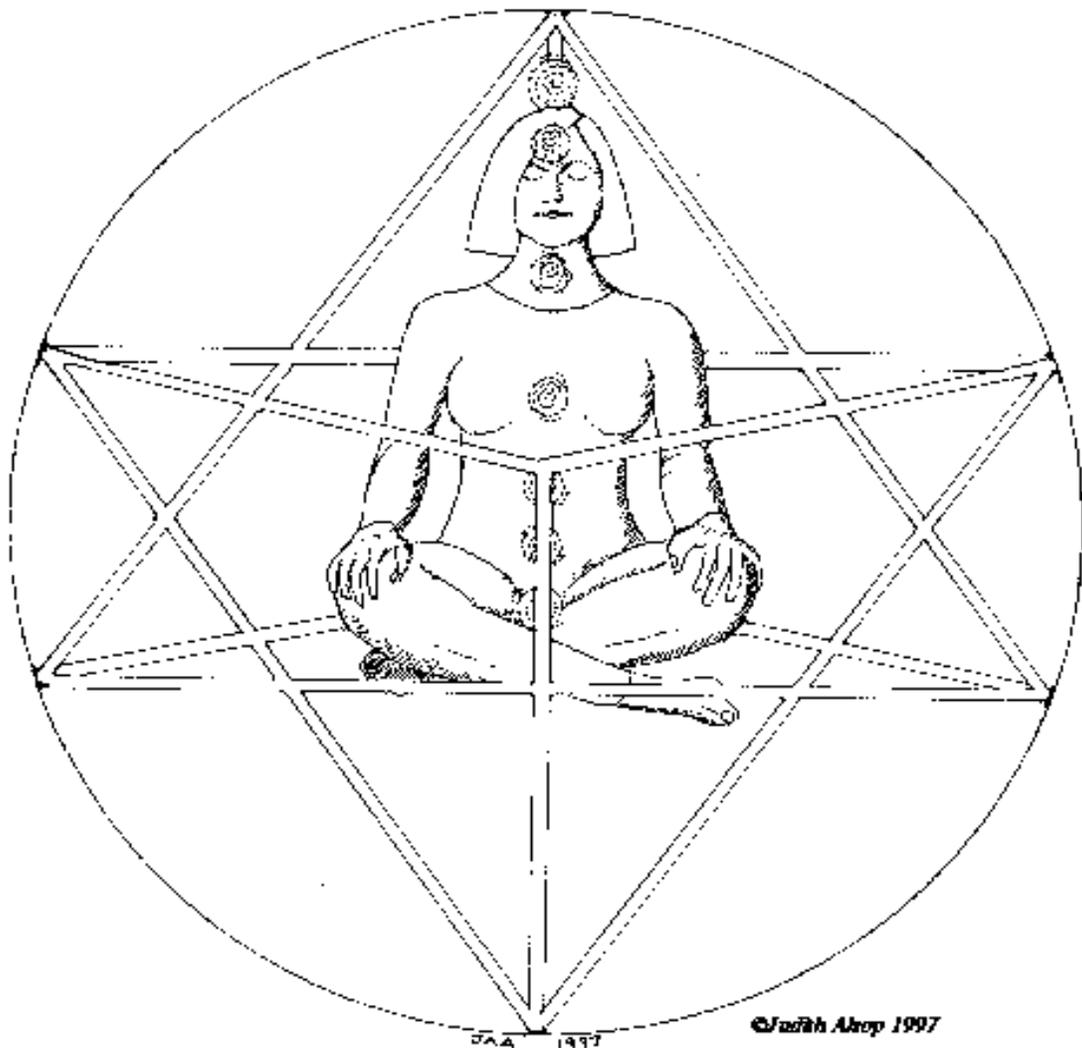


# MERKABAH

STAR TETRAHEDRON \* MEDITATION



## **MERKABAH MEDITATION**

In accordance with the teachings of Drunvalo Melchizedek The Merkabah meditation is one of the most powerful tools for mental, emotional and spiritual development. The purpose of creating a merkabah is to expand the different energy fields of the subtle bodies by activating the Merkabah field. To be acquainted with the general aspects of the Sacred Geometry that act as a starting point for activating the Merkabah field. The ascension process begins when you remember the Merkabah energy field. This is an energy field that extends 55 feet around the body and is of a geometric and crystalline nature.

Merkabah means counter rotatory Light-Energy field. It is known that this energy field was an active part of human beings 13,000 years ago and due to the dimensions phase out, conscience decreased towards third dimension and the Merkabah conscience was lost. The memory of this field is activated by drawing and meditating on the mandalas of Flower of Life, which include within themselves all Universal knowledge that correlates with all knowledge co-integrated in the pineal gland, which is within the brain. This process impels the pineal gland's ulterior purpose, which is to retake the ancient way of breathing. The interconnection between breathing and conscience is the key towards a higher conscience and to access other dimensions. This will propel the Christ Conscience evolution. Merkabah is a natural field of protection.

The Merkabah field is activated through a 17 breath and mudras system; you mentally connect the mental and emotional fields which have a tetrahedron form. Additionally and implicitly the way of breathing Prana will be modified, just as it was done 13,000 years ago. This is through a respiration in which air fills the totality of the pulmonary space, this breathing along with the integration of pranic flow through the crystalline geometric body's vortex, opens a literal whole new world for you. This breathing allows you to make contact with your Superior Being so that a clear and confident guidance emerges within you.

Your ability for remembering who you really are and what is your intimate connection with God will be stimulated. Your higher centers will be opened and new and extraordinary possibilities will manifest themselves, which will facilitate your own transformation. The activation of their Mer-Ka-Bah field and entering into a state of deep and constant peace.

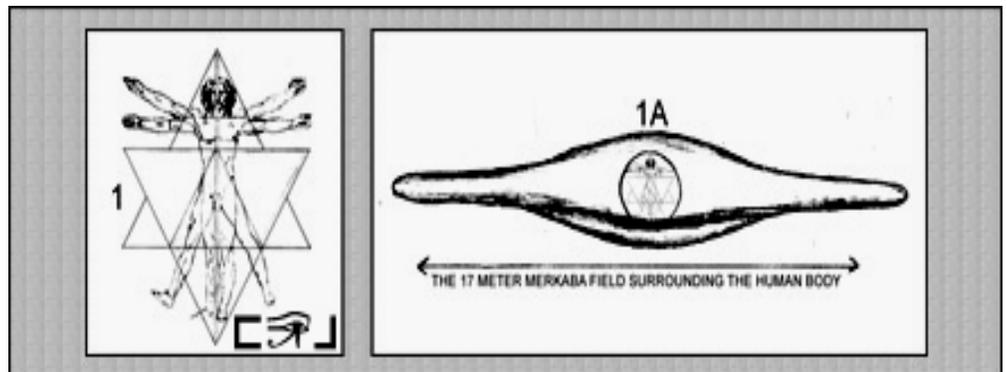
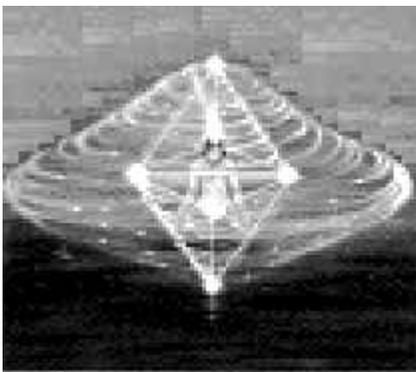
### **THE POWER OF THIS MEDITATION**

The MERKABAH meditation consists of 17 breaths in order to activate the MERKABAH field and an additional one in order to transcend to Fourth Dimension or Higher Dimensions. The power of this meditation lies on understanding how to reach the Christ Consciousness by studying Sacred Geometry, and practicing with discipline the Merkabah Meditation. With the support of a breathing technique and visualization, the light star tetrahedrons are activated, which are part of the Human Beings light body. The last steps of the meditation teaches you how to control these light tetrahedrons which are rotated counterclockwise, at high speed, at the speed the electron revolves around the neutron in third dimension matter, this creates the MERKABAH field: a light body with the form of a flying saucer 55 feet in diameter. When this is done correctly the student automatically reaches the Christ Conscience dimension. Richard Dannelley describes Christ Conscience as an existence state that represents an absolute harmony with the Universe. This is why when one does this meditation a constant rest state is reached, a sea of tranquility.

This leads the student beyond the chaos in our conscience, of our current level of conscience, itowards a state of existence of total resonance with the basic energy patterns of the Universe. This is the love energy of the Universe, also the key element, unconditional love, the attitude and basic sensation in practicing this meditation. Complementary, MERKABAH, in a more advanced meditation, leads to experiencing the Christ Conscience Net, which practically surrounds each persons Merkabah field and in a similar way is also present around our Planet.

These nets and Light Stars that surround the human body are perfect geometric figures, which are studied and understood through the Sacred Geometry study. The Christ Conscience nets have the form of a dodecahedron (with an icosahedron). The Light Star that surrounds our body is conformed of two tetrahedrons, one pointing downwards and the other pointing upwards. Both tetrahedrons together form a light star which seen from above looks like the Star of David. In practice they are three stars on the same space, so that with this arrangement, by ones own free will and a mental order can be made to rotate counterclockwise. This, along with the help of mudras and Pranayama breathing, activates the MERKABAH field and automatically changes the way we breathe Prana, just as we did 13,000 years ago.

This change of pranic breathing will manifest itself likewise in the people we live with. A process begins where the vibratory level of our physical and subtle bodies increases, this is of the outmost importance because the Ascension process begins. The first step towards immortality begins, in mortality being a level of Christ Conscience where from this stage onwards our memory will remain intact in this transition where our planet and many beings that inhabit it, will move onward towards higher dimensions of conscience. You could also accomplish this!



Depending on the height of the person doing the exercise, this field is about 55 feet across. Once activated, this 'saucer' shaped field is capable of carrying ones consciousness directly to higher dimensions.

