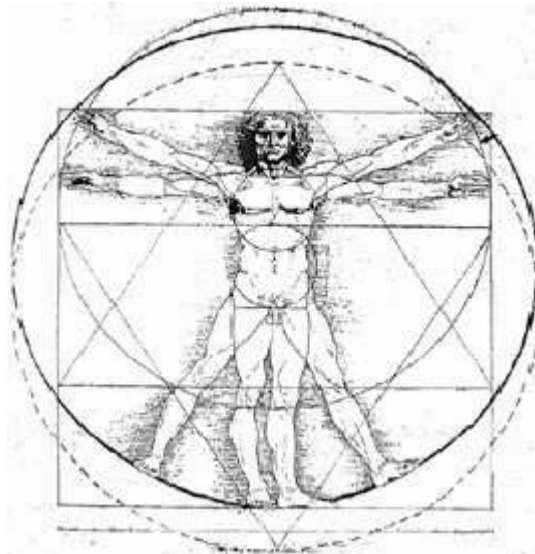


The Merkaba Meditation

Note Well: With all sincerity it is requested that if you do this meditation, you do not change your exercise of it in any way. There is a very specific reason for this which you will discover in time. In the meantime, leave us to say there is distortion afoot. That our experience of reality has been tampered with I believe does not need be gone over again here. It has taken an enormous effort to attain this information in this exact form. Read over the directions multiple times, **begin gently, like with the first 6 Breaths until you have them down pat**, then progress to the next step. Until you make contact with Higher Self, it is very, very important you follow these instructions exactly, neither adding or subtracting in your practice. The rewards, I assure you, will be well worth it.



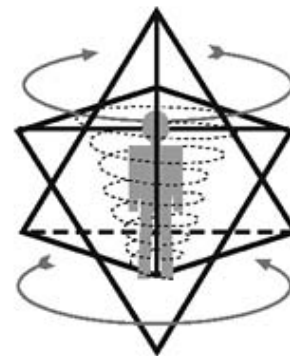
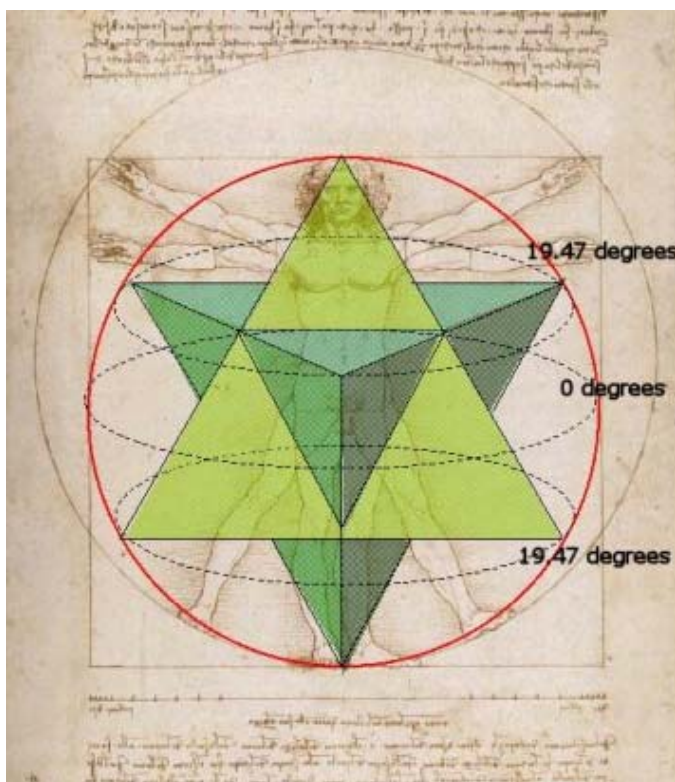
Intro: Like the Sun, we must breathe, radiating out to all life. And from all life, we will receive our manna.

Begin by creating a place in your home that is used only for this meditation. Make a space where no one will walk through or disturb you, possibly in your bedroom. A small alter with a candle and a cushion or pillow to sit upon may be helpful. Make this place holy. It is here that you will learn to create the MerKaBa around your body and make conscious contact with your higher self.

Once each day, enter into this meditation, until the time comes when you are a conscious breather, remembering with each breath your intimate connection with God.

