

Magical Mothering Method

Stellar Gateway Initiation

Month 10: Stellar Gateway Chakra

Week 37: Initiating and Activating the Stellar Gateway Chakra

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MerKaBa

Our light body or MerKaBa is the vehicle in which we travel through the universe, dimensions, or etheric aspects of the oneness that is. The stellar gateway is the light or oneness, all encompassing energy, that holds everything that is or ever was together. The stellar Gateway can be activated, but will not stay active until it is fully integrated into your physical body. This will take daily, possibly multiple times a day, to integrate into our physical, dense bodies. There is a process that is very masculine with counting the breaths, holding a very specific vision, and activating the MerKaBa within.

In this weeks video I lead us though a very feminine feeling the activation. Yet we live in a masculine dominant, left brain, learning society, so it is vital to use both the feminine activation of feeling and being the activation and learning/ doing the right steps.

Stellar Gateway Chakra

Location in the body: Triple Star Tetrahedron around the body

Color: Pure Light/ Golden Sun Light

Symptoms of Closed, blocked or injured chakra:

Stones: Selenite, the clear or phantom selenite is better than satan spar (white selenite) for the connection of the stellar gateway. Also an orgonite pyramid can help pull in energy to feel your light body.

Foods: Sun Tea, drinking pure sun energy with plants or Lemonade (agave, pure maple syrup, stevia, or pure cane sugar)

Activating the Stellar Gateway Chakra

This process is from the Book *The Ancient Secret of the Flower of Life Volume 2* written by Drunvalo Mechizedek

This is the Masculine version of activating the MarKaBa or Stellar Gateway. I recommend doing this activation on a daily basis until you do it naturally in your breathing, this can take months or even years to accomplish.

Part 1: The First Six Breaths

The following instructions are broken into four areas: mind, body,

breath and heart.

FIRST BREATH: Inbreath

Heart:: Open your heart and feel love for all life. If you cannot do this completely, you must at least open to this love as much as is possible for you.

This is the most important instruction of all.

Mind: Become aware of the Sun (male) tetrahedron (the apex facing up-ward to the Sun, with a point facing to the front for males and for females a point facing to the back). See this Sun tetrahedron filled with brilliant white light surrounding your body. (The color of this brilliant white light is the color of lightning as you see it coming from a thundercloud. It is not only the color of lightning, it is the energy of lightning.) Visualize it the best you can. If you cannot visualize it, sense or feel it surrounding you. Feel the

Sun Tetrahedron filled with this energy. [Read Update 2.]

Body: At the same moment of inhalation, place your hands in a mudra where your thumb and first finger in both hands are touching. Lightly touch the tips of the two fingers, not allowing the sides of your fingers to touch each

other or any other object. Keep your palms facing up. [Read Update 3.] Breath: At this same moment, with your lungs empty, begin to breathe in a complete yogic breath. Breathe through your nostrils only, except at certain places, which will be described. Simply breathe from your stomach

first, then your diaphragm and finally your chest. Do this in one movement not three. The exhalation is completed either by holding the chest firm and relaxing the stomach, slowly releasing the air, or by holding the stomach firm and relaxing the chest. The most important point is that this breathing becomes rhythmic, meaning the same time duration in and out. Begin by using seven seconds in and seven seconds out, which is what the Tibetans use. As you become familiar with this meditation, find your own rhythm. The breaths can be as long as you are comfortable with, but should not be less than five seconds unless you have a physical problem and cannot do it that long. Then, of course, do the best you can.

The following instructions for a complete yogic breath are from *Science of Breath: A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic and Spiritual Development* by Yogi Ramacharaka [Yoga Publishers Society, 1904]. Perhaps this description from his book will be helpful:

Breathing through the nostrils, inhale steadily, first filling the lower part of the lungs, which is accomplished by bringing into play the diaphragm while descending exerts a gentle pressure on the abdominal organs pushing forward the front walls of the abdomen. Then fill the middle part of the lungs, pushing out the lower ribs, breastbone and chest. Then fill the higher portion of the lungs, protruding the upper chest thus lifting the chest, including the upper six or seven pairs of ribs.

At first reading it may appear that this breath consists of three distinct movements. This, however, is not the correct idea. The inhalation is continuous, the entire chest cavity from the lowered diaphragm to the highest point of the chest in the region of the collarbone being expanded with a uniform movement. Avoid a jerky series of inhalation and strive to attain a steady, continuous action. Practice will soon overcome the tendency to divide the inhalation into three movements and will result in a uniform, continuous breath. You will be able to complete the inhalation in a few seconds after a little practice.