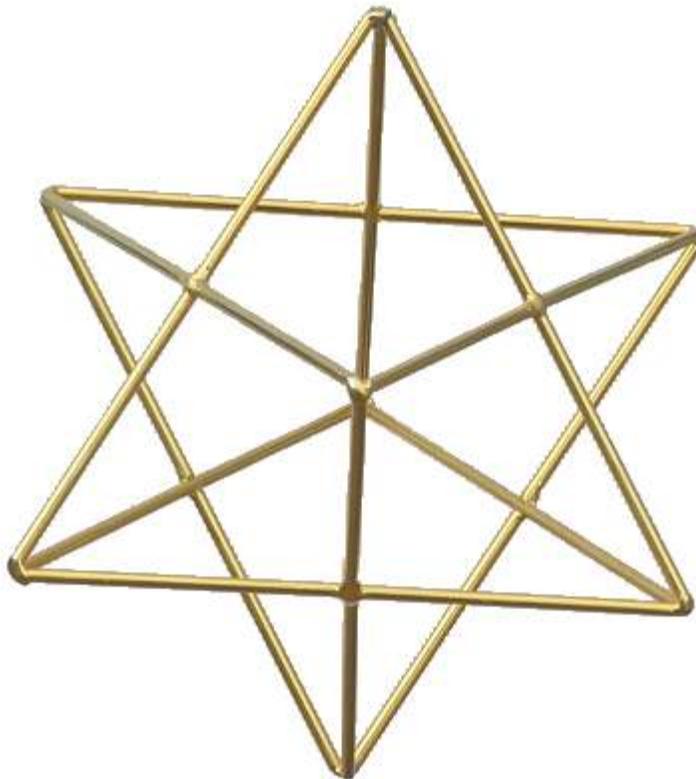


**The Teaching Of Spherical Breathing: Using 18 Breaths ...**

## MERKABA STAR TETRAHEDRON

**MER = Light, KA = Spirit, BA = Body**

1. A powerful tool for shifting patterns in the DNA
2. Shifts psychological patterns and the beliefs on which they are based
3. Supports transition mentally, physically, emotionally, and Spiritually
4. Assists reduction of stress by helping us to remember Alone is All One
5. Assist the physical body to connect to the etheric body.
6. Helps to settle and calm one's fear of death
7. Helps in the transition for terminally ill.
8. It is a good form to place between two people at heart level during meditation for a healing and balanced energy exchange.



This shape is marvelous in its simplicity. The tetrahedron is the most basic shape to be found in the three dimensional universe of volume. The Merkaba Star Tetrahedron is actually two tetrahedrons interlocked to form a three-dimensional Star of David. The configuration of the Star Tetrahedron is formed within the first eight cells of life and remains fixed at the base of the spine throughout one's life. The Star Tetrahedron also models the energetic body of the human being, the blending of Heaven and Earth, Male and Female and was known in esoteric knowledge of Ancient Egypt as the 'Merkaba'.

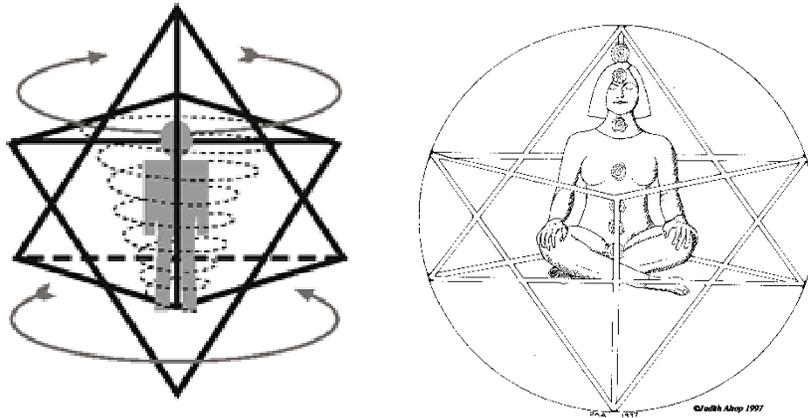
# MERKABA MEDITATION \* The MER-KA-BA

## THE TEACHING ON SPHERICAL BREATHING

*By Drunvalo Melchizedek*

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

Merkaba, also spelled Merkabah, is the divine light vehicle allegedly used by ascended masters to connect with and reach those in tune with the higher realms. "Mer" means Light. "Ka" means Spirit. "Ba" means Body. Mer-Ka-Ba means the spirit/body surrounded by counter-rotating fields of light, (wheels within wheels), spirals of energy as in DNA, which transports spirit/body from one dimension to another.



## PREPARATION:

1. 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 altar 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 MER-KA-BA around your body and make conscious contact with your higher self.
2. 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.
3. To begin the meditation, first sit down and relax. Let the worries of the day go. Breathe rhythmically and shallow.
4. Be aware of your breath and relax.
5. When you feel the tension begin to fade, begin to open your heart. Feel Love. Feel Love for all life everywhere.
6. Continue to breathe rhythmically, being aware of your breath, and feel the Love moving through your spirit.
7. When the FEELING of love is in your beingness, you are ready to begin to move towards the experience to the MER-KA-BA. Without this Love, no amount of knowledge will create the MER-KA-BA. To the degree you are able to Love, will be the degree you will be able to experience the MER-KA-BA.

The following is an overview of the meditation to reach the MER-KA-BA. There are seventeen breaths to reach completion. The first six are for 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 re-establish the proper pranic flow through your body, and to recreate Spherical Breathing within your body. The fourteenth breath is unique unto itself. It changes the balance of pranic energy within your body from third dimensional to fourth dimensional awareness. The last three breaths recreate the rotating fields of the MER-KA-BA within and around your body.

## THE INSTRUCTIONS:

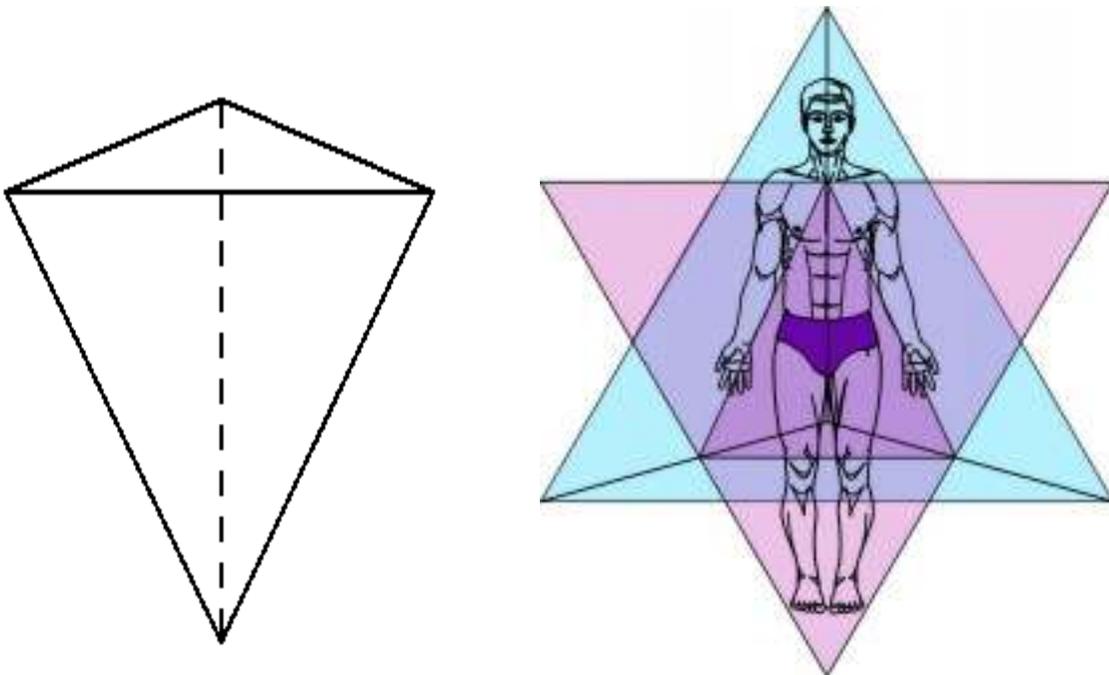
*There are 17+1 breaths, where the first six are for balancing the polarity, the next seven for proper pranic flow through the entire body. The further breaths are for shifting the consciousness from 3rd to 4th dimension and finally the last three breaths is for re-creating the rotating Merkabah within and around the body. The last breath is not taught. 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.*

The following instructions will be broken down into four areas: **MIND, BODY, BREATH and HEART.**

## TETRAHEDRONS

Below is a diagram of the set of (Sun and Earth) tetrahedrons as they fit around the human body and their orientation for both men and women (note they are different!):

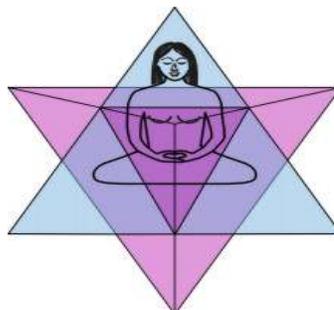
**Male in Merkabah \* Note the position of Tetrahedron**



