

Extract from the book of Yann Lipnick

Invisible Presences, Guardians of the Earth

Mysteries of Gaïa

Editions Ôvilorôï



The Merkabah: Vehicle of Light

The term *Merkabah* describes a Chariot of Light intended to move in multidimensional worlds. Also called Light Body, it makes it possible for each human soul to merge with the Higher Self* in the 5th dimension.

In the esoteric tradition, only initiates can travel through time and space using this Vehicle. According to spiritual schools it can be created in various ways: through visualization, breathing

techniques, meditation, *mudras**, etc.

However, these methods can be very mental and very complex to implement in practice, which can discourage those who want to use them.

Since 2006, certain internal systems on the level of the DNA were reactivated, allowing an extreme simplification of the various processes of activation.

So we can now activate (up to a certain level) this Body of Light in a very simple way.

This Vehicle of Light belongs to our many unsung etheric systems.

Do not forget that we use only a small portion of our capacities: approximately 10% of the brain and 4% of our DNA.

We are in bodies within which we largely ignore most of the operational mechanisms.

I often take the example of what would happen if a prehistoric man suddenly sat in the driver's seat of a modern car - he might say: « *It is really good in this place, I'm sitting comfortably sheltered from the wind and rain and I can see everything happening outside.* » Except that this man would not know that he is in a vehicle, and that it is enough to turn the ignition key to start the engine.

We inhabit our body in the same way, ignoring by being unaware of the most powerful and marvelous systems that it includes. But perhaps we are not yet sufficiently « wise » to deserve access... We must first pass our drivers license test!

According to what my guides taught me, it is relatively simple to begin this training.

Try this method and measure its effects with bioenergetic

techniques. You will be surprised what you will discover!

First of all, let us see how this Body of Light is made. In reality, the Merkabah is composed of two quite distinct bodies that are spinning, as they are activated together.

The Solar Light Body

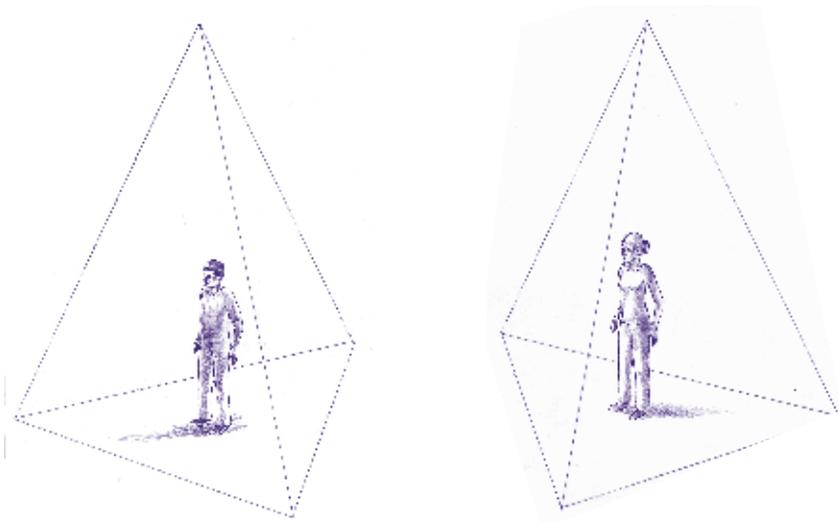
Thus named because of its link with the sun, it has the shape of a tetrahedron (pyramid with three sides). It can be activated on thirteen levels. Currently, at our stage of evolution, it is recommended to activate it only on the first six levels.

Key words: « *J'active mon corps de Lumière Solaire au 1^{er} niveau* », or English: « *I activate my body of Solar light on the 1st level* » Say it 3 times with focus to cause this activation.

If this invocation in French or Eng. does not seem potent, here is the Atlantean formula received by Nathalie Chintanavitch: « *Al menah terph baral olam te kaera* » (see bibliography).

Upon completing activation, you may see the appearance around you of an etheric tetrahedron of approximately 5 m on a side, facing up towards the sky. The base of the pyramid lies beneath your feet.

For men, the triangle forming the base of the tetrahedron is pointing toward the back, as in the diagram above.



For women, this base triangle point is facing forward.

The tetrahedron forming this Body of Solar light will vibrate at nearly 2500% during 1st activation, and the equatorial plane will go up approximately to the level of the eyes.

If you want to try out the various stages of activation, you must, after having activated the 1st level, repeat in the same way for the others, by saying:

« I activate my Body of Solar light to the 2nd level. »

Repeat for the following levels.

To return to the initial phase or level, you can either state: ***« I deactivate all my Solar light Bodies »***, or let them deactivate automatically after about ten minutes.



Use Caution, this experience is very powerful!