Exhale quite slowly, holding the chest in a firm position and drawing the abdomen in a little and lifting it upward slowly as the air leaves the lungs. [Author's Note: Some teachers reverse this part by holding the abdomen in a firm position and relaxing the chest. Most teachers use the first method. Either way is fine.] When the air is entirely exhaled, relax the chest and abdomen. A little practice will render this part of the exercise easy, and the movement, once acquired, will be afterward performed almost automatically.

FIRST BREATH: Outbreath

Heart: Love.

Mind: Become aware of the Earth (female) tetrahedron (apex pointing up the Earth, with a point facing to the back for males, and for females a point facing to the front). See this tetrahedron also filled with brilliant white light. Body: Keep the same mudra.

Breath: Do not hesitate at the top of the inhalation to begin the exhalation. Exhale quite slowly for approximately seven seconds, in the yogic manner. When the air is out of the lungs, without forcing, relax the chest and abdomen and hold the breath. When you feel pressure to breathe again after five seconds or so, then do the following:

Mind: Be aware of the flat equilateral triangle at the top of the Earth tetrahedron located in the horizontal plane that passes through your chest at approximately 3 inches below the Christ chakra, or approximately at the solar plexus [see Vitruvius' canon on the frontispiece before chapter 1]. In a flash, and with a pulse like energy, send that triangular plane down through the Earth tetrahedron. It gets smaller as it goes down because it conforms to the shape of the tetrahedron and pushes all the negative energy of the mudra or electrical circuit out the tip or apex of the tetrahedron. A light will shoot out of the apex toward the center of Earth. This light, if you can see it, will usually be a muddy or dark color. The mind exercise is performed simultaneously with the following body movements. [Read Update 4.] Body: This following exercise can be achieved with your eyes either open or closed. Move your eyes slightly toward each other; in other words, slightly cross your eyes. Now bring them up to the top of their sockets (by looking upward). This motion of looking up should not be extreme. You may feel a tingling sensation between your eyes in the area of your third eye. Now look down to the lowest point you can, as fast as you can. You may feel an electrical sensation move down your spine. The mind and the body must coordinate the above mental exercise with the eye movements. The eyes look down from their uppermost position at the same time the mind sees the horizontal triangular plane of the Earth tetrahedron move down to the apex of the Earth tetrahedron. It will naturally return to its normal position.

This combined exercise will clean out the negative thoughts and feelings that have entered your electrical system in this particular circuit. Specifically, it will clean out the part of your electrical system associated with the particular mudra you are using. Immediately upon pulsing the energy down your spine, change mudras to the next one and begin the entire cycle over again for the second breath.

The next five breaths repeat the first, with the following mudra changes:

SECOND BREATH Mudra: Thumb and second (middle) finger

THIRD BREATH Mudra: Thumb and third finger together

FOURTH BREATH Mudra: Thumb and little finger together

FIFTH BREATH Mudra: Thumb and first finger together (same as first breath)

SIXTH BREATH Mudra: Thumb and second finger together (same as second breath)

Part one, the first six breaths (balancing the polarities and cleansing your electrical system), is now complete. You are now ready for part two

A mudra is a hand position. Many spiritual practices use mudras. The Tibetans and the Hindus both use them in their practices. What this does is connect your body consciously with a specific electrical circuit within your body. As you change mudras, it will connect you with a different electrical circuit.

There are eight electrical circuits in the body, coming from the eight original cells. It is hard to explain here, but it is necessary to balance only six circuits to achieve balance in all eight. It is similar to the global positioning system (GPS) system that locates a specific spot on the surface of the Earth. This system is based on the tetrahedron. If three points of the tetrahedron are known, then the fourth can be located. In the same way, if three electrical circuits are balanced, it will balance the fourth. Therefore, if six points of the star tetrahedron are balanced, the last two, located above the head and below the feet, will automatically become balanced. That is why there are only six balancing (and cleansing) breaths for the eight electrical circuits.

Part 2: The Next Seven Breaths, Re-creating Spherical Breathing

Here, an entirely new breathing pattern begins. You do not need to visualize the star tetrahedron at this time. You only need to see and work with the breathing tube that runs through the star, from the apex of the Sun (male) tetrahedron above your head to the apex of the Earth (female) tetrahedron below your feet. The tube extends from one hand-length

above your head to one hand-length below your feet. The diameter of your tube will be the size of the circle formed by touching your own thumb and middle finger together. (Because all people are different, each person must be his, her own measuring stick.) The tube is like a fluorescent tube with a crystal-line tip at each end that fits into the top and bottom apexes of the two tetrahedrons. Prana enters the tube through an infinitely small hole at the tip.