To begin the meditation, first sit down and relax. Let the worries of the day go. Breathe rhythmically and shallowly. Be aware of your breath and relax. When you feel the tension begin to fade, begin to open your heart. Feel love. Feel love for all life everywhere. Continue to breathe rhythmically, being aware of your breath, and feel the love moving through your spirit. When the feeling of love is in your beingness, you are ready to move toward the experience of the MerKaBa. The degree you are able to love, will be the degree to which you will be able to experience the MerKaBa.

The following is an overview of the meditation to reach the MerKaBa. There are 17 breaths to reach completion. **The first six are for the balancing of the polarities within your eight electrical circuits and also for the cleansing of these circuits.** **The next seven, which are quite different, are to reestablish the proper pranic flow through your body, and to recreate spherical breathing within your body.** **The 14th breath is unique unto itself. It changes the balance of pranic energy within your body from 3rd dimensional to 4th dimensional awareness.** **The last 3 breaths recreate the rotating fields of the MerKaBa within and around your body.**

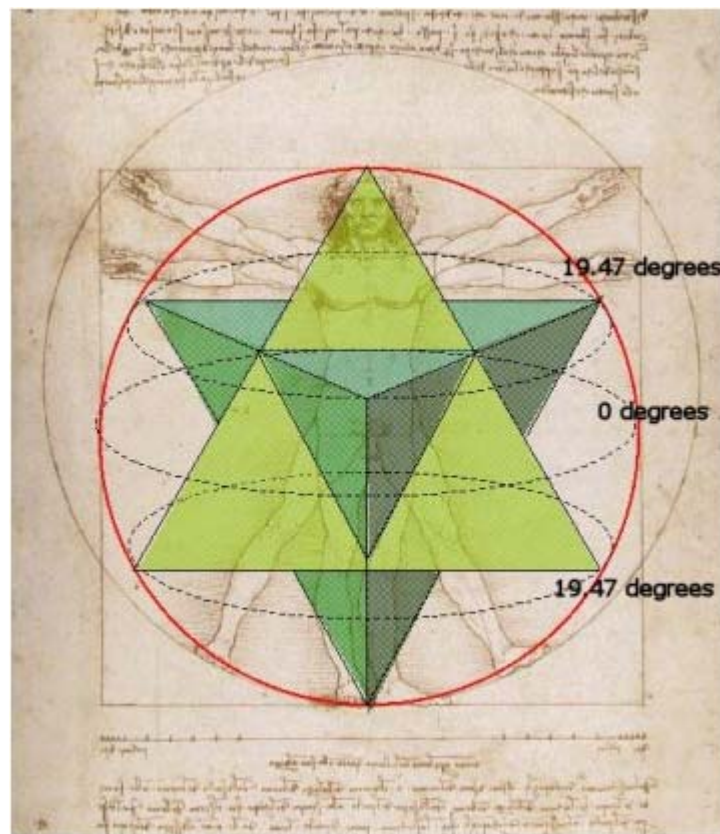


Part One – The First Six Breaths

The Instructions:

1st Breath: Inhale: **Heart:** Open your heart and feel love for all life. If you cannot do this completely you must at least open to this love as much as is possible for you. This is the most important instruction of all.

Mind: Become aware of the Sun [male] tetrahedron [the apex facing up to the sun, the point facing to the front for males, or the point facing to the back for females filled with brilliant white light surrounding your body. Visualize it the best you can. If you cannot visualize it, sense or feel it surrounding you.



Body: At the same moment of inhalation, place your hands in the mudra with your thumb and first finger touching. Remember, lightly touch your fingers, and do not allow your fingers to touch each other or any other object. Keep your palms facing up.

Breath: At this same moment, with your empty lungs, begin to breathe in a complete yogic manner. Breathe through your nostrils only, except at certain places which will be described. Simply put, breathe from your stomach first, then your diaphragm, and finally your chest. Do this in one movement, not 3 parts. The exhale is completed either by holding the chest firm and relaxing the stomach, slowly releasing your air, or by holding the stomach firm and relaxing the chest. The most important aspect is, that this breathing becomes rhythmic. Begin by using 7 seconds in and 7 seconds out. As you become familiar with this meditation, find your own rhythm.

