

Premium Meditation Additions - Soul Retrieval & Light Body Activation

This premium guide expands advanced spiritual practices for Zen-u Initiate Circle members.

These are deeply transformative techniques meant for advanced seekers ready for full spiritual integration and

light body awakening.

Soul Retrieval Meditation

Purpose: Recover lost fragments of soul energy lost due to trauma or spiritual wounding.

Technique:

1. Prepare a sacred space: light a white candle, place amethyst or selenite nearby.
2. Center yourself with 5 slow breaths.
3. Whisper or chant: "I call all my lost fragments back to me, cleansed and healed."
4. Visualize golden threads pulling energy fragments from timelines and places back to your heart.
5. Seal energy by placing your hands over your heart and saying: "I am whole again."

Expected Experience:

Warmth, emotional release, sometimes tears. After practice, drink water and rest.

Light Body Activation (Merkabah)

Purpose: Activate the Merkabah light body for multidimensional travel and expanded consciousness.

Technique:

1. Sit upright. Visualize a spinning star tetrahedron (Merkabah) around your body.
2. Breathe rhythmically (6-second inhale, 6-second exhale).
3. Chant: "Ka Ra Ya Sa Ta Ha La" for 12 cycles. This is an ancient activation phrase.
4. Imagine your entire body glowing with geometric light and rotating fields of energy.
5. Close by affirming: "I am activated in light, in balance, in alignment."

Expected Experience:

Vibrational surges, light flashes, sense of expansion. Sometimes lucid dreams or enhanced intuition follow.

Disclaimer

These techniques are advanced. Practice only when grounded and healthy.

Zen-u assumes no liability for misuse or unprepared practitioners attempting multidimensional or soul-based work.