SEVENTH BREATH: Inbreath

Heart: Love. There is another refinement that can be used after you have first perfected this meditation. [Read Update 5.]

Mind: Visualize or sense the tube running through your body. The instant you begin the seventh inbreath, see the brilliant white light of prana moving up and down the tube simultaneously. This movement is almost instantaneous. The point where these two prana beams meet within your body is controlled by the mind; this is a vast science known throughout the universe. In this teaching, however, you will be shown only what is necessary to take you from the third- to the fourth-dimensional awareness and move with the Earth as she ascends.

In this case you will direct the two beams of prana inside the tube to meet at your navel—or more correctly, within your body at the navel level. The moment the two beams of prana meet, which is just as the inbreath begins, a grapefruit-sized sphere of white light/prana is formed at the meeting point centered within the tube exactly at this chakra. It all happens in an instant. As you continue to take the seventh inbreath, the sphere of prana begins to concentrate and grow slowly larger.

Body: For the next seven breaths, use the same mudra for both inbreath and outbreath: the thumb, first and second fingers touching together, palms up.

Breath: Deep, rhythmic yogic breathing, seven seconds in and seven seconds out, or whatever is best for you. There is no holding your breath from now on. The flow of prana from the two poles will not stop or change in any way when you switch from inbreath to outbreath. It will be a continuous flow that will not stop as long as you breathe in this manner—even after death, resurrection or ascension,

SEVENTH BREATH: Outbreath

Mind: The prana sphere centered at the navel continues to grow. By the time of the full exhalation, the prana sphere will be approximately eight or nine inches in diameter.

Breath: Do not force the air out of your lungs. When your lungs empty naturally, immediately begin the next breath.

EIGHT BREATH: Inbreath

Hearth: Love

Mind: The prana sphere continues to concentrate life-force energy and grow in size.

NINTH BREATH: Outbreath

Mind: The prana sphere continues to grow and will reach maximum size at the end this breath. The maximum size is different for each person. If you put your longest finger at the edge of your navel, the line on your wrist that defines your hand will show you the radius of the maximum size of this sphere for you. This sphere of prana cannot grow larger; it will remain this size intact even when we expand another sphere beyond this one later.

NINTH BREATH: Inbreath

Mind: sphere cannot grow larger, so the prana begins to concentrate within the sphere, causing it to grow brighter.

Breath: The sphere grows brighter and brighter as you inhale.

NINTH BREATH: Outbreath

Hearth: As you exhale, the sphere continues to grow brighter and brighter.

TENTH BREATH: Inbreath

Mind: As you inhale the tenth breath, the sphere of light in your stomach and will reach maximum concentration. Approximately halfway into the tenth inbreath, at the moment of maximum possible concentration, the sphere will ignite and change color and quality. The electric blue-white color of prana will turn into the golden color of the Sun. The sphere will become a golden sun of brilliant light. As you complete the tenth inbreath, this new golden sphere of light will rapidly reach a new and higher concentration. At the moment you reach full inhalation, the golden sphere of light in your body is ready for a transformation.

TENTH BREATH: Outbreath

MIND: At the moment of exhalation, the small sphere of golden light, two hand-lengths in diameter, bulges to expand. In one second, combined with the breath described below, the sphere expands quickly to the size of Leonardo's sphere (the fingertips of your extended arms). Your body is now completely enclosed in a huge sphere of brilliant golden light. You have re-

turned to the ancient form of spherical breathing. However, at this point the sphere is not stable. You must breathe three more times (breaths 11,12 and 13) to stabilize the new golden sphere.

Breath: At the moment of exhalation, make a small hole with your lips and blow out your air with pressure. Notice how your stomach muscles contract and your throat seems to open. In the first moment of this breath, you will feel the sphere begin to bulge as you force the air through your lips. Then at the right moment (usually within a second or two), relax and let all the remaining air out through your lips. At that moment the sphere will immediately expand to the size of the Leonardo sphere. Notice that the original smaller sphere is also still there. There are two spheres, one within the other.

ELEVENTH, TWELFTH AND THIRTEENTH BREATHS: Inbreath and Outbreath

Mind: Relax and drop your visualization. Simply feel the flow of the prana flowing from the two poles, meeting at the navel and expanding outward to the large sphere.