### EARTH TETRAHEDRON

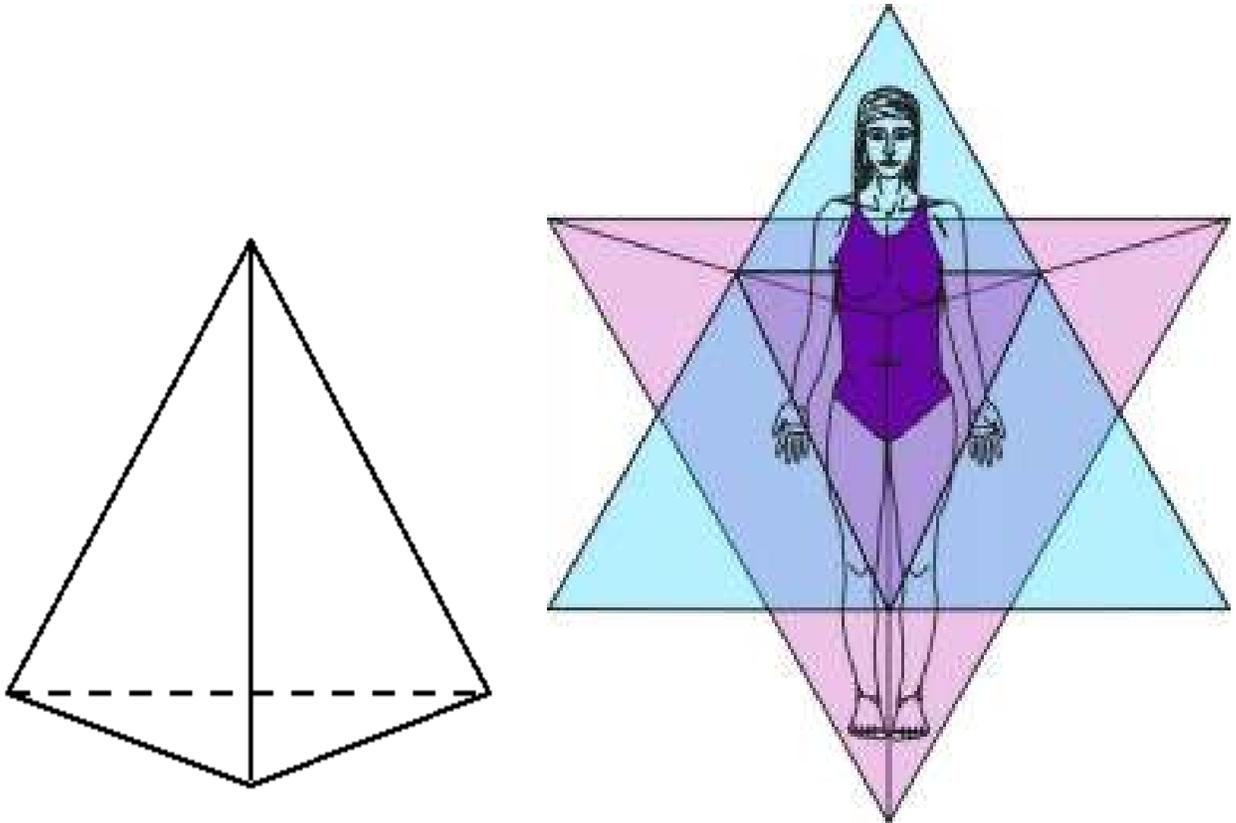
**Points downward to Earth.** Visualize the prana energy moving up through the downward-pointing apex and filling the form on the out breath. Bottom point is one hand length below the feet and the base comes up to the chest.

- **Male Orientation** - point at chest area in back
- **Female Orientation** - point at chest area in front



**Female Merkabah \* Note the position of the Tetrahedron.**

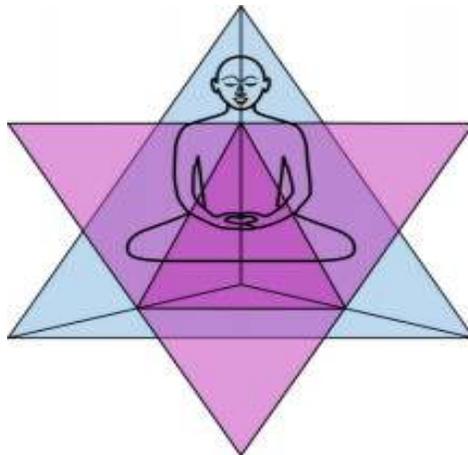
## Female Merkabah \* Note the position of the Tetrahedron.



### SUN TETRAHEDRON:

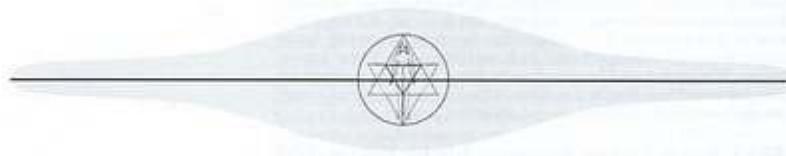
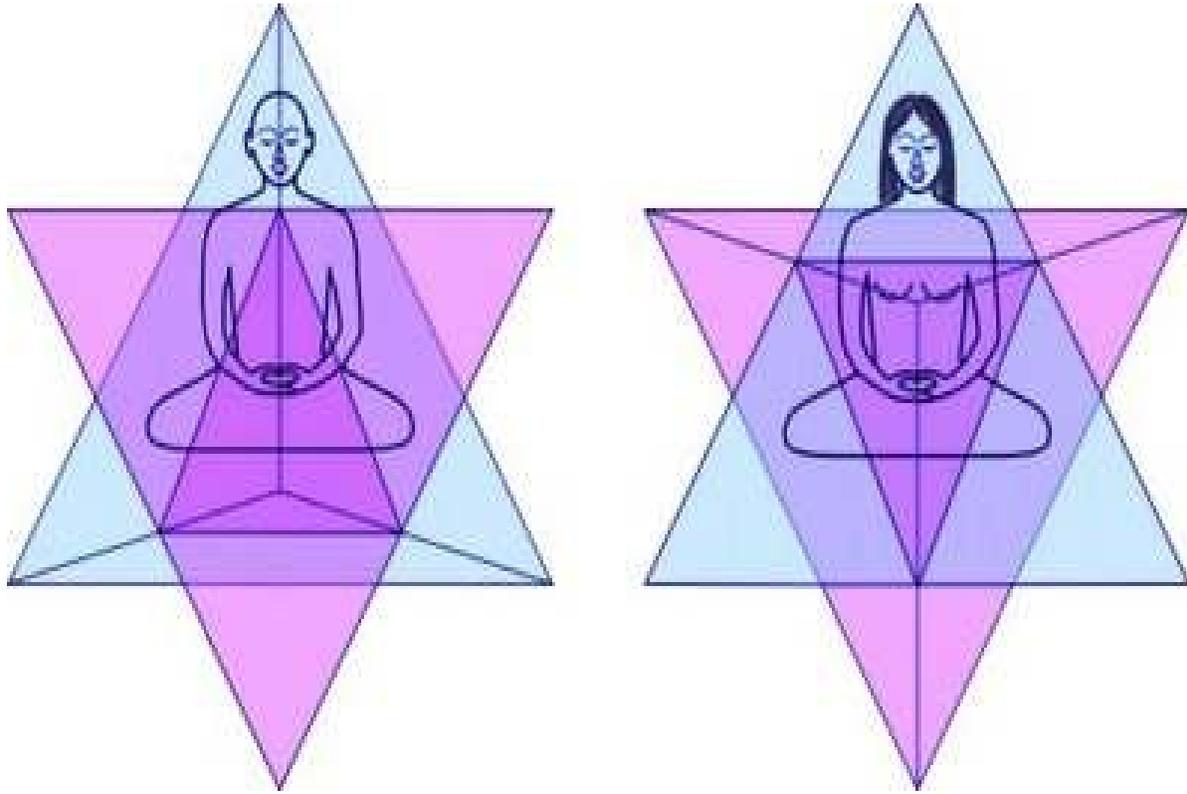
**Points upwards towards the sky.** Visualize white prana light coming in through the apex and filling the form on the in breath. The top point is one hand length above the head and the base comes down to the knees.

- **Male Orientation** - point at base in front.
- **Female Orientation** - point at base in back



**Male Merkabah \* Note position of the Tetrahedron**

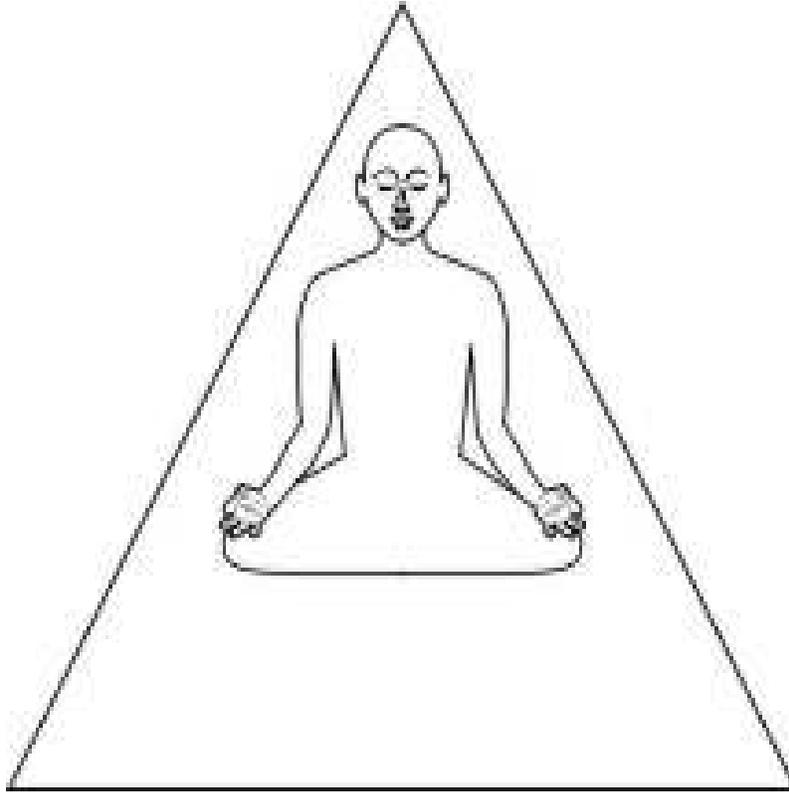
# MALE AND FEMALE MERKABAH



## **FIRST BREATH: Inhale**

### **HEART:**

Open your heart and feel love for all life. If you cannot do this, you must at least open to this love as much as is possible for you. This is the most important instruction of all.

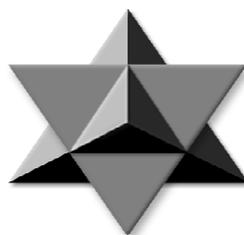


### **MIND:**

1. Become aware of the male tetrahedron (the apex facing up to the sun, the point facing to the front for male, the point to the back for females) filled with the brilliant white light surrounding your body.
2. Visualize it the best you can. If you cannot visualize it, sense or feel it surrounding you.

