

Meditation and Qigong Mastery
by Ricardo B Serrano, R.Ac.

**A Guide for Healing, Inner Happiness and Spiritual
Awakening by activating and developing your Light Body**



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A Guide for Healing, Inner Happiness and Spiritual Awakening
by Activating and Developing Your Lightbody

“Where awareness (or attention) goes, energy flows
Where energy flows, awareness follows.”



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DISCLAIMER: Ricardo will not be held liable for any adverse effects arising from the meditation practices. The physical and psychological conditions of each person vary. If adverse effects are experienced, stop the practice of the meditations immediately.

Notes from Ricardo B Serrano, the author of Meditation and Qigong Mastery book and videos

The main emphasis of this book and videos that is lacking in other similar meditation and Qigong books is in activating and developing your energy bubble, also called merkaba (lightbody), Wei Qi or EMF (electromagnetic field) that, I believe, is the missing ancient divine key for healing, inner happiness and spiritual awakening.

The basis of the techniques is the activation of the Hologram of Love Merkaba, a rotating lightfield awakening your spherical consciousness. This will actually raise one's quotient of light vibration within the human atomic cell structure. Once activated, the merkaba assists us in accessing our natural Qigong state of ascended consciousness. The heart awakens and opens more to unconditional love during healing sessions and this opening continues during your normal life. The tool of the Hologram of Love is a high dimensional Divine manifestation of living that allows one to access all levels of consciousness. It has the ability to heal and rejuvenate any form of creation as it is the living conscious holographic pattern of God Source vibration.

Linking your heart to the source of Father God and to the heart center of Mother Earth allows you to draw the spiritual energies of God source and Earth together to manifest a high frequency love healing energy that uplifts the human body and etheric bodies into a state of receptivity for spiritual ascension, healing and rejuvenation.

"Divine light vehicle used by the Masters to probe and reach the faithful in the many dimensions of the Divine Mind. The Merkabah can take on many forms of a brilliant briolette in the physical worlds." -- J.J.Hurtak, Keys of Enoch

"The key to future luminaries and the key to the "divine light" is the vehicle of time translation. The "vehicle of vehicles" is "Merkabah" which creates, controls, and has the ability "to speak" through electromagnetic sinks. Merkabah revolves and goes, and rises under the heaven, or brightness of the next universe, and its course goes over the earth with the "light of its rays" incessantly into myriads of universes within the ever unfolding eternity." -- Keys of Enoch 3-0-1

Merkaba activation is best integrated with Maitreya (Shiva) Shen Gong to build the Ka, pranic or energy body, and life-force (Qi), to open one's heart to the divine energy of unconditional love, to rewire and gradually develop the capacity of the body's Qi circuitry (meridians and 8 extraordinary meridians) and higher subtle bodies to absorb minute dosages of intense divine energy, and gradually strengthen the Qi connection and oneness with one's Higher Soul, the spiritual teachers, humanity, the universe (earth, sun, moon, planets and stars), and God Source.



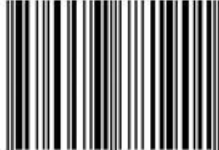
Ricardo B Serrano, R.Ac.

Ricardo B. Serrano, R.Ac., a registered acupuncturist, author of *Meditation and Qigong Mastery* book with Omkabah Heart Lightbody Activation, Serpent of Light Omkabah, and Maitreya (Shiva) Shen Gong Procedure videos and other related meditation and healing books, Qi-healer and certified Qigong teacher/ founder of Maitreya (Shiva) Shen Gong and integrative Enlightenment Qigong. He has been trained by Pan Gu Shengong Master Ou Wen Wei, Wuji Qigong Master Michael Winn, Sheng Zhen Qigong Master Li Jun Feng, Master Pranic Healer Choa Kok Sui, Zhan Zhuang Qigong Master Richard Mooney, Merkaba Master Alton Kamadon, Qi Dao Master Lama Somananda Tantrapa, Toltec Master don Miguel Ruiz, and his other teachers who are meditation, Qigong, herbal and acupuncture masters.

He has been practicing herbology, Qi-healing (Qigong with acupuncture) for over 30 years. He specializes in stress and pain management, and alcohol and drug rehabilitation through natural healing alternative modalities such as counselling, meditation, nutrition, exercise, Qigong, Qi-healing, acupuncture, herbology, acupressure.

He continues to educate his clients and everyone worldwide through his meditation and Qigong workshops, downloadable ebooks, and holistic websites at holisticwebs.com, qiwithoutborders.org, qigonghealer.com, freedomhealthrecovery.com, qigongmastery.ca, acutcmdetox.com, and quantumnaturalhealth.com. His other books are: *Return to Oneness with the Tao*, and *Return to Oneness with Spirit through Pan Gu Shen Gong*.

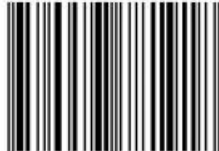
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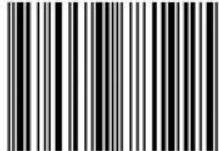
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Maitreya (Shiva) Shen Gong Procedure
(video)