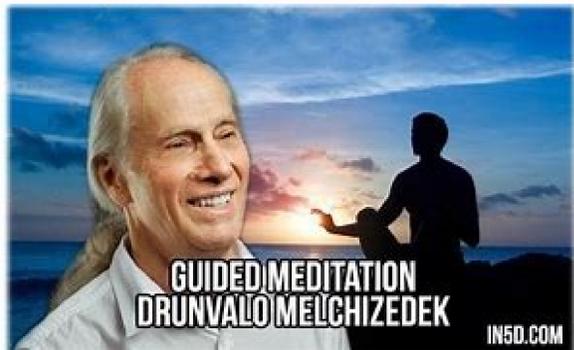
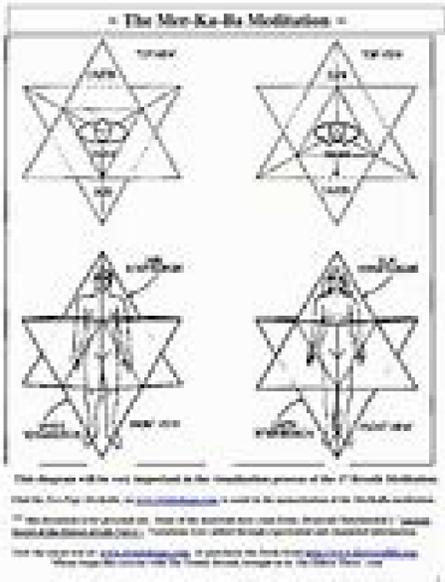
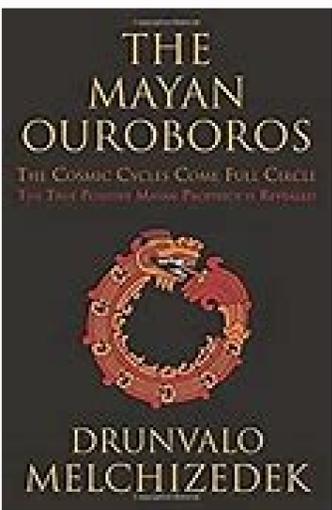


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Meditation for the union of spirit and body, surrounded by light. BENEFITS OF THE MERKABA The tetrahedral star is the most powerful healing and protective tool in sacred geometry. Using Prana breathing, we can restore the flow through the pineal gland to the center of our brain. This use of our pineal gland, which has been practically inactive for 13,000 years, allows an intensive use of our telepathic and extrasensory perception capabilities. The energetic tetrahedron: Balances and revives the activities between the two sides of our brain. It elevates us and connects us with our being to a higher level (i.e. ourselves to a higher level of awareness). It allows us to experience unconditional love. MEANING OF MERKABA Mer refers to a specific type of light that was known in Egypt. It is seen as two counter-rotating light fields rotating in the same space. These fields are generated when a person performs specific breathing patterns. Ka refers to the individual mind of a person. Ba refers to the mind's interpretation of its particular reality in human reality, which is defined as the body or physical reality. Together they connote the union of spirit and body, surrounded by light. Copyright © 2017 TUXDOC Inc. About Us [Contact Us Merkaba Meditation is a complicated and advanced meditation that is said to take you out of your body and into the fourth dimension. The TL;DR of this post is: Yes, it actually does this for you, if you do it properly. The MER-KA-BA meditation is perhaps the most complex meditation you will study in your life. While the title asks if you will go into the fourth dimension after Merkaba, it should say during. Meditation is said to have been used by the ancient Egyptians to access the higher dimensions and rain. In fact Drunvalo Melchizedek, who teaches Merkaba meditation, writes: You will disappear from this world and reappear in another that will be your new home for a while. This is not the end, but the beginning of an expanding consciousness that brings you home from your Father. Is that true? I studied Merkaba for months. And I can confirm it's true. But it's only true after months of practice. And I must point out that I am not suggesting that your physical body will disappear from this realm. But your conscience will leave your body and you will go exploring some other place. Like I said, it takes practice. This type of result is not immediate. Or rather, maybe I should rephrase the phrase. It wasn't immediate for me. You might get lucky, meditation has been a part of my life since I was very young; maybe seven or nine years. She introduced me to my mother, who taught me physical relaxation. It was not a teaching of meditation as such, but it opened a door that somehow brought me face to face with meditation techniques. Once I figured out how to consciously relax my body, I became extremely good. Even now I have a discreet conscious control over small and difficult areas to control, such as sphincters, and I have a very close relationship with the inner functioning of my body. I can tell when something's not right long before it manifests itself outside; and I have a very good awareness of my body, even when my sensitivity to pain changes. Now, that's both good and bad. Hypersensitivity can also provoke feelings from the organs that are sometimes unnecessarily alarming. In the years since I learned stage relaxation, I have built a robust and meaningful meditation practice. It is very far from 'meditation as relaxation', which is actually the way to whom the n00b on meditation. As I said to my husband recently, it's not about stopping thinking. It is a question of acquiring the much more difficult muscular ability to detach oneself from noise at will. The meditations in which I have been involved include all kinds of practices, from visualization to astral projection, to remote vision and much more. You know, just to scare you. But Merkaba is something I