

# FIELD TECHNIQUE-1

## THE MAHARIC QUICK SEAL

" = inches

1. Work with a 24 pointed, 3 Dimensional Star (Heirophant) and be aware that you will be working with beings known as the Breneau Rishi ...
2. Begin by slowing your breathing , as you imagine or visualize a 24 point, 3 -Dimensional, Heirophant at the Pineal Gland in the center of your brain. Visualise the Heirophant surrounded by a Pale Blue Sphere of Light. (The Blue Sphere serves as a buffer for your readiness to accept the frequencies associated with using the 24 pointed Star; the Blue Sphere holds the energy for you until your body can handle the energy. If you can handle it, the energy will simply pass through the blue sphere).
3. INHALE, as if you are going to grab the blue sphere containing the 24 point star located at the Pineal, and on the EXHALE move the 24 point star/ blue sphere, all the way down to Earth's Core. Try to hear a sound tone as the Heirophant/ Sphere hits the Planetary Shield ...
4. INHALE and draw the Heirophant/ sphere up to your Personal Maharic Shield 12" below your feet ... and EXHALE while watching the Pale Silver-Blue sphere expand out to a large sphere ... and watch as your Maharic Shield pops out as a disc, about 4' in diameter, Pale Silver with a light coating of Pale Blue.
5. Bring your attention to the center of your Maharic Shield 12" below your feet ... and INHALE the 24 point Star (only) up into the Heart Chakra. EXHALE, expanding the frequencies of the 24 point Star into the Heart Chakra.
6. INHALE to grab the 24 point Star, and EXHALE, pushing the Star up into the 14<sup>th</sup> Chakra 36" above the head. Imagine that the 24 point Star is spinning in a clockwise direction in the 14<sup>th</sup> Chakra. As you do this, try to feel/ sense the energy around you, just a few inches out from your body ...
7. Now, put your attention into your Maharic Shield 12" below your feet, take a couple of relaxing breaths and INHALE deeply pulling the Pale Silver and Blue energy up, as if you are pulling on your Maharic Seal to latch it on to your 14<sup>th</sup> Chakra. Try to feel the sensations just a few inches from your body now - feel the difference if you can. This procedure gives you a Quick Seal.
8. Now envision the cord of Pale Silver Maharic Light that would normally come up with your Shield and focus on the Earth's Core. Begin drawing energy all the way up the 4" diameter cord and into the body. INHALE the energy up into the Heart Center, and expand it there. Begin to form a pale Silver ball of Maharic frequency.

On each EXHALE send your energy down to the Earth's Core to bring up another load of Maharic frequency, up from the Planetary Shields, expand it into the Heart center and repeat several times. Notice that the Cord grows larger as you do this, expanding from approximately 4" to 6 to 8" diameter, until finally it feels like a skin around (as well as within) your body ... as you load your Astral field with Maharic Frequency.

9. Move your attention to the Pale Silver ball you have created in your Heart Center, INHALE and move it up to the 14<sup>th</sup> Chakra 36" above your head.. as you do, feel for the sheath of Maharic Frequency encasing your etheric body, close to your skin. (This Maharic/ Christos skin charges, and saturates, your etheric body - feel the peacefulness and all-knowing nature of this frequency).