The following instructions for a complete yogic breath are from *The Hindu-Yogi Science of Breath* by Yogi Ramacharaka. Perhaps this description from his book will be helpful:

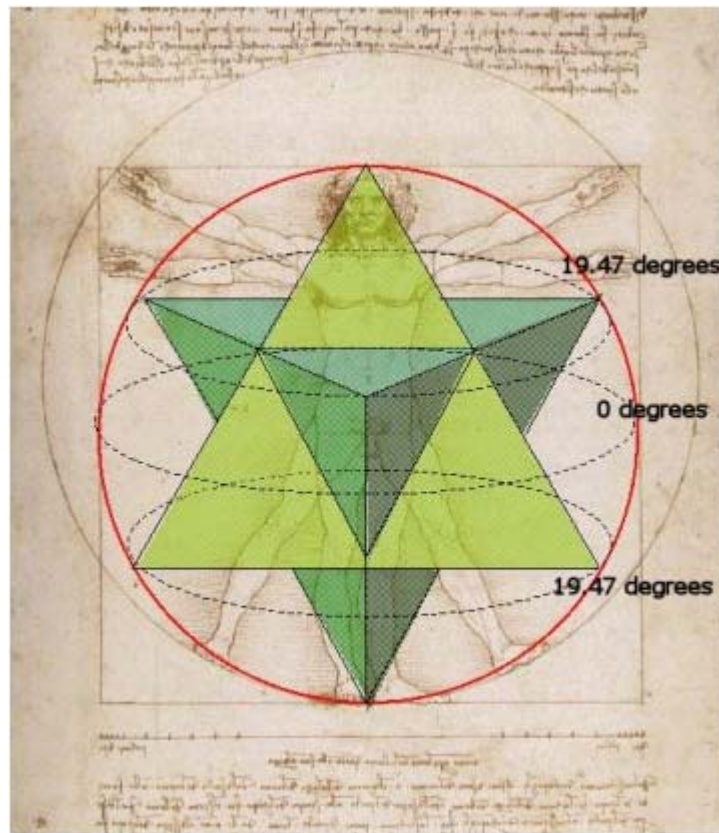
“Breathing through the nostrils, inhale steadily, first filling the lower part of the lungs, which is accomplished by bringing into play the diaphragm, while descending exerts a gentle pressure on the abdominal organs, pushing forward the front walls of the abdomen. Then fill the middle part of the lungs, pushing out the lower ribs, breastbone and chest. Then fill the higher portion of the lungs, protruding the upper chest, thus lifting the chest, including the upper six or seven pairs of ribs.

“At first reading it may appear that this breath consists of 3 distinct movements. This, however, is not the correct idea. The inhalation is continuous, the entire chest cavity from the lowered diaphragm to the highest point of the chest in the region of the collarbone, being expanded with a uniform movement. Avoid a jerky series of inhalations, and strive to attain a steady continuous action. Practice will soon overcome the tendency to divide the inhalation into 3 movements, and will result in a uniform continuous breath. You will be able to complete the inhalation in a few seconds after a little practice.

“Exhale quite slowly, holding the chest in a firm position, and drawing the abdomen in a little and lifting it upward slowly as the air leaves the lungs. When the air is entirely exhaled, relax the chest and abdomen. A little practice will render this part of the exercise easy, and the movement once acquired will be afterward performed almost automatically.”

First Breath: Exhale: **Heart:** Love. **Mind:** Become aware of the Earth [female] tetrahedron [apex pointing to the earth, with the point facing to the back for males, and the point facing to the front for females], also filled with brilliant white light.

Body: Keep the same mudra.



Breath: Do not hesitate at the top of the inhalation to begin the exhalation. Exhale quite slowly for approximately seven seconds, in the yogic manner. When the air is out of the lungs, without forcing, relax the chest and abdomen and hold the breath. When you feel pressure to breathe again, after five seconds or so, then do the following:

Mind: Be aware of the flat equilateral triangle at the top of the Earth tetrahedron located in the horizontal plane that passes through your chest at approximately 3 inches below the sternum. In a flash, and with a pulse-like energy, send that triangular plane down through the Earth tetrahedron. It gets smaller as it goes down and pushes all the negative energy of the mudra or electrical circuit out the tip or apex of the tetrahedron. A light will shoot out

of the apex toward the center of the earth. The mind exercise is performed simultaneously with the following BODY movements.

