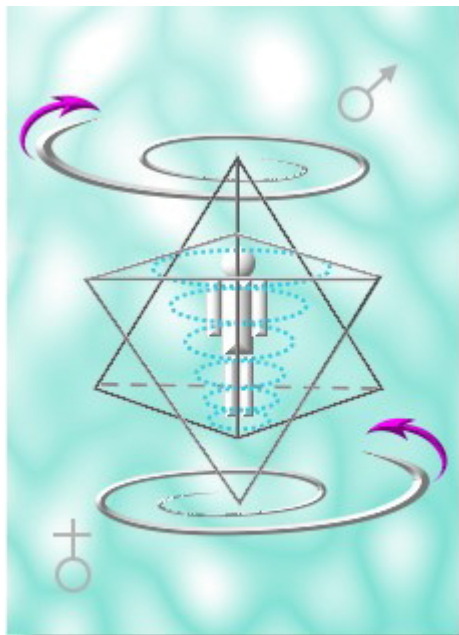


- Patinkas -

The Merkaba, Platonic Solids & Sacred Geometry

Including Metatron's Cube and The Flower & Fruit of Life

The MerKaBa



The **Merkaba** is an extremely powerful symbol. It is a combination of two star tetrahedrons - one pointing up to the heavens, channelling energy down to the earth plain, and one pointing downwards, drawing up energy from the earth beneath. The top, or upward pointing tetrahedron is male and rotates clockwise, with the bottom or downwards pointing one being female, which rotates counter-clockwise.

Left: The Merkaba activated around a person

What Does 'Merkaba' Mean?

The word Merkaba can be broken down thus: MER: rotating fields of light, KA: spirit, and BA: soul (this is taken from an 18th dynasty Egyptian translation, and in Hebrew it means 'chariot'). Therefore, Mer-Ka-Ba means the spirit or energy body surrounded by counter-rotating fields of light, or spirals of energy (as with a strand of DNA), which transport spirit or consciousness from one dimension to another.

What is a Merkaba?

The MekaBa is the Light Body vehicle, and it is the key to understanding how to move from one dimension or level to another. It is the divine light vehicle supposedly used by Ascended Masters to connect with, and reach those in tune with the higher realms. When this shape is activated around your body, you are in a place of complete protection, with the surrounding energy being generated from pure Divine Love. It is believed that with practice, using the energy and shape visualization of a Merkaba, you can activate an energy field around you which is capable of carrying your consciousness directly to higher realms.

When meditating, try sitting holding a MerKaBa and picture yourself inside this shape, with the two tetrahedrons rotating (as described above). It takes some practice, but is eased greatly by actually having a Merkaba to focus on! When achieved you will be sitting in a place of complete protection, harmony and Universal balance.





Platonic Solids and Sacred Geometry



Platonic Solids are shapes which form part of **Sacred Geometry**. Whilst most sources credit the Greek mathematician Pythagoras with their initial discovery, they were first catalogued by the ancient philosopher, Plato (hence their name), although evidence of these most magical of shapes has been found around the world for in excess of 1000 years prior to Plato's documentation.

They are made up of the 'Five Convex Regular Polyhedra': Hexahedron (cube), Octahedron (double inverted pyramid), Tetrahedron (pyramid), Icosahedron and Dodecahedron. The names are derived from the number of sides each shape has: 4, 6, 8, 12, and 20 respectively.

The shapes correspond with the five elements: Earth (Hexahedron), Air (Octahedron), Fire (Tetrahedron), Water (Icosahedron) and Ether or Universe (Dodecahedron).

