

## MERKABA MEDITATION – review notes

We have learned that when we are in Heart and Brain Coherence that it has outstanding effects on our well-being and activates benefits to our body, soul and spirit,

Also. . . we learned that our Energy Centers are also a continual spinning energy within us and that aligned, our spirit (energy) and body (energy) are in a healthy coherence and this will also bring alignment to our body and healing comes.

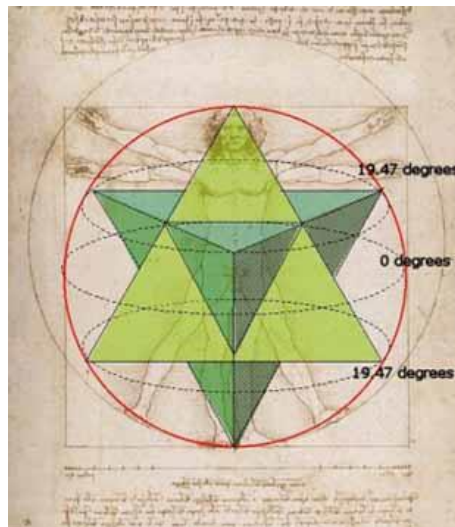
**This meditation time is to help us to position ourself into the energy of the Merkaba – the Merkaba, which is the “vehicle of light” that surrounds us.**

**‘Mer’ – means a light that rotates within itself**

**‘Ka’ – means spirit**

**‘Ba’ – means the physical body**

**We are that light spirit body!**



**We are the energy sphere in which everything exists.**

**The Merkaba is the vehicle that carries us to the dimensions of unity and love that exist beyond our mind.**

This meditation is to help us to realize the incredible gift and truth that is the fact that we are not just a physical being by nature, but an energy being. . . **fully equipped and able to be unlimited.**

**We learned the sacred geometry of the Merkaba.** The upward and downward interlocked tetrahedrons that represent the duality of existence—body and spirit— male – female -- united in the harmony of a singular form.

**Together, all is one light.**

**We are one** – Jesus' prayer – John 17:21 'I pray that they may all be one. Father! May they be in us, just as you are in me and I am in you. May they be one, so that the world will believe that you sent me.'

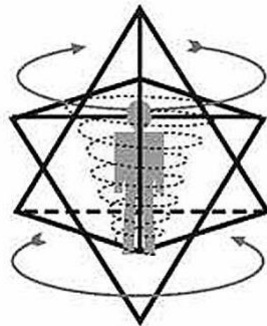
**This meditation time** It is to help you become mindful of our light energy that It is rotating in two different directions and that we, as an energy being, are positioned in the middle.

This is to help us engage and to consciously realize that we, by positioning ourself by our desire. We are setting our focus to that place that Ezekiel tried to describe – that place that is the wheels within the wheels.

**In this meditation, let yourself sense it rather than trying to analyse it.** This will require you to let go of your natural thinking and set your mind to simply engaging in the Light that surrounds you.

**As you practice** you will become more familiar and able to rest in the realization that you are unlimited and you are in a safe place in The Father, in Yahweh.

**It is about conscious awareness.** The first part is to simply engage in the reality of the light that surrounds you. In review, the top tetrahedron revolves in a counter clockwise (right to left) manner and the lower one that is within it rotates clockwise (left to right). Learning this will take an awareness and letting your consciousness sense the energy of the movements around you.



**Why we learn this meditation?** It activates the reality that we are engaging in as light beings. It is an activation that helps us to put our focus and therefore our energy flow entirely on possibilities – in another understanding we would say – it connects us to the Mind of Christ.

**In this place of I AM . . . is the omnipotent, omnipresent, omniscient Yawweh.**

**Engaging, activating the Merkaba**, brings our conscious being into the place of accessing the Divine Love, Wisdom, Understanding, Knowledge and **anything we need to live naturally supernatural lives**. We bring ourselves into the place to be Unlimited.

**In this activation, don't try to figure anything out.** Just allow yourself to **be**. You are after all, a human **being**. 😊 It is not a time to intend or to think about other things – it is not a time to strive to understand or be creative -- **just be still** – allow your light being just to be carried along in the Field of Intelligent Consciousness – **this is a place you can rest!**

Just as Heart Brain Coherence releases over 14,000 benefits to our well-being this meditation time is particularly great at a time where you need wisdom, or you are in a creative process. **Have your journal ready** for jotting anything that you will receive **afterwards** not during the meditation time. **Be prepared to be amazed!**

As most things we are learning, it is better caught than taught. **The key is PRACTICE.**

### **This Merkaba Meditation has a breathing sequence.**

The pattern is a simple sequence of twelve – we will take 3 breaths in . . . holding the breath for 3 seconds . . . breathing out for 3 seconds . . . holding breath for 3 seconds.