Body: Move your eyes slightly toward each other, or in other words, slightly cross your eyes. Now bring them up to the top of their sockets, or, in other words, look up. This motion of looking up should not be extreme. You will feel a tingling sensation between your eyes in the area of your “third” eye. Now look down to the lowest point you can, as fast as you can. You may feel an electrical sensation move down your spine. The MIND and BODY must coordinate the above mental exercise with the eye movements. The eyes look down from their uppermost position at the same time the mind sees the triangular horizontal plane of the Earth tetrahedron move down to the apex of the Earth tetrahedron.

This combined exercise will clean out the negative thoughts and feelings that have entered into your electrical system. Specifically, it will clean out the part of your electrical system that is associated with this particular mudra you are using. Immediately upon pulsing the energy down your spine, change mudras to the next one and begin the entire cycle over again.

The next 5 breaths are a repeat of the first breath with the following mudra changes:

2nd Breath

Mudra: Thumb and 2nd finger together.

3rd Breath

Mudra: Thumb and 3rd finger together.

4th Breath

Mudra: Thumb and little finger together.

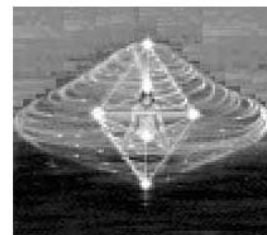
5th Breath

Mudra: Thumb and first finger together [same as 1st breath].

6th Breath

Mudra: Thumb and 2nd finger together [same as 2nd breath].

Part One, The First 6 Breaths ~ the balancing of the polarities and the cleansing of your electrical system ~ is now complete. You are now ready for Part 2, The Next 7 Breaths.



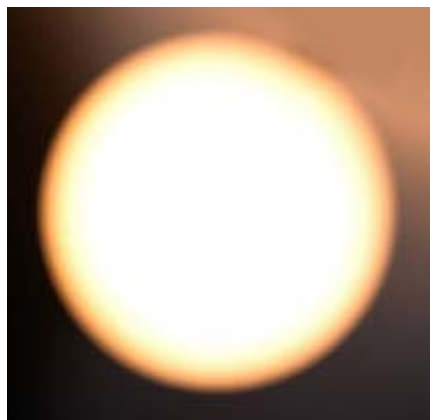
Part Two – The Next Seven Breaths – To Create Spherical Breathing

Here an entirely new breathing pattern begins. You do not need to visualize the star tetrahedron at this time. You only need to see and work with the tube that runs through the star, from the apex of the Sun tetrahedron above your head, to the apex of the Earth tetrahedron below your feet. The diameter of your tube will be the size of the hole formed by touching your thumb and middle finger together. The tube is "like" a glass fluorescent tube running straight as an arrow with a crystalline tip at each end that fits into the apex of each tetrahedron.

7th breath: Inhale: **Heart:** Love. There is another refinement here that can be used after you have perfected this meditation. It will be discussed in class.

Mind: Visualize or sense the tube running through your body. The instant you begin the 7th inhale, see the brilliant white light of prana moving up and down the tube at the same time. This movement is almost instantaneous. The point where these 2 light beams meet within your body is controlled by the mind and is a vast science known throughout the universe. In this teaching, however, you will only be shown what is necessary to take you from 3rd to 4th dimensional awareness.

In this case you will direct the two beams of prana to meet at your navel, or more correctly, within your body at the navel level, inside the tube. The movement of the 2 beams of prana meet, which is just as the inhale begins, a sphere of white light or prana about the size of a grapefruit, is formed at the meeting point centered on the tube. It all happens in an instant. As you continue to take the inhale of the 7th breath, the sphere of prana begins to concentrate and grow slowly.



Body: For the next 7 breaths, use the same mudra for both inhale and exhale; the thumb, 1st and 2nd fingers touching together, palms up.

Breath: Deep rhythmic yogic breathing, 7 seconds in and 7 seconds out. There is no holding of the breath from now on. The flow of prana from the 2 poles will not stop or change in any way when you go from inhale to exhale. It will be a continuous flow that will not stop for as long as you breathe in this manner, even after death, resurrection or ascension.