Here are average bioenergetic values corresponding to different activations:

Level of activation	Side of the tetrahedron	Height of the equatorial plane
1 st	5 m	2500 % = at eye level
2 nd	13 m	3500 % = 15 cm above the head
3 rd	22 m	4000 % = 30 cm above the head
4 th	40 m	4500 % = 45 cm above the head
5 th	50 m	5000 % = 60 cm above the head
6 th	60 m	5500 % = 75 cm above the head

Observing the height of your equatorial plane will indicate to you if all functioned well, and if activation actually occurred.

The Crystalline Light Body

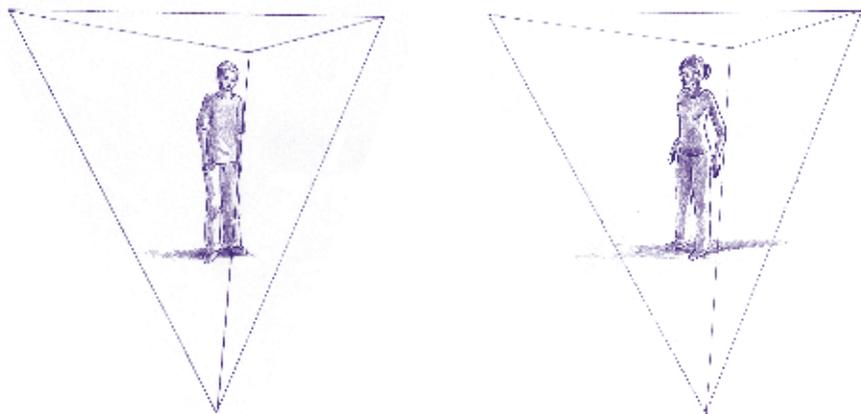
The Body of Crystalline Light forms also a tetrahedron, but whose point is directed downwards, i.e. towards the ground. The activation process is the same one as for the Solar light Body, except that the sentence becomes: « ***I activate my Body of Crystalline Light on the 1st level*** », pronounced three times with the intention to cause this activation in oneself.

You will then perceive a sensation of anchoring to the ground, as if your body became heavier. This feeling will be accentuated if you activate your Body of Crystalline Light at higher levels.

There too, the Atlantean formula received by Nathalie

Chintanavitch can be used if necessary. This formula is: « *De leor tebam etam* ».

Once this Body is activated on the 1st level, a reversed tetrahedron of 5 m edge length will manifest. The basic horizontal triangle will be placed above your head. You will be thus positioned inside a pyramid in which the greatest part then will be under your feet.



Like the Body of Solar light, the Body of Crystalline Light can be activated on thirteen levels.

For the moment, it is advised to stick to the first six levels of activation.

The Body of Crystalline Light connects us deeply with the Earth and increases our grounding. Our equatorial plane will go down more and more, as shown in the following table.

If you wish to try out different stages of activation, you must,

after having activated the first level, proceed in the same way for the others. Say three times: « *I activate my Body of Crystalline Light to the 2nd level.* »

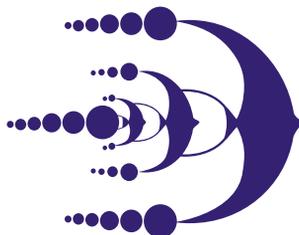
Repeat for the following.

To return to the initial state, you can either say: « *I deactivate all my Bodies of Crystalline Light* », or let them deactivate automatically after about ten minutes.

 **Again, use caution this experiment is very powerful!**

Here are the bioenergetic values corresponding to various different activations:

Level of activation	Side of the tetrahedron	Height of the equatorial plane
1 st	5 m	at mid-thighs
2 nd	13 m	at the knee
3 rd	22 m	at the calves
4 th	40 m	at the ankles
5 th	50 m	at the feet
6 th	60 m	under the feet



The Merkabah Body

The Merkabah is the result of the activation of the Body of Solar light and the Body of Crystalline Light, which are rotated simultaneously. It can take many forms, although it is often represented by geometrical shapes in rotation. Personally, when I meet spiritual beings traveling with their Merkabah, I perceive a form like a disc-shaped flying saucer.

When several spiritual beings travel together, they create a collective Merkabah which resembles then a large vessel of light in the shape of disc. This one can sometimes reach several hundred meters in diameter.

Your own Merkabah also will generate an energy form resembling a more or less large disc depending on the degree of activation.

Although at our stage of evolution, we cannot travel yet with our Merkabah, its activation has many uses which we will discuss later.

ACTIVATION

This teaching on Merkabah was transmitted to me by an Atlantean guide. Most of the information that I give you here comes from him.

There are several levels of activation that we can practice according to our needs and our capacities. If we had access to all our faculties, we could activate Merkabah on thirteen different levels. For the moment, it is advisable not to go beyond the 6th level.

