note: The 18th Breath should only be attempted with the permission of the higher self or inner guidance.

Congratulations! You have begun a most wondrous journey of self-discovery. Be mindful that you are always only experiencing the universe in which you are in the centre – everything, without exception, is around you.

The Mer-Ka-Ba Activation Meditation will help you to begin your explorations into this wondrous world beyond the physical third density reality. It is a useful tool for those who walk the path of mastery. The experiences you have will raise your frequency and expand the field of your perception, enabling you to access aspects of yourself that have, until now, been out of your reach. Happy journeys.

I wish to acknowledge my friend and mentor, Drunvalo Melchizedek, who shared this technology with me when he and I and 42 others activated the Earth Merkaba in June 1996 in Paulden, Arizona.

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