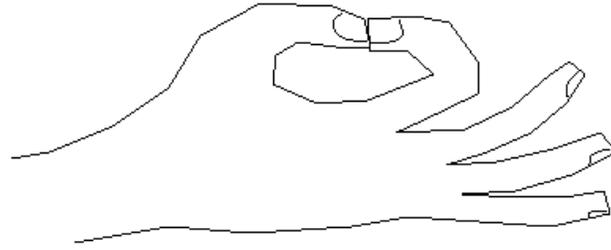
### **BODY:**

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



## MUDRA POSITIONS:

Left palm (facing up) - thumb and first finger MUDRA



Male hand position- left hand resting in right palm  
(opposite for females)



## BREATH:

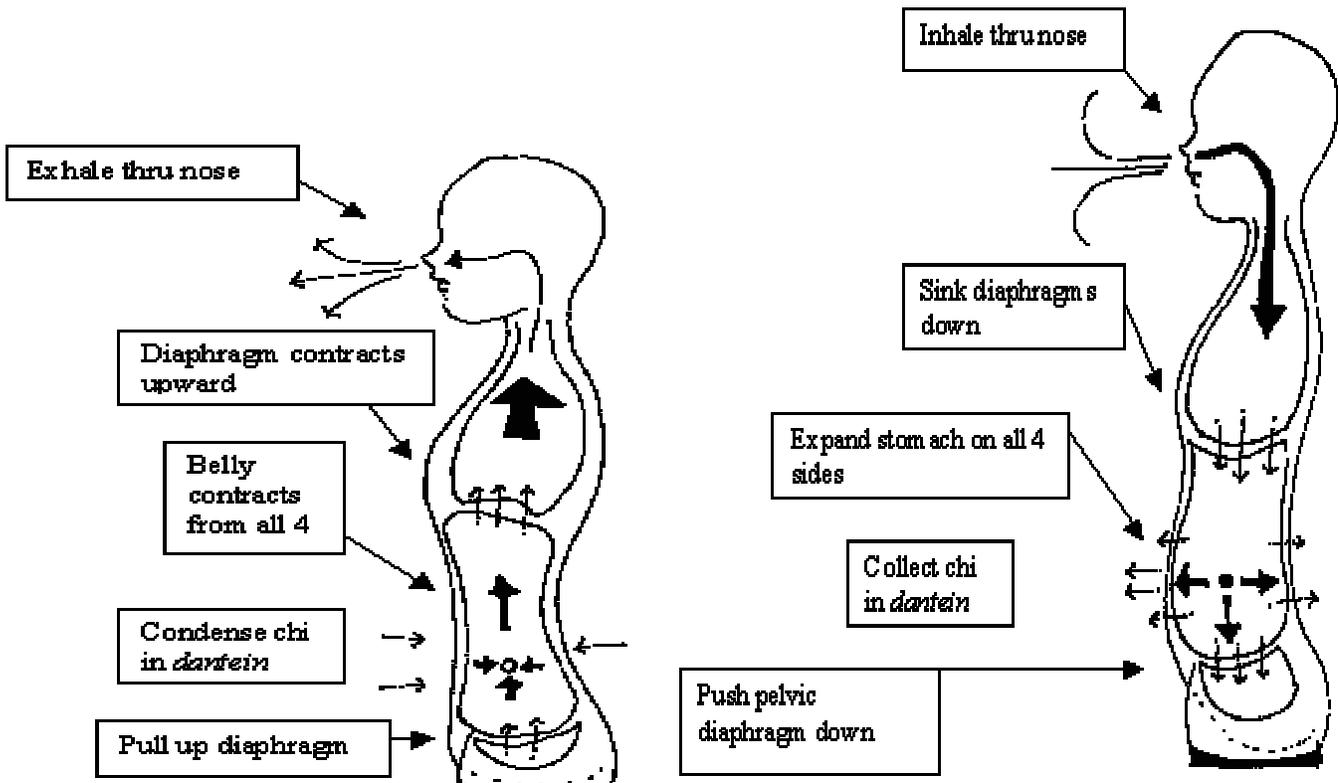
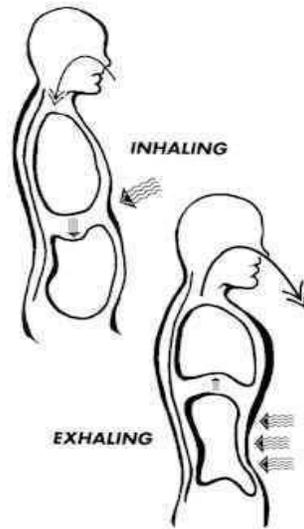
1. At this same moment, with empty lungs, begin to breath in a complete yogic manner.
2. Breathe through your nostrils only, except at certain places, which will be described. Simply put, breath from your stomach first, then your diaphragm, and finally your chest.
3. Do this in one movement, not three parts.
4. The exhale is completed either by holding the chest firm and relaxing the stomach, slowly releasing the air, or by holding the stomach firm and relaxing the chest.
5. The most important aspect is that this breathing must be rhythmic.
6. Begin by using seven seconds in and seven seconds out, but as you get 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 Ramacharake.***

Perhaps this description will be helpful.

1. Breathing through the nostrils, inhale steadily, first filling the lower part of the lungs, which is accomplished by bringing into play the diaphragm, which descending exerts a gentle pressure on the abdominal organs, pushing forward the front walls of the abdomen.
2. Then fill the middle part of the lungs, pushing out the lower ribs, breastbone and chest.
3. Then fill the higher portion of the lungs, protruding the upper chest, thus lifting the chest, including the upper six or even pairs of ribs.
4. At first reading it may appear that this breath consists of three distinct movements. This, however, is not the correct idea.
5. The inhalation is continuous, the entire chest cavity from the lowered diaphragm to the highest point of the chest in the region of the collar bone, being expanded with a uniform movement. Avoid a jerky series of inhalations, and strive to attain a steady continuous action.

6. Practice will soon overcome the tendency to divide the inhalation into three movements, and will result in a uniform continuous breath.
7. You will be able to complete the inhalation in a few seconds after a little practice.
8. Exhale quite slowly, holding the chest in a firm position, and drawing the abdomen in a little and lifting it upward as the air leaves the lungs.
9. 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.



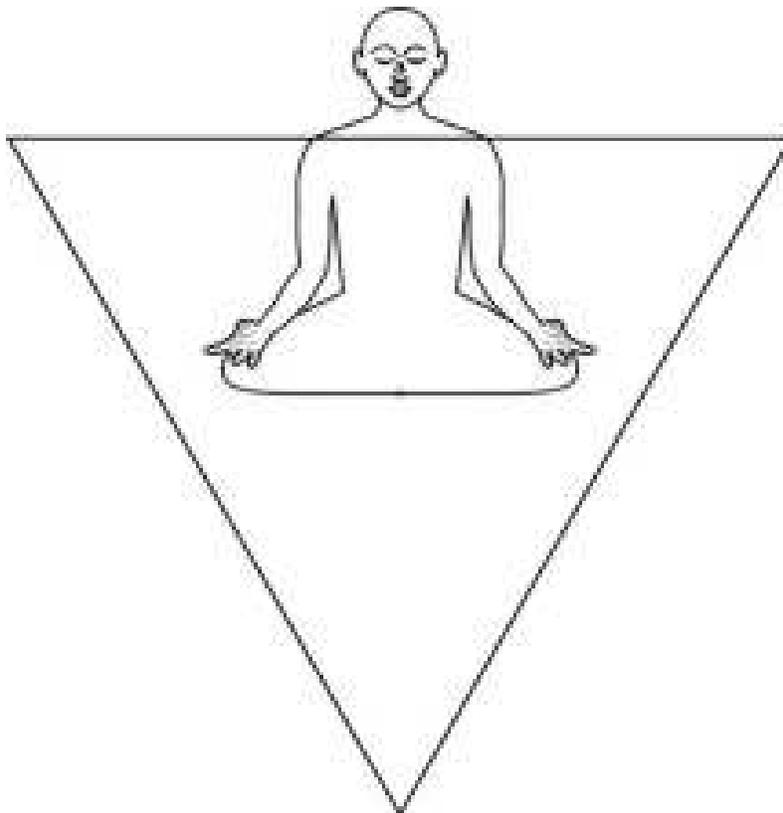
## FIRST BREATH: Exhale

**HEART:** Love

**MIND:**

1. Become aware of the female tetrahedron, (apex pointing to the earth, point facing to the back for males, point facing to the front for females), also filled with the brilliant white light.

**BODY:** Keep the same mudra.



**BREATH:**

2. Do NOT hesitate at the top of the inhalation to begin the exhalation.
3. Exhale quite slowly, approximately seven seconds, in the Yogic manner.
4. When the air is out of the lungs, without forcing, relax the chest and abdomen and HOLD the breath.
5. When you feel pressure to breathe again, after about five seconds or so, then do the following:

**MIND:**

1. Be aware of the flat equilateral triangle at the top of the female tetrahedron located in the horizontal plane that passes through your chest at the sternum.
2. In a flash, and with a pulse like energy, send that triangular plane down through the female tetrahedron.
3. It gets smaller as it goes down and pushes out the tip or apex of the tetrahedron all the negative energy of the mudra or electrical circuit, a light will shoot out of the apex toward the center of the Earth.
4. The Mind exercise is performed along with the following BODY movements.

## **BODY:**

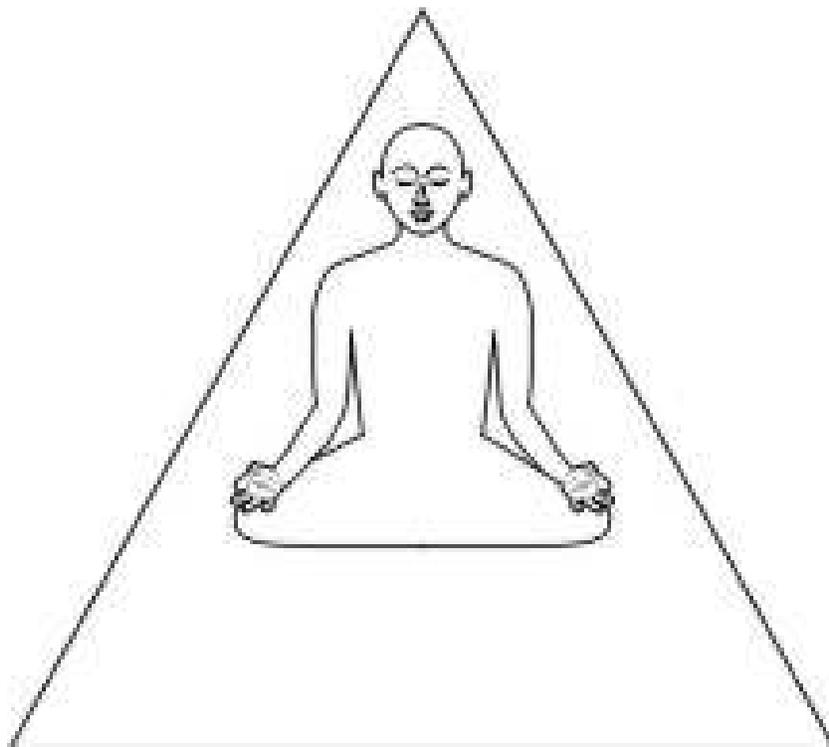
1. Move your eyes slightly toward each other, or, in other words, slightly cross your eyes.
2. Now bring them up to the top of their sockets, or in other words, look up. Also, this looking up motion should not be extreme.
3. You will feel a tingling feeling between your eyes in the area of your third eye.
4. You can now look down to the lowest point you can, as fast as you can.
5. You should feel an electrical sensation move down your spine.
6. The MIND and BODY must coordinate the above mental exercise with the eye movements.
7. The eyes look down from their up position at the same time the mind sees the triangular horizontal plane of the female tetrahedron move down to the apex of the female tetrahedron.
8. 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 the particular mudra you are using.
9. **Immediately upon pulsing the energy down your spine**, you change mudras to the next one and begin the entire cycle over again.
10. The next five breaths are a repeat of the first breath with the following mudra changes:
  - **SECOND BREATH MUDRA:** Thumb and second finger together
  - **THIRD BREATH MUDRA:** Thumb and third finger together
  - **FOURTH BREATH MUDRA:** Thumb and little finger together
  - **FIFTH BREATH MUDRA:** Thumb and first finger together (same as first breath)
  - **SIXTH BREATH MUDRA:** Thumb and second finger together (same as second breath)

