

Primus Activation Meditation **by Naisha Ahsian**

The Primus Activation Meditation is the primary practice of Becoming the Human Crystal. The meditation is in several parts. Each part has its own function. The total meditation attunes one to the electromagnetic field of the Earth, synchronizes heart/ brain activity, and activates the body to carry high frequency Light energy.

I. Preparation:

1. Find yourself in a comfortable sitting position. You may have soft music playing in the background if that facilitates your meditation.
2. Take several long, slow deep breathes in through the nose and out through the mouth, to signal to the body that you are entering a meditative state.
3. Rock back slightly in your seat, until you become aware of your tailbone. Then, rock forward slightly until you are aware of the two "sit" bones located on the front bottom of your pelvis. After you have found these three points, adjust your pelvis so that you are completely aligned over the center of the triangle formed by these points.
4. Direct your breath through a point in the center of this triangle and into the Earth.
5. When you feel connected to the Earth through this breathing pattern, picture yourself in a place in nature, where you feel completely safe. Imagine the Sun shining down on your body, forming a cocoon of light around it.
6. Breathe this light into your body and down through the center of the sacred triangle.

II. Building the Grounding Cord

1. Imagine a small sphere in the very center of this triangle. As you breathe in light from the cocoon that surrounds you, fill this sphere with Light and allow it to expand, until it completely fills your pelvis.
2. When the sphere has completely expanded to fill your pelvis, imagine a small lotus seed in the very center of this sphere. Draw light into the seed with each breathe. Sense the seed swelling with this light and beginning to grow a bit larger. As it swells, imagine a small root of light breaking free from the seed. Direct this root down through the center of the triangle and into the Earth.
3. Sense the root penetrating the ground, moving down through the soil, rock, water, roots of other plants, etc; always heading for the warmth at the center of the Earth.
4. With each breath that you take, direct the root deeper into the Earth. As your root nears the center of the Earth, imagine a sphere at the very center of the inner core of the planet. Direct your root to find the sphere and gently penetrate it.
5. When your root has penetrated the sphere at the center of the planet, draw as much light as you can into your body and send it down the cord in greetings to the Earth.
6. Continue to send the light down the root into the Earth until you sense a response from the planet. This response generally comes as the Earth turns its attention to you and greets you in turn, by sending its own energy into your root.
7. Receive the energy of the Earth and draw the energy of the planet up your grounding cord to completely fill the sphere within your pelvis.
8. Continue to breathe this cycle—sending light and love into the Earth on your exhale, and drawing energy from the Earth into your pelvis on the inhale—for 10 complete breathes or more.
9. When you feel a strong cycle of energy moving through your grounding cord, move onto the next phase of the meditation—Growing the Lotus.

III. Growing the Lotus

1. After complete resonance with the Earth through your grounding cord, begin to draw Earth energy up your grounding cord and focus it into the lotus seed within the center of your pelvic sphere.
2. Draw as much energy up your grounding cord and into the seed as you can. Sense the seed expanding and swelling, until the two halves of the seed split open and small shoot emerges.
3. Use your breath to draw the energy up through your grounding cord, feeding and growing the shoot upward until its head reaches your heart center.

4. Once the flower shoot has risen to your heart area, cycle 10 complete breathes. With each breath, make the stalk stronger, wider, healthier, and more capable of carrying energy. Sense a bud beginning to form upon the end of the stalk. Draw in energy and expand the bud until it is ready to burst into flower.

IV. Sun – Flower

1. Become aware of a sphere of light, about six inches above the top of your head.
2. Draw light in from all around you to fill and expand this sphere until it is like the sun above you, radiating light and warmth all around you.
3. Then, become aware of a small sphere of light within your heart, completely surrounding the bud of the lotus.
4. Sense the sphere above your head radiating light down toward your heart. Sense the bud of the lotus receiving that energy and beginning to unfold. Allow the bud of the lotus to drink in energy from above until it has completely unfolded.
5. When the flower is full-blown, allow it to drink in the energy of the sphere above your head, drawing it down the stock, into the root, and down to the sphere at the center of the Earth.
6. Sense the center of the Earth responding in kind, sending energy back up the root, up the stalk, to be released to the sphere above your head by the flower at your heart.
7. Continue this cycle for at least 10 full breathes, or until you feel a strong cycle of energy. Draw energy in from the Earth on the inhale and releasing it out the top of the head, then drawing it in from the top of the head and down the lotus to the center of the Earth on the exhale.

V. Heart Activation

1. When you have established the Sun/Earth cycle through your heart lotus, you are ready for the heart activation.
2. Sense the sphere in the center of your heart, surrounding the flower of the lotus.
3. Draw energy into the heart area from both the sphere above your head, and the sphere at the center of the Earth simultaneously. Allow this energy to completely fill your heart, expanding the sphere there until it completely fills your chest. Then, expand it further until it is larger than you are and completely encompasses your body.
4. Hold in your heart/mind a person, object, event or experience that hold the feelings of love, sincere appreciation, gratitude, or compassion. Draw light and energy into this thought until you can truly feel these emotions. Allow these energies to completely fill the sphere that surrounds you, and then imagine that energy radiating outward from the center of your heart to completely surround the globe.
5. Lastly, send this heart energy back up to fill the sphere at the top of your head, then down to fill the spheres in your pelvis, and in the center of the Earth. Hold this energy as long as you are able. When you are unable to hold it any longer, release the thought and draw breath into your heart center as you return to your body and the room.

For more information on the work of Naisha Ahsian, the Primus Activation Meditation or becoming a certified Primus Activation Healing Technique practitioner, please visit www.CrystalisInstitute.com.