Breath: Deep, rhythmic yogic breathing. At the end of the thirteenth breath you have stabilized the large sphere and are ready for the important fourteenth breath.

It is important to note here that the original small sphere is still inside the larger sphere. In fact, the small sphere is actually brighter and more concentrated than the larger one. It is from this inner sphere that prana is drawn for various purposes such as healing.

Part 3: The Fourteenth Breath FOURTEENTH BREATH: Inbreath

Heart: Love.

Mind: At the beginning of the fourteenth inbreath, using your mind and your thoughts, move the point where the two beams of prana meet from your navel to about two or three finger widths above the bottom of the sternum, the fourth-dimensional chakra of Christ consciousness. The entire large sphere, along with the original small sphere, still contained within the large sphere, moves up to the new meeting point within the tube. Though this is very easy to do, it is an extremely powerful movement. Breathing from this new point within the tube will inevitably change your awareness from third- to fourth-dimensional consciousness, or from Earth consciousness to Christ consciousness. It will take awhile to have this effect on you, but as I have said, it is inevitable if you continue this practice.

Body: The following mudra will be used for the rest of the meditation. Males will place the left palm on top of the right palm, both faced upward, and females will place the right palm on top of the left palm. Let the thumbs lightly touch each other. It is a relaxing mudra. [Read Update 6.]

Breath: Deep, rhythmic yogic breathing. However, if you continue to breathe from your Christ center without moving on to the Mer-Ka-Ba (this is recommended until you have made contact with your higher self), then shift to a shallow, comfortable rhythmic breath. In other words, breathe rhythmically but in a comfortable manner where your attention is

more on the flow of energy moving up and down the tube, meeting at the sternum and expanding to the large sphere. Just feel the flow. Use your feminine side to just be. At this point don't think; just breathe, feel and be. Feel your connection to all life through the Christ breath. Remember your intimate connection with God. [Read Update 7.]

Part 4: The Last Three Breaths, Creating the Vehicle of Ascension

It used to be taught that you not attempt this fourth part until you had made contact with your higher self and your higher self has given you permission to proceed. We are now giving you permission to proceed, but continue to be open to communication with your higher self. This part is to be taken seriously. The energies that will come into and around your body and spirit have tremendous power.

FIFTEENTH BREATH: Inbreath

Heart: Unconditional love for all life.

Mind: Be aware of the whole star tetrahedron. Each is composed of one Sun (male) tetrahedron interlocked with one Earth (female) tetrahedron. These two, the Sun and Earth tetrahedrons together, form the whole star tetrahedron (the three-dimensional Star of David). Now, realize that there are three separate star tetrahedrons superimposed over each other—three complete sets of double (star) tetrahedrons that are exactly the same size and appear as one but are actually separate. Each star tetrahedron is exactly the same size, and each star tetrahedron has a polarity of its own, either male, female or neutral. Each star tetrahedron will turn or spin on the same axis.

The first star tetrahedron is neutral in nature. It is literally the body itself, and it is locked in place at the base of the spine. It never changes its orientation, except under certain rare conditions that have not been discussed. It is placed around the body according to the sex of the body.

The second star tetrahedron is male in nature and electrical. It is literally the human mind, and it can rotate counterclockwise relative to your body, looking outward. To put it another way, it rotates toward your left, beginning from a point in front of you.

The third star tetrahedron is female in nature and magnetic. It is literally the human emotional body, and it can rotate clockwise relative to your body, looking outward. Put another way, it rotates toward your right, beginning from a point in front of you. [Read Update 8.]

On the inhalation of the fifteenth breath, as you are inhaling, say to yourself in your mind the code words, "equal speed." This will start the two rotatable star tetrahedrons spinning in opposite directions at equal speeds. Your mind knows exactly what your intentions are and will do as you say. This means there will be a complete rotation of the mind tetrahedrons for every complete rotation of the emotional tetrahedrons. If one set goes around 10 times, the other set will also go around 10 times, only in the opposite direction.

Body: Continue the mudra of the cupped hands from now on. [Read Update 9.]

Breath: Deep, rhythmic yogic breathing again, but only for the next three breaths. After that, return to shallow, rhythmic breathing. We will mention this again.

FIFTEENTH BREATH:

Outbreath

Mind: The two sets of tetrahedrons take off spinning. In an instant they will be moving at exactly one-third the speed of light at their outermost tips. You will probably not be able to see this because of their tremendous speed, but you can feel it. What you have just done is to start the "motor" of the Mer-Ka-Ba. You will not go anywhere or have any exciting experience. It is just like starting the motor of a car but keeping the transmission in neutral. It is an essential step in creating the Mer-Ka-ba.