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## **SECOND BREATH: INHALE**

**HEART:** Open your heart and feel love for all life.

**MIND:** Become aware of the male tetrahedron filled with the brilliant white light surrounding your body.



**BODY:**

At the same moment of inhalation, place your hands in the mudra of your **thumb and middle 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.

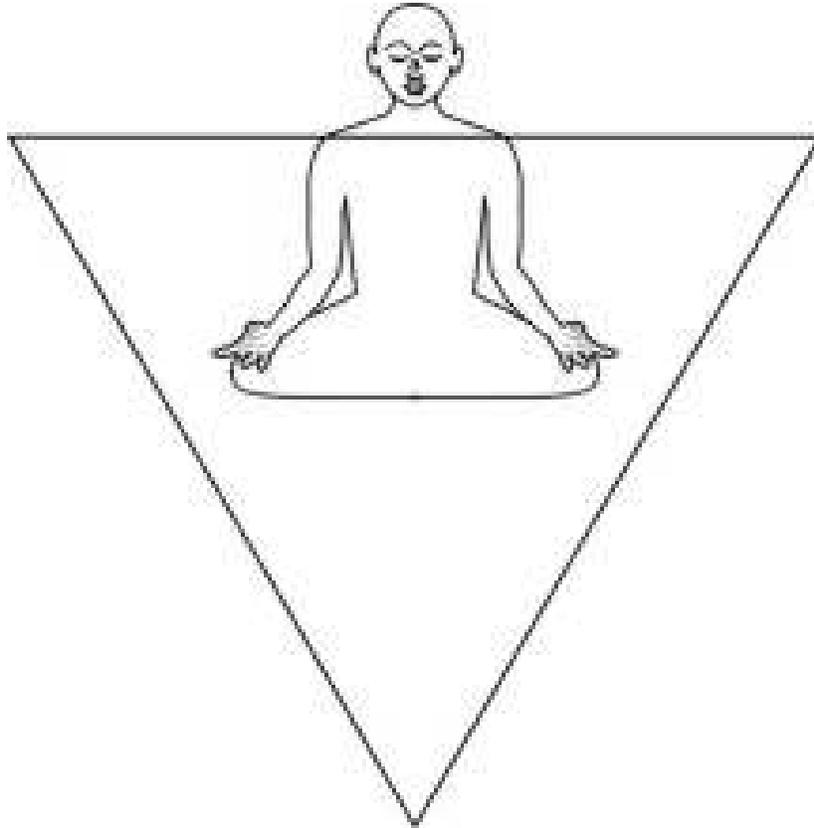
**BREATH:**

Breath in a complete yogic manner as in the previous breath.

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**SECOND BREATH: EXHALE**

**HEART:** Love

**MIND:**

Become aware of the female tetrahedron, (apex pointing to the earth, point facing to the back for males, point facing to the front for females), also filled with the brilliant white light.

**BODY:**

Keep the same mudra.

**BREATH:**

Exhale quite slowly, 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 about five seconds or so, and then do the following:

**REPEAT: "PULSE"** (*pulsing the energy down your spine*)

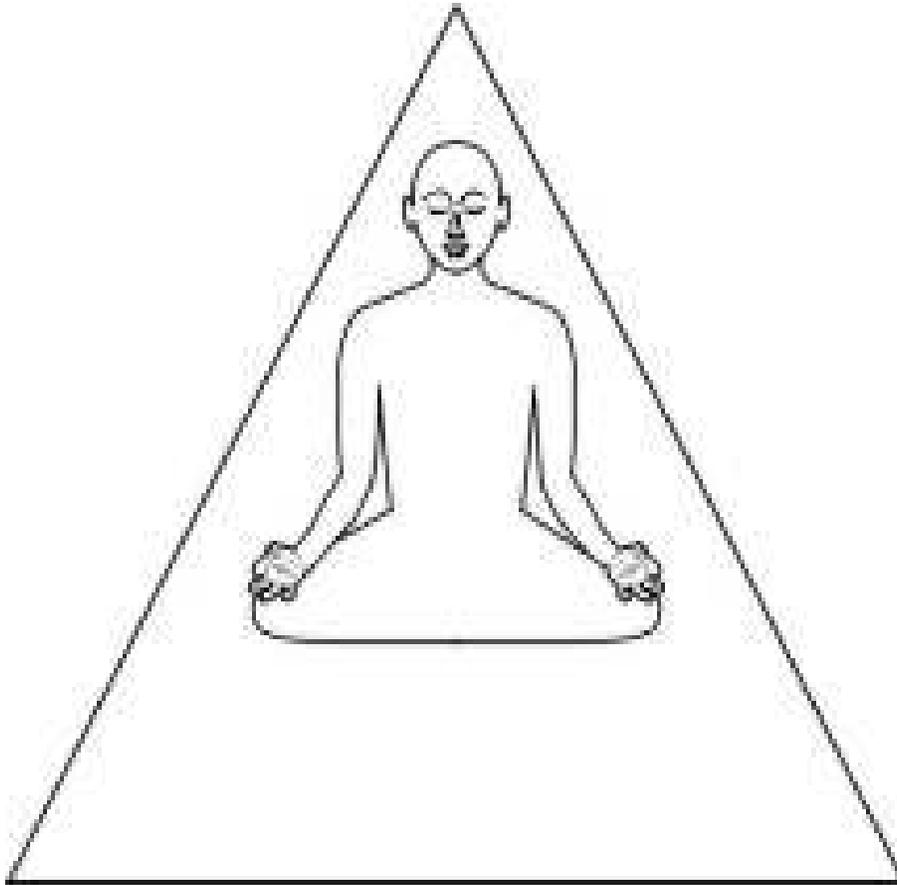
## THIRD BREATH: INHALE

### HEART:

Open your heart and feel love for all life.

### MIND:

Become aware of the male tetrahedron filled with the brilliant white light surrounding your body.



### BODY:

At the same moment of inhalation, place your hands in the mudra of your **thumb and ring 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:

Breath in a complete yogic manner as in the previous breath.

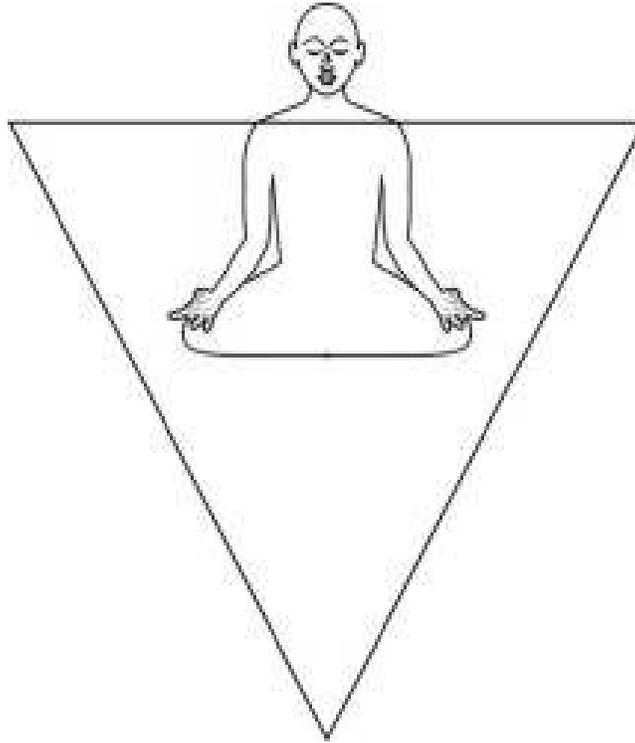


## THIRD BREATH: EXHALE

**HEART:** Love

**MIND:**

Become aware of the female tetrahedron, (apex pointing to the earth, point facing to the back for males, point facing to the front for females), also filled with the brilliant white light.



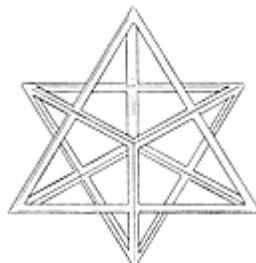
**BODY:**

Keep the same mudra.