Physical Properties	Metaphysical Properties & Use	Element & Chakra
 <p>Tetrahedron The Tetrahedron (also called the Triangular Pyramid). It contains 4 faces, 4 vertices and 6 edges. Each face is triangular.</p>	<p>The Tetrahedron represents the element of Fire and is linked to the Solar Plexus; the center for personal power, acceptance, and a natural balance between the physical and spiritual. Each side sits flat, no matter how it is turned, making it the perfect symbol for balance and stability.</p>	<p>Fire 3rd Solar Plexus</p>
 <p>Hexahedron The Hexahedron (also called the Cube) is the second of the five shapes. It has 6 square faces, 8 vertices and 12 edges. Each face is square.</p>	<p>The Hexahedron is associated with the element of Earth and corresponds to the Root Chakra. The Hexahedron sits flat, firmly rooted to its spot. Meditating on this shape will assist in grounding energy, maintaining focus, removing tension and easing physical stresses. It will reconnect your energies to those of the earth and nature.</p>	<p>Earth 1st Root</p>
 <p>Octahedron The Octahedron has 8 faces, 6 vertices and 12 edges. It is made up of 8 triangles, which is formed from placing two square based pyramids base to base.</p>	<p>The Octahedron represents the element of Air and is linked to the Heart Chakra; the center for love and compassion. This chakra is where we access our healing and nurturing aspects, where we find acceptance and forgiveness. The self-reflecting shape of the Octahedron moves into a higher vibration of reflection, compassion and healing. By working with the Octahedron, we attune to the more spiritual nature our self and begin to understand our true nature</p>	<p>Air 4th Heart</p>
 <p>Icosahedron The Icosohedron has 12 faces, 20 vertices and 30 edges. Each face is shaped in the form of a Pentagon.</p>	<p>The Icosahedron is associated with the element of Water and corresponds to the Sacral Chakra. Water is all about movement, flow, and change. This shape can assist in enhancing the creative thought process. It may assist in removing any emotional blockages that are disrupting creative energies. The Icosahedron is an amazing tool that teaches us to 'go with the flow'; allowing freedom of expression, creativity and positive change to flow effortlessly through us.</p>	<p>Water 2nd Sacral</p>



Dodecahedron

The Dodecahedron has 20 faces, 12 vertices and 30 edges. Each face is in the shape of an equilateral triangle.

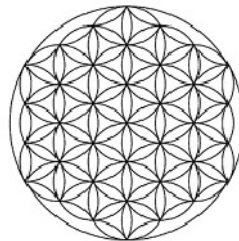
The Dodecahedron is linked to the Ethers/Universe and works through the higher Chakras from the 6th Third Eye, 7th Crown, 8th Higher Crown and above. It is a perfect tool to use in meditation as the energy held within this sacred shape can raise your vibration up to facilitate connection to your Higher Self and the Source. The Dodecahedron is an expression of life and consciousness, allowing us to go beyond the vibrations of the physical body and to reconnect with the higher vibration of our true nature.

Ether
(Universe or Heaven)

6th Third Eye,
7th Crown,
8th Higher Crown + above

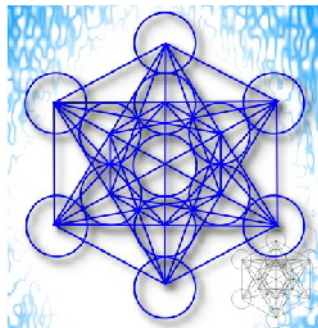
These shapes provide the five basic structures that form the building blocks of all natural and organic life. They can be found in the crystalline structure of crystals and minerals, organic life forms, sound, music, language and so on. They are used in the study of mathematics, medicine, science, astrology, meteorology and geology to name just a few. They also form the building blocks of each element in the Periodic Table of Elements, and hence, all Life. These amazing sacred shapes are found everywhere; from the smallest molecule to the expansive Universe and beyond. Working with them individually is said to help with our connection to both nature and the higher realms of the cosmos; helping us to find the common thread which links us all at a molecular and spiritual level.

Flower of Life



The **Flower of Life** is a geometrical figure composed of evenly-spaced, overlapping circles, arranged so that they form a flower-like pattern. Each circle has a six-fold symmetry like a hexagon, i.e. the middle of each circle is intersected by six other circles of the same size or diameter. The oldest example of this shape found so far is in The Temple of Osiris in Egypt. Other examples can be found in Phoenician, Assyrian, Middle Eastern, and European medieval art. The design of the Flower of Life contains the basis of Metatron's Cube, and the five forms we know as the Platonic Solids are derived from this shape.

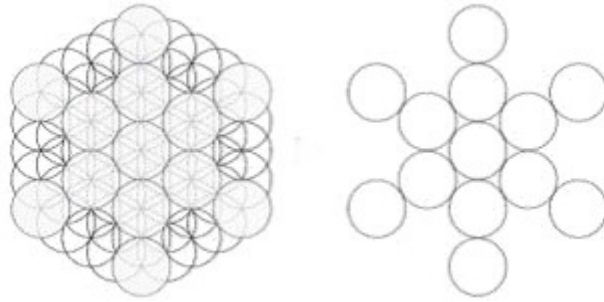
Metatron's Cube



The **Fruit of Life** is a shape taken directly from the **Flower of Life** (see over). It is made of thirteen equal sized circles. If you connect the centre of each circle to the others with a straight line, you end up with 78 lines in total. The final shape forms what we refer to as **Metatron's Cube** (image above).

