

## More about the Light Body or Mer Ka Ba

Mer Ka Ba means Light, Spirit and Body and is a term used to describe the result of the fusion of these three elements that occurs naturally when the frequency of our physical, etheric, emotional and mental bodies resonate fully with Light and Love. At this point in our development the activation of our Mer Ka Ba or Light Body becomes possible. This can be seen as a body of light in the shape of a Star Tetrahedron and becomes our vehicle for multi-dimensional travel.

The geometric shape of the Star Tetrahedron is a combination of the five platonic solids, Hexahedron, Tetrahedron, Octahedron, Dodecahedron and Icosahedron. These five platonic solids form the patterning of the original blueprint for human life on Earth. From this we can see that the original blueprint for the human form included the complete integration of spirit and matter within its make up and is a natural part of our evolutionary path.

Our ability to activate our Light Body is dependant upon our ability to allow the atoms and molecules of our physical and subtle bodies to completely resonate with the Light and Love of higher consciousness. Each of the powerful essences in this set of twelve will assist you to clear, balance and activate a particular subtle body or energy point and bring you closer to the activation of your Mer Ka Ba or Light Body.



### How To Use the Light Body Essences

Try 4 drops on tongue once per day of one essence only. See the effects. If guided try it twice per day. It is advised not to use more than 2 doses per day unless specifically guided. These essences activate very quick and powerful clearings through all the dimensions.

Preferably take essences away from food and at stock level ( i.e. do not dilute ).



Please Note - Using vibrational essences does not replace medical treatment.

## How to Order

You can order the Rainbow Light Body Essences as individual bottles or as a complete set of all 12.

### By Phone

01379 642374

### On our Website

[www.crystalherbs.com](http://www.crystalherbs.com)

### Or you can order by Post

Crystal Herbs - 1d Gilray Road, Diss, Norfolk.  
IP22 4EU. U.K. Please include payment with order.

### Prices

For our latest prices, please see our current order form or look on our website - [www.crystalherbs.com](http://www.crystalherbs.com)

## Help & Advice

If you need any help or advice with choosing and using these Essences, please do contact us.



## Handmade with Love & Care

From making the Mother Tincture to bottling and labelling the stock bottles that we send you, each essence is handmade with love and care helping to ensure that we provide you with the best possible quality of essence.

**Storage Advice** - It is best to store vibrational medicine in a cool place away from TV's, microwaves, computers etc.

## Find Out More

You can find out more about our complete range of Bach Flower Remedies and Flower, Gem & Crystal Essences, by visiting our website - [www.crystalherbs.com](http://www.crystalherbs.com) or by requesting a copy of our **free catalogue**.

## Crystal Herbs

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Crystal Herbs is a member of the  
British Association of Flower Essence Producers



# Rainbow Light Body Essences

Very high frequency, finely tuned  
clearing and activation tools

The Rainbow Light Body Essences are very high frequency, finely tuned clearing and activation tools designed to assist in the development of our Light Body or Mer Ka Ba. Each of the essences in this set was created by a unique process that included the use of grid layouts of special crystals programmed with light body information by the Sirians at the fall of Atlantis, together with channelled Rays of energy from the Ascended Masters. The result is a set of twelve very powerful essences that provide exactly the support we need now as we seek to assimilate higher & higher frequencies of Light into our physical and energetic systems.



## Crystal Herbs

Flower, Gem & Crystal Essences

A wonderful selection of Flower, Gem & Crystal Essences  
promoting Unity of Mind, Body & Spirit.

# The 12 Rainbow Light Body Essences

An introduction to each of the essences...

## Etheric Body

The Etheric Body is the blueprint for the physical body so it is essential for our physical health and well being that this subtle body is strong and vibrant. The etheric body can be adversely affected by shock, trauma or drugs as well as unclear energies filtering down from other subtle bodies. This essence will help to strengthen, clear and stabilise this very important subtle body.