learned late in my life. There are many requirements with Merkaba. The first is to build a breath of love without a solution of continuity. Now, that doesn't mean thinking about love. It means feeling love. You must be able to overcome your thinking brain and immerse yourself in the deep and visceral feelings of love so that © Your Merkaba has succeeded. And I'll be honest, it took me a lifetime. Not just the age of practice, but the time that passes to practice small things. Like that feeling of love, in everyday life. Practicing Love Meditation is a great starting point for this, among other things; I found that having had that experience was a great access point to this more refined version. The second requirement is the ability to visualize, to breathe using the lunch breath, and to feel, all at once. In a sense it is almost the opposite of most meditation programs, which teach you to remove the elements from your consciousness. This meditation requires a total commitment, a total commitment and the coherence of many aspects of you in order to make it work. However, my trip to Merkaba has been instructive so far, and I'm just getting started. First, I had no experience beyond frustration, and it turned out that it was because I had not learned the sequence correctly; I was not in a state of love all the time; And I was trying to force the issue. It's not working. But in the end, things started to go well. There, a couple of curiosities on Merkaba. One is that you have to receive permission from your superior sÁ © to proceed with the final stages. AND AND another is that you must receive the final breath from your higher self. Once I was given permission from my Higher Self to proceed with the final stages of the Merkaba, I came to confront a sort of entity who told me I was not ready to proceed. In fact, he gave me very specific instructions on how to practice. I interacted with this entity several times during my practice. Most of the time, we were in a small space that seemed like a room, sitting at an excavated table, talking. In one interaction, I was in a kind of lush spot next to a waterfall, where I was baptized (this is the only way to explain it). And in the last conversation with him, he was in a place that looked completely different from any other place on Earth, in a tower overlooking a beautiful city, whose sky was a beautiful, tender pink. He taught me what the feeling of love should be. I've been told it's easy for your people, and yet I have to learn it. The experience was physically like ecstatic joy, that's the only way to describe it. Ecstatic joy, tingling anticipation and energy. That was a nice comparison. I was actually face to face with the fundamental limitations of humanity. Having to learn them as if I were a child, even if I am middle-aged in human years, was very humiliating. Since then, I have had extraordinary experiences in Merkaba. One of them was about what I can only describe as an interdimensional journey to another realm, one where the "people" were giants. I don't expect anyone reading this book to accept it, let alone I'm a normal person, not even you! But I'm telling you this because from experience, with training, effort and commitment, what Drunvalo says is absolutely true. For me, accessing this kind of consciousness is a learning experience. I use it to learn more about myself and humanity, than for some free ride. Although sometimes I wish I did. Done. Joyride my way through! I tend to study, more than skating through life. It's not about studying generics, but to study me. In any case, I write to you because I want you to know that techniques like Merkaba exist and are at your disposal, if you are trying to reach the next level in your spiritual or meditative practice. But a warning. Any vision you see, rumors you feel, instructions that are given, accepted and follow them. You can choose not to do it, obviously. But your results will have much more success if you do it. If you want to learn Merkaba, you will find it on the Drunvalo Melchizedek website.

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