Breath: Make a small hole with your lips just like you did for breath number ten. Blow out in the same manner, and as you do, feel the two sets of tetrahedrons take off spinning. [Read Update 10.]

SIXTEENTH BREATH: Inbreath

Mind: This is the most amazing breath. On the inbreath, as you are inhaling, say to yourself in your mind, "34/21." This is the code for your mind to spin the two sets of tetrahedrons at a ratio of 34 to 21, meaning that the mind tetrahedrons will spin to the left 34 times while the emotional tetrahedrons will spin to the right 21 times. As the two sets speed up, the ratio will remain constant.

Breath: Deep, rhythmic yogic breathing. [Read Update 11.]

SIXTEENTH BREATH: Outbreath

Mind: As you let out the breath, the two sets of tetrahedrons take off in an instant from their setting at one-third the speed of light to two-thirds the speed of light. As they approach two-thirds light speed, a phenomenon occurs: A flat disk quickly extends from the original eight cells within the body (at the level of the base of the spine) to a distance of about 55 feet in diameter. And the sphere of energy centered around the two sets of tetrahedrons creates, with the disk, a shape that looks like a flying saucer around the body. This energy matrix is called the Mer-Ka-Ba. However, this field is not stable. If you see or sense the Mer-Ka-Ba around you at this point, you will know it to be unstable. It will be slowly wobbling. Therefore, breath number seventeen is necessary to speed it up.

Breath: Same as breath number fifteen. Make a small hole with your lips and blow out with pressure. It is at this point that the speed increases. As

you will feel the speed increasing, let out all your breath with force. This action will cause the higher speed to be fully obtained and the Mer-Ka-Ba to be

formed in a stable position.

SEVENTEENTH BREATH: Inbreath

Heart: Remember, unconditional love for all of life must be felt through- out this meditation or no results will be realized.

Mind: As you breathe in, say to yourself the code "nine-tenths the speed

of light." This tells your mind to increase the speed of the Mer-Ka-Ba to 9/10 the speed of light, which will stabilize the rotating field of energy. It will also do something else. The third-dimensional universe we live in is

tuned to 9/10 the speed of light. Every electron in your body is rotating around every atom in your body at 9/10 the speed of light. This is the reason this particular speed is selected. It will enable you to understand and work with the Mer-Ka-Ba in this third dimension without having to have fourth or higher-dimensional experiences. This is very important in the

beginning. [ReadUpdate 12.]

Breath: Deep, rhythmic yogic breathing.

SEVENTEENTH BREATH: Outbreath

Mind: The speed increases to 9/10 the speed of light and stabilizes the Mer-Ka-Ba.

Breath: Same as breaths fifteen and sixteen. Make a small hole in your lips and blow out with pressure. As you feel the speed take off, let all your breath out with force. You are now in your stable, third-dimensionally-

tuned Mer-Ka-Ba. With the help of your higher self, you will understand what this really means.

After you are finished with the breathing exercise, technically you can immediately get up and return to your everyday life. If you do, try to re-

member your breathing and the flow through your body as long as you can and you can realize that life is an open-eyes meditation and everything is

However, it would be desirable to remain in the meditation for a while longer, perhaps fifteen minutes to an hour. While you are in this meditation state, your thoughts and emotions are amplified tremendously. This is a great time for positive affirmations. Talk to your higher self to discover the possibilities of this special meditative time.

Initiating the Stellar Gateway Chakra

Feel through your auric field. Sense where your auric field is in relationship to your physical body. Sense any dark spots or dark spaces. Clear these away. See if there are any vortex that have attached to your mind chakra, reverse or remove the vortex from your mind body. Cut the vortex and send back to the original origin. Remove any hooks from past traumas. Pull the dark stagnant energy out of the body. Realizing that your traumas are kept inside of your muscles, nervous system and the tetrahedron your your merkaba as well, notice if your tetrahedron is reversed or flipped, notice if it does not end up in the proper locations. These are based on your root chakra or your traumas being integrated. Go through the lower chakra systems again if you are having issues with any of the aspects of activating your merkaba.

Attending a personal or group retreat to activate and initiate this chakra would be the most helpful in fully learning the process. A private 1-1 session to guide you through both the masculine and feminine process can be highly useful as well.

The stellar Gateway chakra potion and phantom selenite are both available from magicalmothering.com. Simply fill out a contact form to see what crystals are available to choose from.