If we wish to exploit the opportunities that this Merkabah vehicle offers, it is advisable to practice daily. Activation takes

approximately about ten minutes.

How to proceed:

⚙️ **Activation on the 1st level**

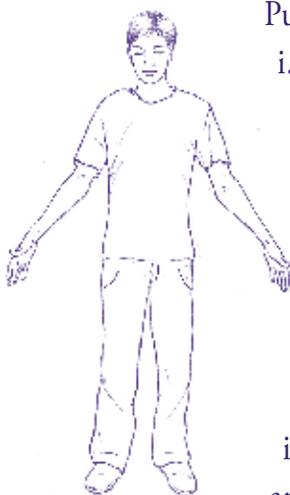
You can practice, at this level, either seated (on a chair or cross-legged), palms of the hand on the knees, or standing, arms alongside the body.

Stand up straight and anchor yourself well to the ground, visualizing that you are well grounded.

Put your conscious focus at the center *hara**, i.e. two or three fingers below your navel.

Then say three times mentally:

« *Merkabah Activation at the 1st level* ».



You should feel, at that moment, an expansion of your energy fields.

Remain centered in your *hara*.

While certain etheric systems are put in rotation, it is unnecessary to visualize anything. You might get overly mental.

Remain thus in meditation about ten minutes, your consciousness on the level of the *hara**, practicing a deepening « belly » breathing.

Maintain this activation on the 1st level. You will feel the process completing automatically.

Once you have achieved the first level, it is then possible for you to pass to the next stage.

⚙️ Activating the 2nd level

Starting from this level, it is advisable to practice while standing. To reach it, you must go through the 1st level and stay there approximately two to three minutes.

Then, move your consciousness up to the height of the solar plexus.



Ask internally: « *Activation of the Merkabah at the 2nd level* ».

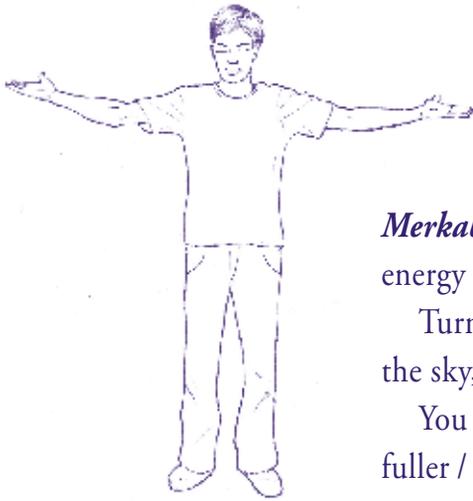
You then will feel your vital energy to increase.

Lift your arms up, placing them horizontally, palms turned towards the ground.

Breathing, at this level, becomes deeper and rises to the height of the diaphragm.

Remain here for some time in your meditation, your consciousness at the height of the solar plexus, until the Merkabah deactivates automatically if you do not wish to go further.

If you want to go on to the 3rd level, wait one or two minutes, then continue.



⚙️ **Activation on the 3rd level**

Raise your conscious focus to the level of your heart. Say internally: « *Activation of the Merkabah on the 3rd level* ». Your vital energy will increase still further.

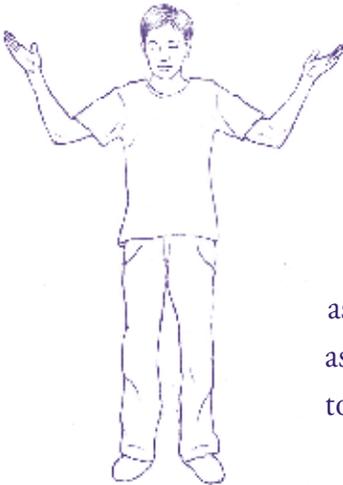
Turn your palms of your hands up facing the sky, your arms still horizontal.

You will find that your breathing becomes fuller / more complete and that it is centered more up into your rib cage.

Remain in this focus, your conscience on the level of the heart until the end of activation.

If you wish to stop the activation at this level, fold your arms in order to put your two hands on your heart chakra, then lower them gently to the hara center.

This level is an important stage of activation.



⚙️ **Activation on the 4th level**

Place your consciousness at the height of your throat.

From this level, you no longer need to ask for activation. It happens automatically as soon as you move your consciousness towards to the next point.

Move your arms so that your hands are raised diagonally (see drawing opposite.)



⚙️ **Activation on the 5th level**

Place your awareness at the level of your 3rd eye. Fold your arms more so that your hands are placed close to your ears.

⚙️ **Activation on the 6th level**

Place your awareness at your crown chakra. Stretch your arms up towards the sky, in the shape of a V.