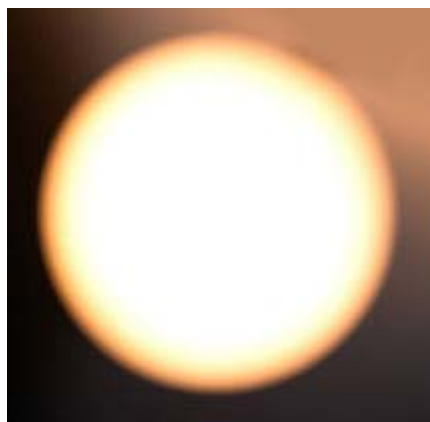
7th Breath: Exhale: **Mind:** the prana sphere centered at the navel continues to grow. By the time of the full exhale, the prana sphere will be approximately 8 or 9 inches in diameter.

Breath: Do not force the air out of your lungs. When your lungs empty naturally, immediately begin the next breath.

8th Breath: Inhale: **Heart:** Love. **Mind:** The prana sphere continues to concentrate life force energy and grow in size.

8th Breath: Exhale **Mind:** The prana sphere continues to grow in size and will reach maximum size at the end of this breath. The maximum size is different for each person. If you put your longest finger in the center of your navel, the line on your wrist defining your hand will show you the radius of the maximum size of this sphere for you. This sphere of prana cannot grow larger.

9th Breath: Inhale **Mind:** The prana sphere cannot grow larger, so the prana begins to concentrate within the sphere. The visual appearance is that the sphere grows brighter.



Breath: The sphere grows brighter and brighter as you inhale.

9th Breath: Exhale: **Breath:** As you exhale, the sphere continues to grow brighter and brighter.

10th Breath: Inhale **Mind:** As you breathe in the 10th breath, the sphere of light in your stomach area will reach maximum concentration. Approximately halfway into the inhalation of the 10th breath, at the moment of maximum possible concentration, the sphere will “ignite” and change color and quality. The blue electric color of prana will turn into the golden color of the sun. The sphere will become a golden sun of “brilliant light”. As you complete the 10th breath inhale, this new golden sphere of light will rapidly reach a new and higher concentration. At the moment you reach full inhalation of the 10th breath, the golden sphere of light in your body is ready for a transformation.

10th Breath: Exhale: **Mind:** At the moment of exhale, the small sphere of golden light, 2 hand lengths in diameter, bulges to expand. In 1 second, combined with the breath talked about below, the sphere expands quickly to the sphere of Leonardo, to the finger tips of your extended arms. Your body is now completely enclosed within a huge sphere of brilliant golden light. You have returned to the ancient form of spherical breathing., However, at this point, the sphere is not stable. You must breathe 3 more times to stabilize the sphere.

Breath: At the moment of exhale, make a small hole with your lips and blow out your air with pressure. As you feel the sphere begin to bulge, all within the 1st second of this exhale, let all your air out rapidly. The sphere will expand at that moment.

11th, 12th & 13th Breaths: Inhale & Exhale: **Mind:** Relax and just feel the flow of the prana flowing from the two poles, meeting at the navel and expanding out to the large sphere.

Breath: Deep rhythmic yogic breathing. At the end of the 13th breath you have stabilized the large sphere and are ready for the important 14th breath.

It is important to note here that the original small sphere is still there inside the larger sphere. In fact, the small sphere is actually brighter and more concentrated than the larger one. It is from this inner sphere that prana is drawn for various purposes such as healing.

Part Three – The 14th Breath

14th Breath: Inhale: **Heart:** Love. **Mind:** On the inhale of the 14th breath, at the very beginning of the breath, move the point where the two beams of prana meet from the navel to about 1 inch above the sternum, the 4th dimensional chakra. The entire large sphere, along with the original small sphere, with is still contained within the large sphere, moves up to the new meeting point within the tube. Though this is very easy to do, it is an extremely powerful movement. Breathing from this new point within the tube will inevitably change your awareness from 3rd to 4th dimensional consciousness, or from Earth consciousness to Christ Consciousness. It will take awhile, but as I have said, it is inevitable.

Body: This mudra will be used for the rest of the meditation. Males will place the left palm on top of the right palm, and females will place the right palm on top of the left palm. Let the thumbs lightly touch each other. It is a mudra that relaxes.