At the same time . . . envision the two tetrahedrons – the top one pointing upward -

I will help you to get into the rhythm of it by tapping the seconds for you to let it become a restful breathing pattern. This patterned breathing cycle may seem awkward at first – we will do it for 5 minutes using the guided process with the tapping and the second time we will do it without.

I will continue for a few minutes to help you. Then, the music will continue . . . simply do the best you can and continue in the pattern.



## Let's begin. . . music

The first thing is to **get into a comfortable position and simply relax**. Rest your hands on your lap one over the other. This is a well done sitting or reclining. . . just be comfortable.

Now, take a deep breath and let go of any negative **thoughts that might get in the way**. Breath in – recognize any resistance then simply - release it.

Breath it out. . . let's do that a few times together.

**Keep breathing and as you get into a restful state**, envision yourself surrounded in the upper part of your body – a three-sided triangle that is pointed upwards be aware that it rotates in a counter clockwise. **Can you sense it?**

Envision yourself surrounded now from the chest down by a three-sided triangle that is pointed downwards. Be aware that it rotates clockwise. **Can you sense it?**

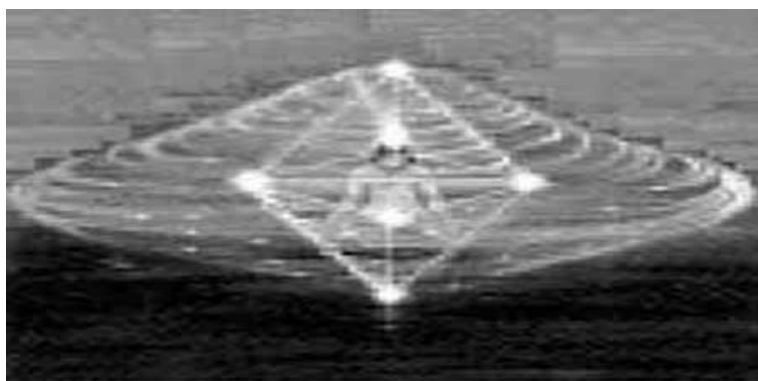
**Now, envision yourself – a light being inside these rotating light wheels – Can you sense being there?**

**Now, become aware of your breathing just rest in the pattern . . .** take a breath in for 3 seconds . . . hold your breath for 3 seconds . . . breathing out for three seconds . . . hold your breath for 3 seconds. Again . . .

**Now, simply continue for the next few minutes . . .** when this becomes a natural process you may want to have your own music and simply engage in the awareness consciously on your own –

**The Merkaba is a vehicle of Light that Light is you.**

Let yourself simply enjoy being . . . there is nothing to do but rest and ascend.



**Note from Helen:**

I hope this short review will help you to practice with the understanding of how the operation of the Merkaba is one that you can easily activate at any time and how important it is to be able to simply be ONE with the ONE who created you.

**Habakkuk 2:20**

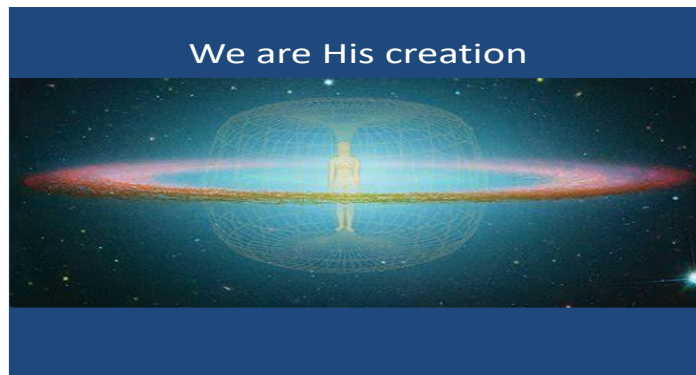
But the LORD *is* in his holy temple: let all the earth keep silence before him.

**Zachariah 2:13**

Be silent, O all flesh, before the LORD: for he is raised up out of his holy habitation.

**Psalm 46:10**

**Be still and know that I am God.**



**For a more comprehensive teaching on the Merkaba may be found  
at: [therivere474.com](http://therivere474.com) 'Lessons'**