



MERKABA

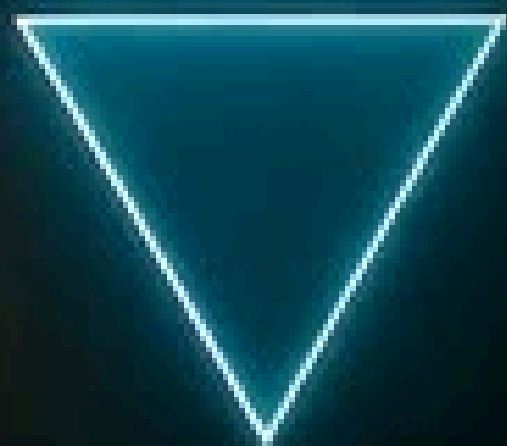
(Ancient Hebrew מרכבה, chariot')



*A universal manual
for deep mental and emotional contact between people
in the 3rd millennium*

▲ **An upward-pointing pyramid**

symbolizing masculine energy, action,
and doing



The Union of Opposites

▼ **A downward-pointing pyramid**

symbolizing feminine energy, feeling,
and receiving

Two opposing forces –
active & **receptive** – merge into one.

It represents the harmonious
movement of

Body (KA), Spirit (BA) and Light (MER).



MER-KA-BA = Light-Body-Spirit Field.

Don't choose sides.

The Union of
doing and **being**,
thinking and **feeling**,
masculine and **feminine**
creates inner clarity, peace, and power.

Challenges in Everyday Life

Zero Time to Breathe

We're always on the run, with no space to pause or reflect.

Cultural Clash

Old values clash with who we really are today.

Burnout at 23

We're already exhausted before life even begins.

"Don't be so sensitive"

Our emotions are dismissed instead of respected.

Staff shortage, same old game

We're expected to fix a broken system without real change.

Talking without meaning

There's a lot of noise, but not much is truly said.

Challenges in Everyday Life



Bureaucratic overload

Humanity gets lost in rules and paperwork.

Outdated trainings

We're taught stuff that doesn't solve today's problems.

Tech pressure

Being digital natives doesn't mean we're tech machines.

Work-Life-Blur

The line between job and life has completely vanished.

Private Struggles

Mental health, family, rent—real life doesn't pause after work.

KON
ITSELF

Cognitive Dissonance

Dealing with other truths

A concept from psychology that refers to the internal conflict arising when a person holds contradictory beliefs, values, or behaviors.

- It is triggered when two or more beliefs or values contradict each other.
- Causes psychological to physiological discomfort.
- The drive for consistency within the psychological structure leads to a split into sense and nonsense.

Solution Approach

**Do not fight the symptoms but
address the challenge at its source!**

EXERCISE

**Focus your attention on the source
of attention.**

I AM YOU

The Unity with the Source

Every person carries the source within and is part of the greater whole. Understanding this unity leads to higher level of consciousness.

Self-awareness and Introspection

Through deep reflection and one's own existence and consciousness, a deeper connection to the source can be established.

Guidance

- Daily self-reflection and meditation to recognize the source within.
- Keep a journal to document insights from the inner world.

Summary

A student asked his master how
he could find the source with himself.
The master replied:

“

**Do not seek outside, but look
within, for the truth is
hidden there**

YOU ARE ME

Mutual Source

The source exists in every person, not just within oneself. Understanding this reciprocal relationship fosters empathy and ekpathy.

Empathy and Connection

Emotionally recognizing the presence of the source in others leads to deeper compassion and connection.

Ekpathy and Setting Boundaries

By cognitively understanding that the source is within everyone, one can learn to trust the process of others.

Guidance

- Develop compassion by understanding the perspectives of others.
- Through ekpathy, cultivate the ability to guide others toward their own source.

Summary

A wanderer met an old man
who smiled at everyone encountered.

When the wanderer asked why he did this, the old
man replied:

“

**In every smile, I see the
source, and with every smile,
I spread it further.**

I AM EVERYTHING

All-Encompassing Source

The source is present in every aspect of the universe. From the smallest particle to the largest cosmos, everything is part of the source.

Interconnectedness

Everything in the universe is connected and influences one another. This relationship fosters mindfulness and respect for life.

Guidance

- Meditate on the interconnectedness of things.
- Be mindful of the environment and the impact of your actions.

Summary

A small boy collected stones on the beach.

A wise man asked him why he did it.

The boy replied:

“

Every stone is part of the whole, and by honoring it, I honor the source.