Breath: Deep rhythmic yogic breathing. However, if you continue to breathe from your Christ center without moving on to the MerKaBa [which is recommended until you have made contact with your higher self], then shift to a shallow breath. In other words, breathe rhythmically but in a comfortable manner where your attention is more on the flow of energy moving up and down the tube meeting at the sternum and expanding out to the large sphere. Just feel the flow. Use your feminine side to just be. At this point don't think. Just breathe, feel and be. Feel your connection to all life through the Christ Breath. Remember your intimate connection with God.

Part Four – The Merkaba Vehicle Of Ascension – Last Three Breaths

You are asked not to attempt this 4th Part until you have made contact with your higher self, and your higher self has given you permission to proceed. This part is to be taken seriously. The energies that will come into and around your body and spirit are of tremendous power. If you are not ready, you could hurt yourself. If your higher self gives you permission to enter into the MerKaBa, then don't fear, for you will be ready.

15th Breath: Inhale

Heart: Unconditional love for all life.

Mind: Be aware of the whole star tetrahedron. Each whole star tetrahedron is composed of one Sun [male] tetrahedron interlocked with one Earth [female] tetrahedron. These 2, male and female tetrahedrons together, form the whole star tetrahedron, the 3-dimensional Star of David. And, realize, that there are three whole star tetrahedrons superimposed over each other. Each whole star tetrahedron is

exactly the same size, and each whole star tetrahedron has a polarity of its own, male, female and neutral.

The 1st whole star tetrahedron is neutral in nature, is literally the body itself, and is locked in place at the base of the spine and never changes its orientation except under certain conditions. It is placed around the body according to maleness or femaleness.

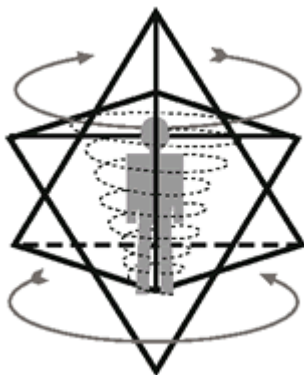
The 2nd whole star tetrahedron is male [Sun] in nature, is electrical, is literally the human mind and can rotate counter-clockwise relative to your body looking out. Or, to put it another way, it rotates toward your left side, beginning from a point in front of you.

The 3rd whole star tetrahedron is female [Earth] in nature, is magnetic, is literally the human emotional body and can rotate clockwise relative to your body looking out. Or to put it another way, it rotates toward your right side, beginning from a point in front of you.

To be clear, this does not mean to rotate the Sun [male] tetrahedron one way and the Earth [female] tetrahedron the other way. When we say rotate the whole star tetrahedron, we mean the whole thing.

On the inhale of the 15th breath, as you are inhaling, say to yourself in your mind, the code words, “Equal Speed”. This will start the 2 rotatable whole star tetrahedrons spinning in opposite directions at equal speeds. This means there will be a complete rotation of the mind tetrahedrons, for every complete rotation of the emotional tetrahedrons. If one set goes around 10 times, the other set will also go around 10 times, only in the other direction.

Body: Continue the mudra of the folded hands from now on.



Breath: Deep rhythmic yogic breathing again, but only for the next three breaths. After that return to shallow rhythmic breathing.

15th Breath: Exhale

Mind: The 2 sets of tetrahedrons take off spinning. In an instant they will be moving at exactly one third $[1/3]$ the speed of light at their outer tips. You probably will not be able to see this because of their tremendous speed, but you can feel it. What you have just done is to start the “motor” of the MerKaBa. You will not go anywhere, or have an experience. It is just like starting the motor of a car, but keeping the transmission in neutral.

Breath: Make a small hole with your lips just like you did for breath number 10. Blow out in the same manner, and as you do, feel the 2 sets of tetrahedrons take off spinning.

16th Breath: Inhale

Mind: This is the most amazing breath. On the inhale, as you are inhaling, say to yourself in your mind, “34 - 21”. This is the code to your mind to spin the two sets of tetrahedrons at a ratio of 34 - 21. Meaning that the mind tetrahedrons will spin to the left 34 times while the emotional tetrahedrons will spin to the right 21 times. As the 2 sets speed up, the ratio will remain constant.