**BREATH:**

Exhale quite slowly, 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 about five seconds or so, and then do the following:

**REPEAT PULSE** (*pulsing the energy down your spine*)



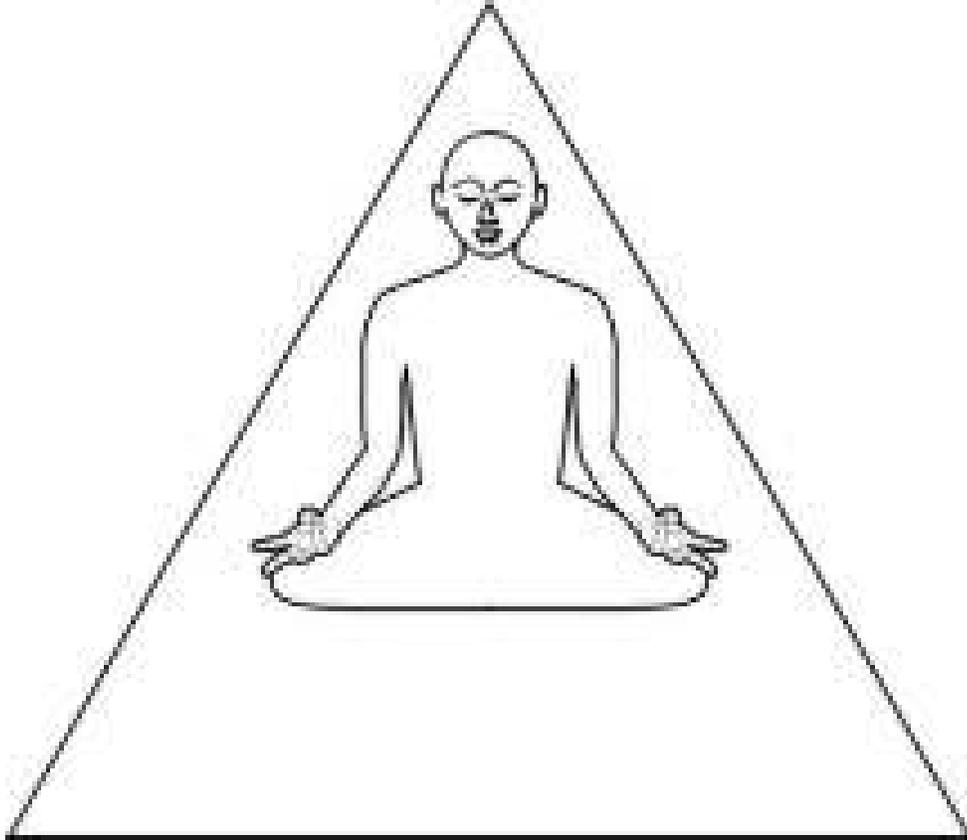
## FOURTH BREATH: INHALE

### HEART:

Open your heart and feel love for all life.

### MIND:

Become aware of the male tetrahedron filled with the brilliant white light surrounding your body.

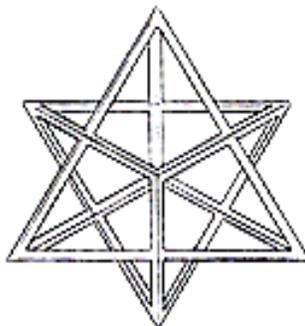


### BODY:

At the same moment of inhalation, place your hands in **the mudra of your thumb and little 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:

Breath in a complete yogic manner as in the previous breath.

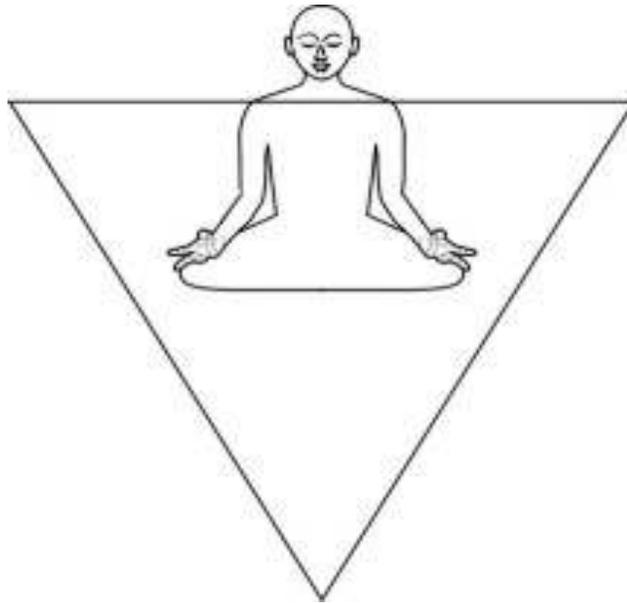


## FOURTH BREATH: EXHALE

**HEART:** Love

**MIND:**

Become aware of the female tetrahedron, (apex pointing to the earth, point facing to the back for males, point facing to the front for females), also filled with the brilliant white light.



**BODY:**

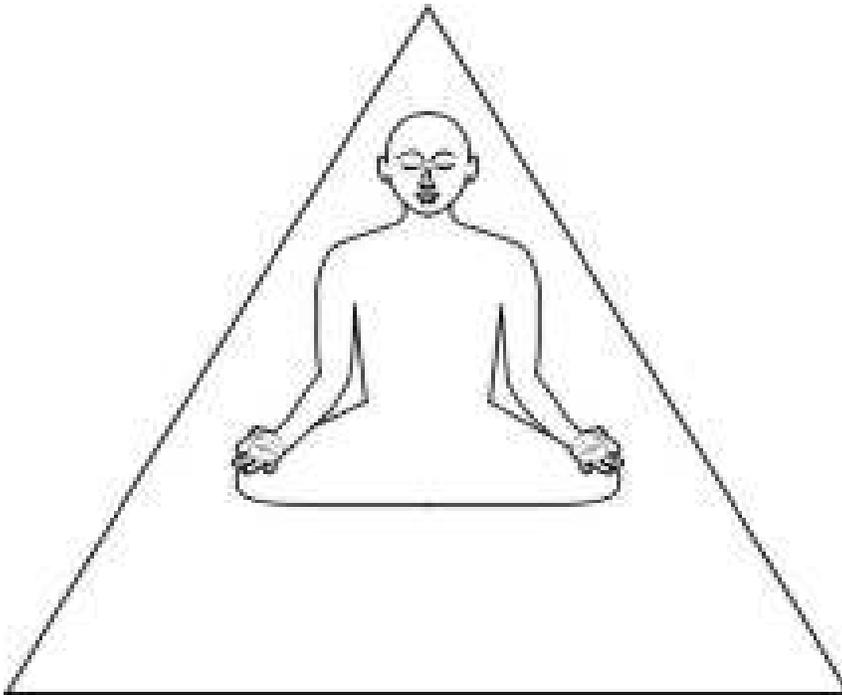
Keep the same mudra.

**BREATH:**

Exhale quite slowly, 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 about five seconds or so, and then do the following:

**REPEAT PULSE** (*pulsing the energy down your spine*)

## FIFTH BREATH: INHALE



### HEART:

Open your heart and feel love for all life.

### MIND:

Become aware of the male tetrahedron filled with the brilliant white light surrounding your body.

### BODY:

At the same moment of inhalation, place your hands in the mudra of 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:

Breath in a complete yogic manner as in the previous breath.



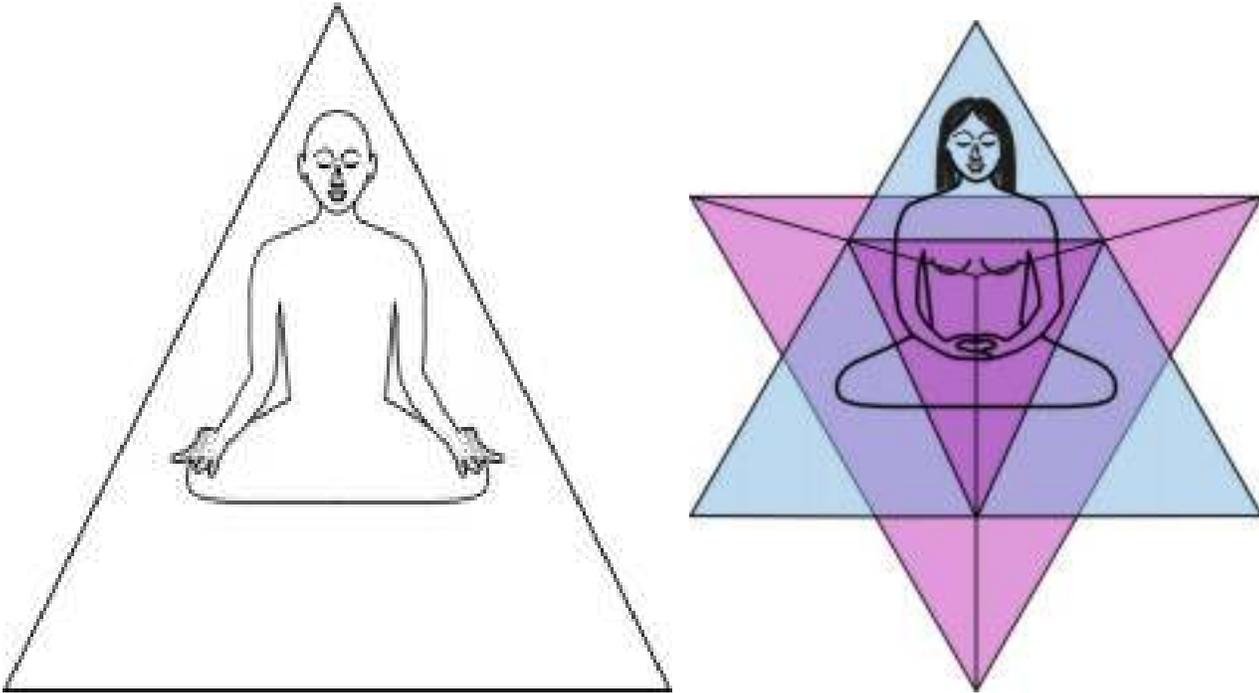
## FIFTH BREATH: EXHALE

**HEART:** Love

**MIND:**

Become aware of the **female tetrahedron**, (apex pointing to the earth, point facing to the back for males, point facing to the front for females), also filled with the brilliant white light.

**Position for female in meditation position relative to Star Tetrahedron energy field.**



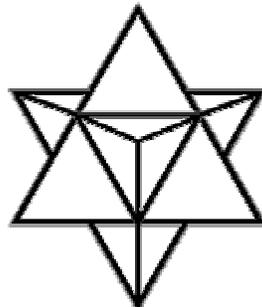
**BODY:**

Keep the same mudra.