## Emotional Body

This essence will promote a fast clearance of buried emotional patterns. Emotional energy is a powerful creative force - literally energy in motion. Our emotional responses to life can be based on unconscious negative belief patterns that continue to fuel our emotional response until they are released and cleared. Many people are afraid of their emotions, particularly those that they consider 'negative' and unconsciously suppress them creating a build up of stuck energy that blocks the subtle energy system and chakra points.

## Mental Body

This essence helps to clear negative thought patterns and core beliefs held in the lower mental body. As the lower mental body becomes more balanced and open we are able to receive spiritual inspiration, guidance & ideas from the higher mental body.

## Causal Body

The Causal Body vibrates at one of the highest frequencies of all our subtle bodies and holds the 'blueprint' for our life-plan on the higher levels. It also contains any previous incarnational energies or qualities needed to help, guide or be worked on in a particular lifetime. The Causal Body Essence helps to align and integrate all the other subtle bodies, bringing forward more spiritual and personality growth through the activation of this portal to higher consciousness. It will help with development of psychic awareness, clairvoyance, telepathy and possible memories of previous incarnations. This essence will promote feelings of peace, stability and inner security, thus helping us to move forward into a higher vibrational frequency.

## Earth Star

This subtle energy point is about 9" below the feet in a direct line with the Base Chakra and Hara. Activating the Earth Star is important as it is our alignment point with Mother Earth and the magnetic grid and allows us to effectively ground and focus energy. Being properly grounded in this way is essential for us to attune fully with our Higher-Selves, Ascended Masters, Heaven and other star systems. AS ABOVE, SO BELOW!

## Soul Star

This subtle energy point is above the higher chakras over the crown. When activated it is aligned with the soul, all 'higher' energies, star systems and the universe, allowing a greater amount of soul energy, guidance and healing to reach the mind and body. It is often good to take this essence just before going to bed as it can activate dream recall and conscious remembrance of contact with spirits or guides while sleeping.

## Hara Activation

The Hara is a subtle energy centre just below the navel (not the sacral chakra!). Activating this centre creates a focus on the need to be Divine Will in action. We cannot complete our Soul purpose or activate our Light Body when this centre is weak or inoperative. Hara Activation promotes a sense of true purpose & fulfilment as well as a greater sense of being centred in the physical body. This energy point resonates with the spleen at a physical level.

## Thymus

The thymus gland and the subtle energy point connected with it must be fully functioning for us to activate our Light Body. Due to our lack of spiritual orientation in recent history the thymus gland currently atrophies as we grow into adulthood. The ancient spiritually attuned civilizations all had this gland fully functioning and recognised its true purpose as the 'Higher Heart' centre or chakra point. Divine Love and Compassion for all sentient beings comes from the development of this centre. The thymus gland also gives us physical energy as it helps to stimulate the pituitary gland and activate the thyroid & immune system at a physical level.

## Integration

This essence helps to integrate and balance the inner masculine and inner feminine energies creating a greater balance between left and right brain activities. It is essential that the right brain, feminine, intuitive aspect of us functions as an equal partner with our left-brain masculine, logical aspect. This balance stimulates the pituitary & pineal glands and thus the whole endocrine system and physical body.

## Crystalline Ray

This essence will stimulate the crystalline properties of the physical body and help to awaken soul memories of the Crystalline Light Body, bringing more conscious awareness.

## I Am Presence

This essence helps to bring a more conscious connection to our I AM Presence, or Higher Self, opening the way for us to learn to hear, feel, see or know our own inner guidance and wisdom in a more profound way. Our soul is then more able to guide us to make choices that are for our Highest Divine Good thus bringing us more peace and joy. This essence will also help to promote deeper, more powerfully profound meditation experiences, making it easier for us to slip into that deep space where we become One with Mother-Father God and all Creation.

## Mer-Ka-Ba

The Mer-Ka-Ba is the spiritualised auric field merged with the higher self, and can only be activated when the heart chakra is fully open. Mer-Ka-Ba activation allows us to de-materialise or teleport the physical body from one location to another; a process used by advanced beings, Ascended Masters etc. The Mer-Ka-Ba essence can only re-awaken and activate the Light Body when all the issues covered by the other essences in the set have been worked with.