THE AWAKENING

Recognition and Self-Realization

Recognition means seeing through the illusions of everyday life and uncovering the deeper truth of existence. This continuous process leads to self-realization and bliss.

Overcoming Barriers

Mental, physical, and emotional barriers prevent the recognition of truth. By overcoming these barriers, one can achieve clarity and develop consciousness.

Guidance

- Mindfulness and meditation to clear the mind.
- Question and overcome limiting beliefs.

Summary

A man searched for years for self-realization and finally asked a wise master how he could find it.

The master replied:

“

**Open your heart and mind,
and self-realization will find
you.**

THE WINDOW TO REALITY

Changed Perception

The way we perceive the world influences our understanding of reality. A changed perception can reveal deeper truths.

Recognizing Deeper Truths

The physical world is often shaped by illusions and false perceptions. Through meditation and mindfulness, one can recognize the true nature of reality.

Guidance

- Conscious observation and mindfulness.
- Meditate on the true nature of reality.

Summary

A woman stood before a beautiful painting and asked the artist what the secret of his art was.

The artist replied:

“

The art lies not only in painting but in seeing. See the world with new eyes, and you will recognize its true beauty.

CONNECTION LINK

The Essence of Being

Exploring the true essence of being leads to a deeper understanding of one's existence and the source of all being.

Connection to the Source

Awareness of the connection to the unknown deepens the understanding of the inner world and brings inner peace. This results in serenity and humor on the shared holodeck of life.

Guidance

- Daily meditation and gratitude exercises.
- Integrate insights from the inner world into everyday life.

The background of the entire image is a serene landscape featuring a Buddhist monk with a shaved head, wearing traditional brown robes, sitting in a meditative lotus position on a rocky outcrop. Behind him, a range of misty mountains is visible under a warm, golden-hued sky, suggesting a sunrise or sunset. In the upper right corner, a few birds are seen in flight. Overlaid on the scene is a large, glowing yellow Sri Yantra, a complex geometric figure consisting of nine interlocking triangles that surround a central point. The word "Summary" is written in a white, sans-serif font, centered within the upper portion of the Sri Yantra.

Summary

A monk asked his master how he could
strengthen
his connection to the source.

The master replied:

“

**Be silent and listen.
In the silence,
you will find the deepest
connection
and the highest truth.**

BEING AS IT IS

Simply Being

The state of simply being means accepting life as it is, without resistance or attachment.
This leads to inner peace.

Living in Harmony with the Source

Living in harmony with the flow of the unknown means surrendering to the natural rhythm of the universe.

Guidance

- Serenity and acceptance of the present moment.
- Mindfulness and presence in the here and now.

Summary

A wise man sat by the riverside, watching the water.

A student asked him what he saw there.

The wise man replied:

“

**I see life in the flow.
It flows without resistance,
and so should we.**

THE UNION

Realization of the Source

Every person carries the potential of the source within them and can realize it through awareness and practice. This leads to a life of harmony and peace.

Living According to the Highest Principles of the Inner World

Living in harmony with the Source means living according to the highest principles of the inner world, such as compassion, love, and wisdom.

Guidance

- Self-reflection and inner discipline.
- Integrate compassion, love and wisdom into daily life.



Summary

A student asked his master
what the path to realizing the source was.

The master replied:

“

**Recognize the source within
you and live by it.
Be the light you wish to see
in the world.**

Universal Guidelines



UNIVERSAL GUIDELINES

1 Attraction

Like attracts like. Our thoughts and feelings emit vibrations that draw similar energies and events into our lives.

Free Will 2

Every person has the freedom to make their own choices and choose their own path.

3 Cause and Effect

Every action has consequences. Positive actions lead to positive outcomes, and negative actions lead to negative outcomes.

Vibration 4

Everything in the universe consists of energy and vibrates at different frequencies. Our thoughts, feelings, and actions influence these frequencies.

5 Balance

The source and the universe strive for harmony and balance. Disharmonious energies are corrected to restore balance.

UNIVERSAL GUIDELINES

6 Compensation

Ensures that everything in life is ultimately balanced. When we give, we eventually receive something in return, and vice versa.

Correspondence 7

As above, so below; as within, so without. This means that what happens within a person manifests externally and vice versa.

8 Faith

A person's faith has the power to shape their reality. Strong belief can make the impossible possible.

Timing 9

Everything in life happens at the right time. Patience is necessary to understand the perfection of the greater whole.

10 Unity

Everything is connected. Every action and thought affects the entire universe.