**BREATH:**

Exhale quite slowly, 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 about five seconds or so, and then do the following:

**REPEAT PULSE** (*pulsing the energy down your spine*)



## SIXTH BREATH: INHALE

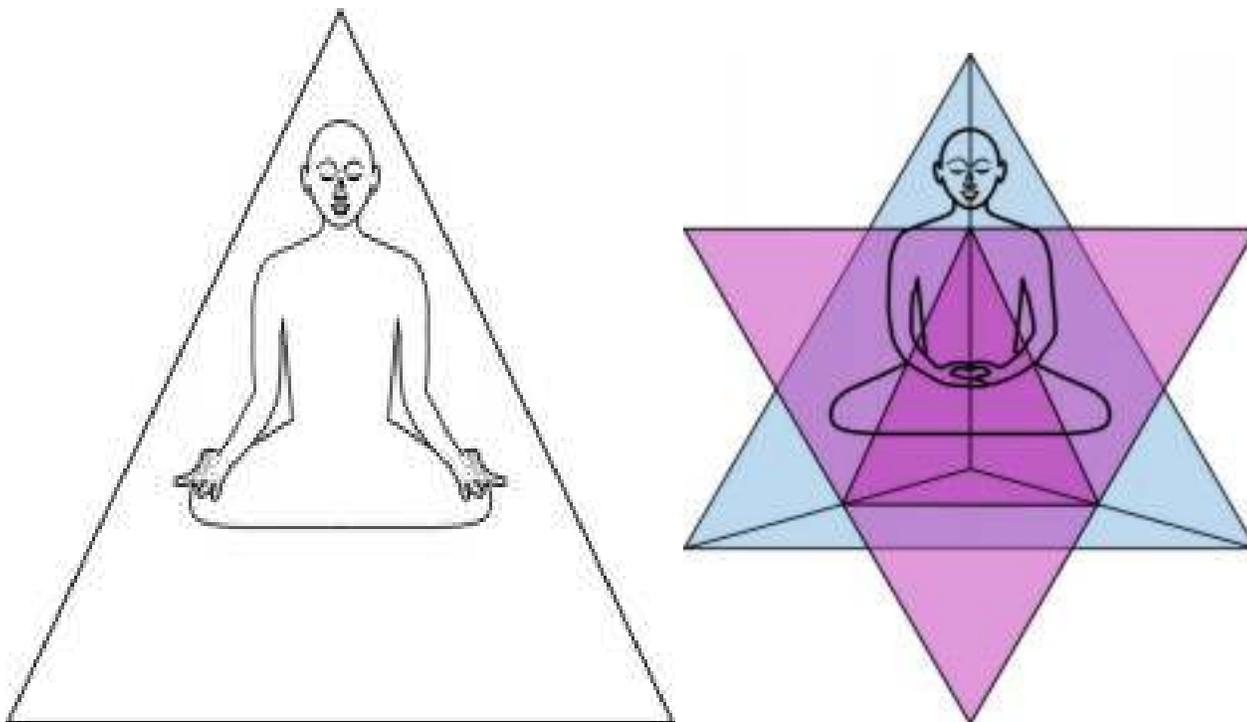
### HEART:

Open your heart and feel love for all life.

### MIND:

Become aware of the male tetrahedron filled with the brilliant white light surrounding your body.

Position for male in meditation position relative to Star Tetrahedron energy field.



### BODY:

At the same moment of inhalation, place your hands in the mudra of your thumb and middle 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:

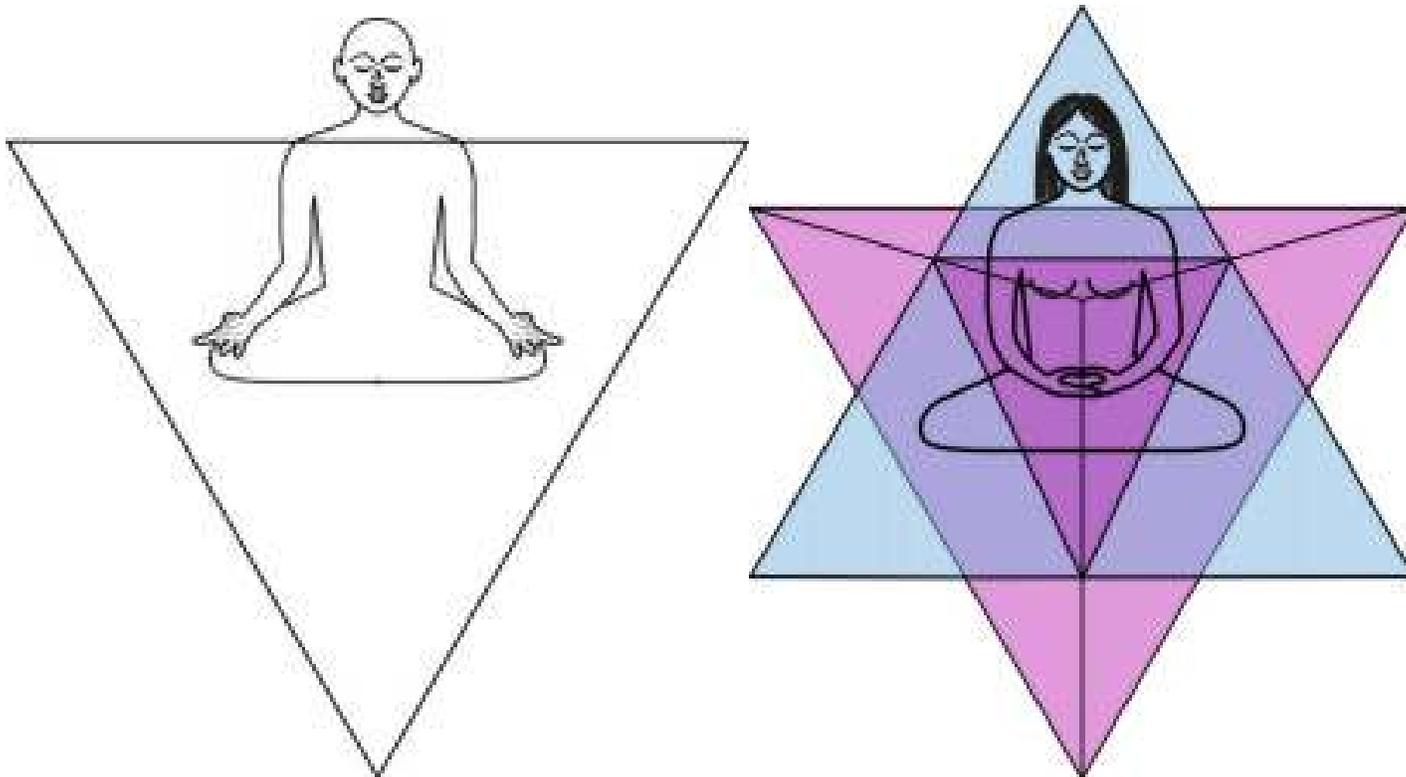
Breath in a complete yogic manner as in the previous breath.

## SIXTH BREATH: EXHALE

**HEART:** Love

**MIND:**

Become aware of the female tetrahedron, (apex pointing to the earth, point facing to the back for males, point facing to the front for females), also filled with the brilliant white light.



**BODY:**

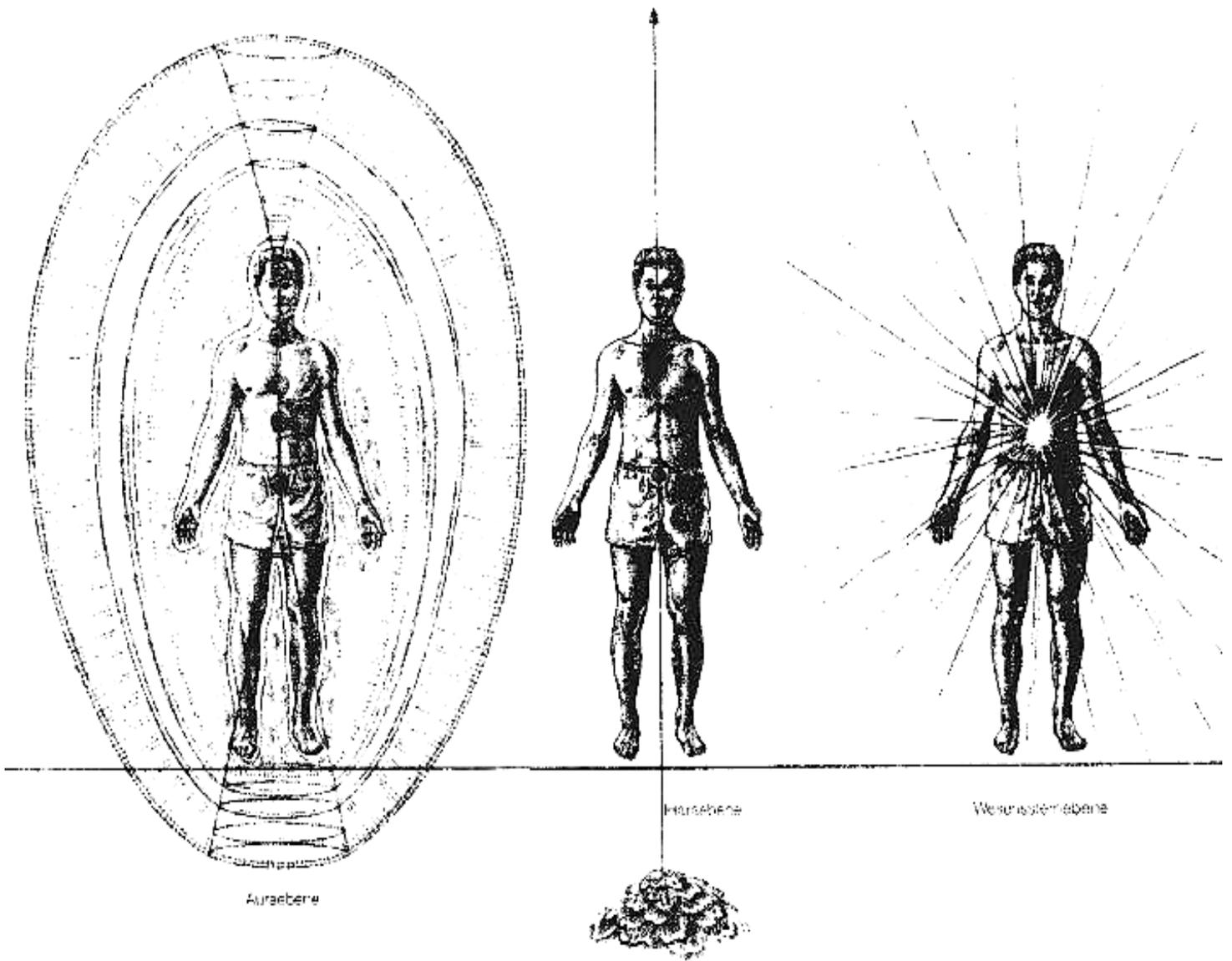
Keep the same mudra.