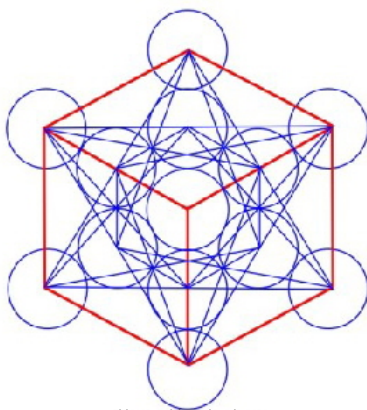
Within this shape or cube, many other shapes can be found, including two dimensional versions of the five Platonic Solids. Metatron's Cube is, therefore, the template that delineates the Platonic Solids. In

early Kabbalistic scriptures, Metatron supposedly formed the cube from his soul, and Metatron is also a reference to the highest Kabbalistic angel who sits at Kether, or the God Head. Metatron's cube is also considered a holy glyph, and was often drawn around a person to ward off evil spirits and dark entities. It is present in many of the ancient mysteries including Egyptian mythology, ancient Judaic teachings and in alchemy. It is a primordial and very powerful image.

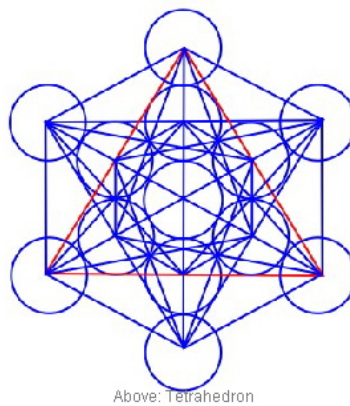


Above Left: Flower of Life Above Right: Fruit of Life

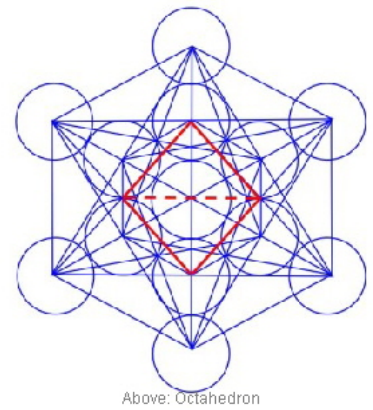
Platonic Solids and the Merkaba in Metatron's Cube



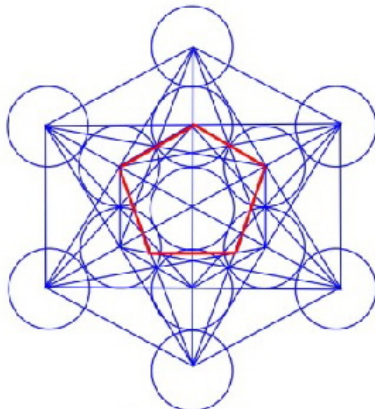
Above: Hexahedron



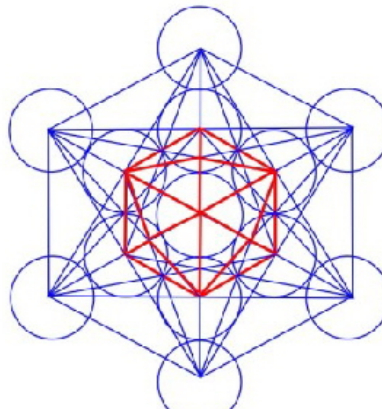
Above: Tetrahedron



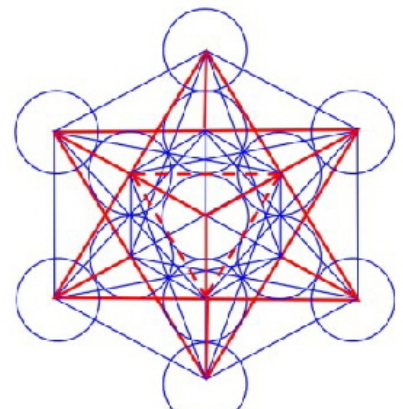
Above: Octahedron



Above: Icosahedron



Above: Dodecahedron



Above: Merkaba

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