At the end of activation, place your hands one on the other, on your heart chakra, and gently lower them down to your hara center.



For a progressive training, it is recommended to practice a few days on each level before proceeding to the following stage.



Although there are other levels of activation, it is highly advisable to stop at the 6th. Indeed, few among us are ready, as I write this book, to access the 7th level.

The consequences of excessive activation could go from a risk of destabilization (due to a loss of grounding) to an impairment of the nervous system.

Here are the bioenergetic values corresponding to various activations:

Level of activation	Diameter	Vital Energy
Level 1	22 m	2500 %
Level 2	34 m	3000 %
Level 3	54 m	3500 %
Level 4	74 m	4000 %
Level 5	90 m	4500 %
Level 6	104 m	5000 %

The energy values are approximate. They may vary according to the practitioners.

USE

Some positive effects related to the daily practice of the Merkabah meditation:

- purifies the etheric, astral and mental bodies,
- connects to one's Higher Self*,
- strengthens the immune system,
- protects in case of danger,
- facilitates communication with the Beings of Light,
- accelerates personal evolution,
- eliminates certain parasites,
- reconnects DNA,
- defragments our memories,
- connects to the stellar energy,

- offers better access to internal programming,
- allows activation of sacred sites,
- purifies and harmonizes the chakras.

❁ COLLECTIVE MERKABAH

We can create a collective Merkabah in order to unify our potentials and to increase our level of activation.

It appears « on demand » from the moment when at least three people activate their Merkabah at the same time and with the same intention.

To do this, after forming a circle:

- Individually activate your Merkabah on the 1st level.
- Request collective activation while saying: « *We ask for the collective activation of Merkabah* ».

The Merkabah will then merge with the group energy.

Proceed together in the same way to activate the other levels.

Here the energy values which you will obtain:

Merkabah	Collective with three people		Collective with six people	
	Diameter	Vital Energy	Diameter	Vital Energy
Level 1	32 m	3000 %	32 m	3000 %
Level 2	42 m	4000 %	55 m	4500 %
Level 3	66 m	5000 %	90 m	6000 %
Level 4	78 m	5500 %	130 m	7000 %
Level 5	116 m	6000 %	160 m	8000 %

Several people took part in the implementation of these measurements. They show that the Body of Light called Merkabah is quite real and that it is not just a New Age phenomenon, without foundation.

The collective Merkabah can be practiced with an unspecified number of participants. However, the numbers three, six and twelve seem more appropriate because of the sacred geometry underlying this activation.

The shape of the Merkabah resembles this drawing.

The disc of energy for which I have given measurements is the largest. Above and below this disc, we can perceive, if we pay attention, smaller discs that stretch upward.



❁ RECHARGING THE MERKABAH

If you activate your Merkabah too often at highest levels, it can become depleted. To recharge it (suggest doing this in the morning):

Position yourself standing, without a shirt on, if possible, facing the sun, hands at your sides, palms facing the body.

Say internally: « *Recharge my Merkabah* ».

Your Merkabah then will be activated in switched on mode, i.e.

turning in the opposite direction while it absorbs solar energy.

Breathe while placing your awareness on a point located between the shoulder blades. This point, often overlooked, is actually a point of « solar absorption ».

Visualize solar energy penetrating near that spot.

During the recharging of your Merkabah, your first chakra will be strongly activated and your equatorial plane will go down toward knee level.

Allow this process to complete itself. It will end automatically.

DAILY PRACTICE

It is advised to practice daily the activation of Merkabah on the first level. This activation is as a meditation which will take you between 10 and 15 minutes per day and make it possible for this Vehicle to be reinforced.

In parallel, if you ask for an etheric cleansing, you will get rid of parasites even if you are unaware of their existence. You can thus maintain a certain purity at the level of your subtle bodies.

These observations were made during experiments as a blind test where the people who activated their Merkabah were unaware of the presence of these parasites.

The method of activation suggested here is much simpler and faster than other techniques taught before. You do not need any more to visualize geometrical forms or to calculate speeds of rotation. This also helps us avoid becoming too mental or less feeling centered, during the spiritual exercise.

According to our measurements, the 2nd level of activation corresponds to the 17th breathing of the method taught by Drunvalo Melchizédek.

❁ VERIFICATION

In order to check that your Merkabah is well activated, locate the position of your equatorial plane.

Here are the values measured for an individual activation:

- 1st level of activation: the equatorial plane was at eye level,
- 2nd level of activation: at the top of skull,
- 3rd level of activation: 15 cm above the head,
- 4th level of activation: 30 cm above the head,
- 5th level of activation: 45 cm above the head,
- 6th level of activation: 60 cm above the head.

These values are averages and can vary slightly depending on individuals.