Breath: Deep rhythmic yogic breathing.

16th Breath: Exhale

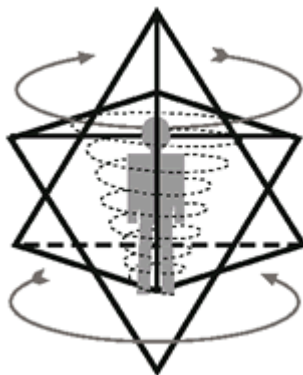
Mind: As you let out the breath, the 2 sets of tetrahedrons take off from their setting at one-third $[1/3]$ the speed of light to two-thirds $[2/3]$ the speed of light in an instant. As they approach two-thirds the speed of light, a phenomenon takes place. A disk about 55 feet in diameter forms around the body at the level of the base of the spine. And the sphere of energy that is centered around the 2 sets of tetrahedrons forms with the disk to create a shape that looks like a “flying saucer” around the body. This energy matrix is called the MerKaBa. However, it is not stable. If you see or sense the MerKaBa around you at this point, you will know it to be unstable. It will be slowly wobbling. Therefore, breath number 17 is necessary.



Breath: Same as breath number 15. Make a small hole in the lips, and blow out with pressure. It is at this point that the speed increases. As you feel the speed increasing, let out all your breath with force. This action will cause the higher speed to be fully obtained and the MerKaBa to be formed.

17th Breath: Inhale

Heart: Remember, unconditional love for all of life must be felt throughout all of this meditation or no results will be realized.



Mind: As you breathe in, say to yourself, in your mind, the code “nine tenths the speed of light”. This code will tell your mind to increase the speed of the MerKaBa to nine-tenths [9/10] the speed of light which will stabilize

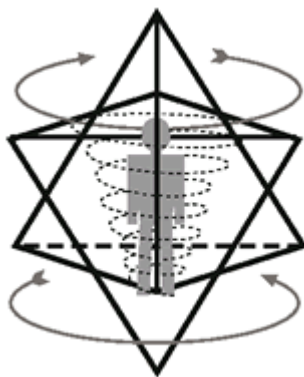
the rotating field of energy. It will also do something else. The 3rd dimensional universe that we live in is tuned to 9/10 the speed of light. Every electron in your body is rotating around every atom in your body at 9/10 the speed of light. This is the reason this particular speed is selected.

Breath: Deep rhythmic yogic breathing.

17th Breath: Exhale

Mind: The speed increases to 9/10 the speed of light and stabilizes the MerKaBa.

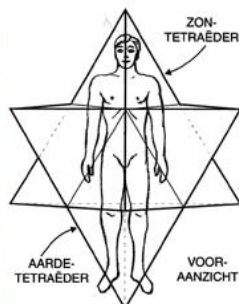
Breath: Same as breaths 15 and 16. Make a small hole in your lips, and blow out with pressure. As you feel the speed take off, let all your breath out with force. You are now in your stable, and 3rd-dimensionally tuned, MerKaBa. With the help of your higher self, you will understand what this really means.



After you are finished with the breathing exercise, either breath 14 or breath 17, technically you can immediately get up and return to your everyday life. If you do, try to remember your breathing and the flow through your body as long as you can.

However, it would be desirable to remain in the meditation for awhile longer, perhaps 15 minutes to an hour. While you are in this meditative state, your thoughts and emotions are amplified tremendously. This is a great time for positive affirmations. Talk to your higher self to discover the possibilities of this special meditative time.

18th Breath



18th Breath: This very special breath will not be taught here. You must receive it from your higher self. It is the breath that will take you through the speed of light into the fourth dimension. You will disappear from this world and reappear in another one that will be your new home for awhile. This is not the end, but the beginning of an ever-expanding consciousness returning you HOME to your FATHER.

If you share this information with others, please make sure that they have all the knowledge leading to this understanding. If they cannot get to a workshop, then let them see the videos of this workshop, which they can do through the facilitator's program. If they cannot do that, at least lead them through with the photographs. If I can be of help in any way, or if there is anything that is not clear, please give me a call or write.



**In Love and Service,
Drunvalo Melchizedek**

Drunvalo's web address is <http://www.drunvalo.net>