**BREATH:**

Exhale quite slowly, 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 about five seconds or so, and then do the following:

REPEAT PULSE (pulsing the energy down your spine)



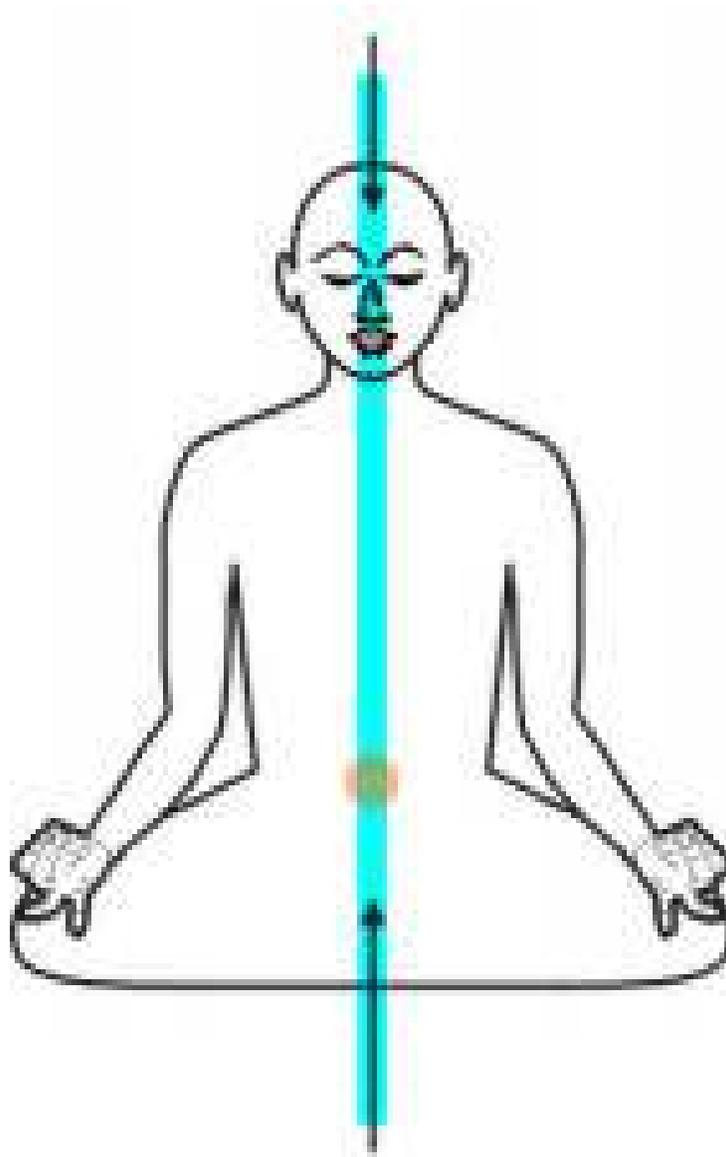


**THE FIRST PART**, the first six breaths, the balancing of the polarities, and the cleansing of your electrical system is now complete.

## PART 2

***You are now ready for the next part, the next seven breaths. Here an entirely new breathing pattern begins.***

1. You do not need to visualize the star tetrahedron at this time.
2. Only the tube that runs through the star, from the apex of the male tetrahedron above your head to the apex of the female tetrahedron below your feet, needs to be seen and worked with.
3. This extends one hand length above your head and one hand length below your feet.
4. The diameter of YOUR tube will be the size of the hole formed by YOUR thumb and forefinger touching.

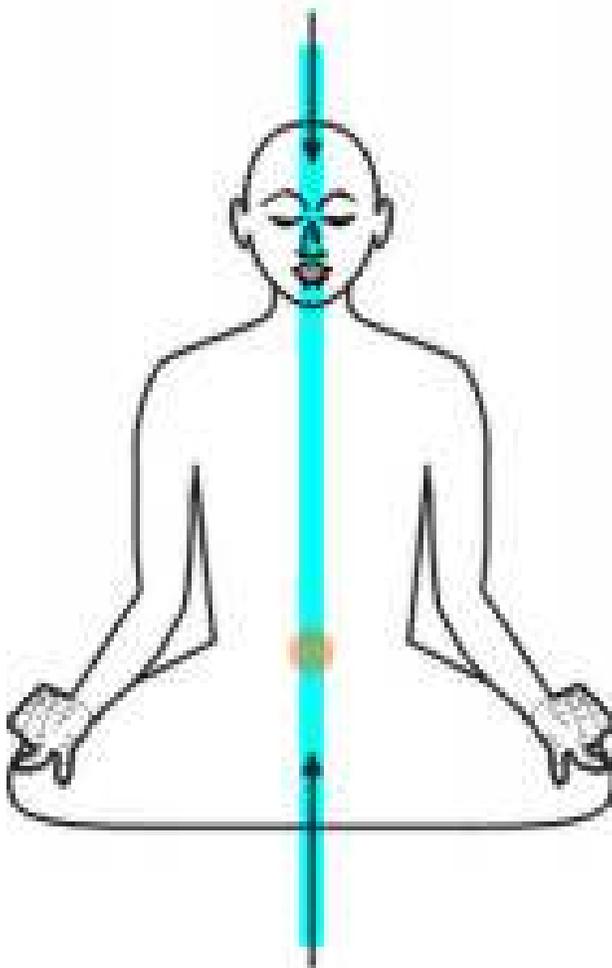


## SEVENTH BREATH: INHALE

**HEART:** Love.

**MIND:**

1. Visualize or sense the tube running through your body.
2. The instant you begin the seventh inhale, see the brilliant white light of the prana moving down the tube from the top and up the tube from the bottom at the same time. This movement is almost instantaneous.
3. The point where these two light beams meet within your body is controlled by the mind and is a vast science known throughout the universe. In this teaching however, we will only be shown what is necessary, that which will take you from third to fourth dimensional awareness.
4. In this case you will direct the two beams of prana to meet at your navel, or more correct, within your body at navel level, inside the tube.
5. The moment the two beams of prana meet, which is just as the inhale begins, a sphere of white light or prana is formed at the meeting point about the size of a grapefruit centered on the tube. It all happens in an instant.
6. As you continue to take the inhale of the seventh breath, the sphere of prana begins to concentrate and grow slowly.



**BODY:**

For the next seven breaths use the same mudra for both inhale and exhale, the thumb, first and second touching together palms up.

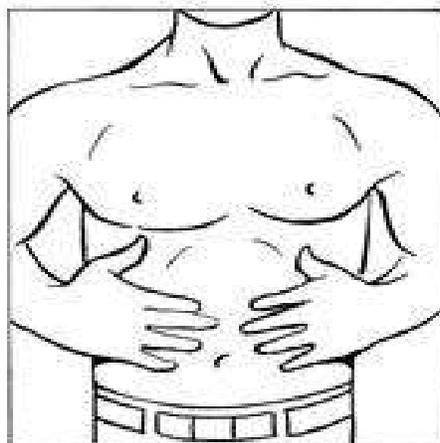
**BREATH:**

Deep rhythmic Yogic breathing, seven seconds in and seven seconds out. There is no holding of the breath from now on. The flow of prana from the two 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 a long as you breath in this manner, even after death.

**Deep Rhythmic Yogic Breathing**



BREATHING OUT (EXHALING) WITH THE DIAPHRAGM



BREATHING IN (INHALING) WITH THE DIAPHRAGM

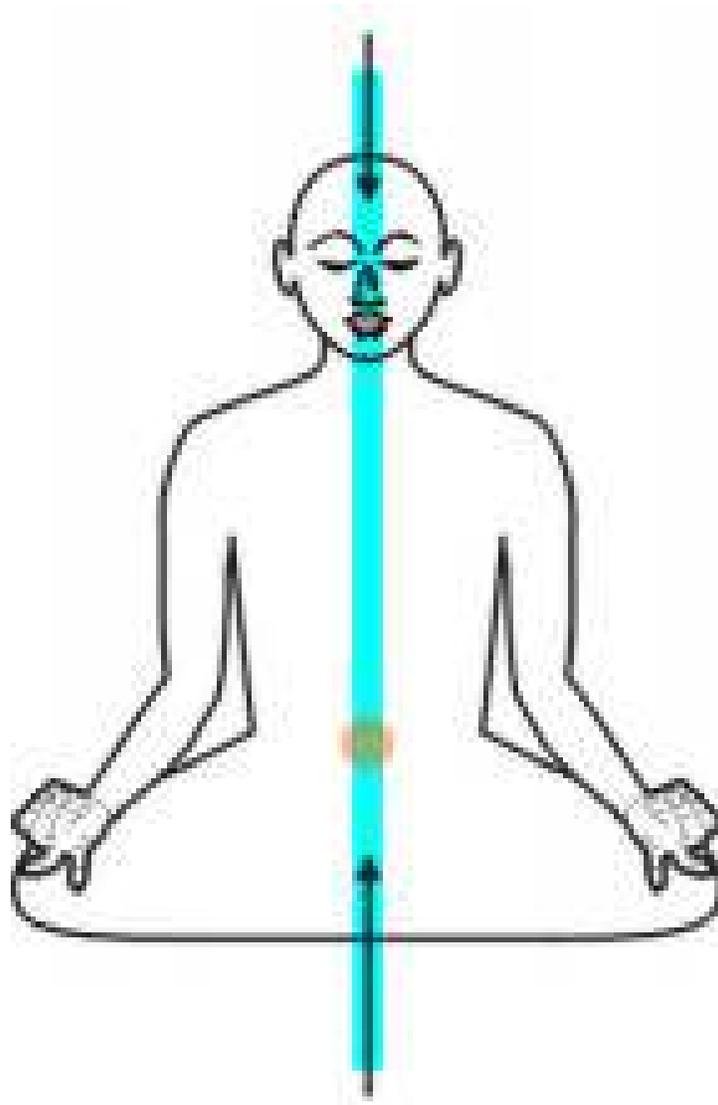
## SEVENTH BREATH: EXHALE

### MIND:

1. The prana sphere centered at the navel continues to grow.
2. By the time of the full exhale; the prana sphere will be approximately eight or nine inches in diameter.

### BREATH:

3. Do not force the air out of your lungs.
4. When your lungs are empty naturally, immediately begin the next breath.



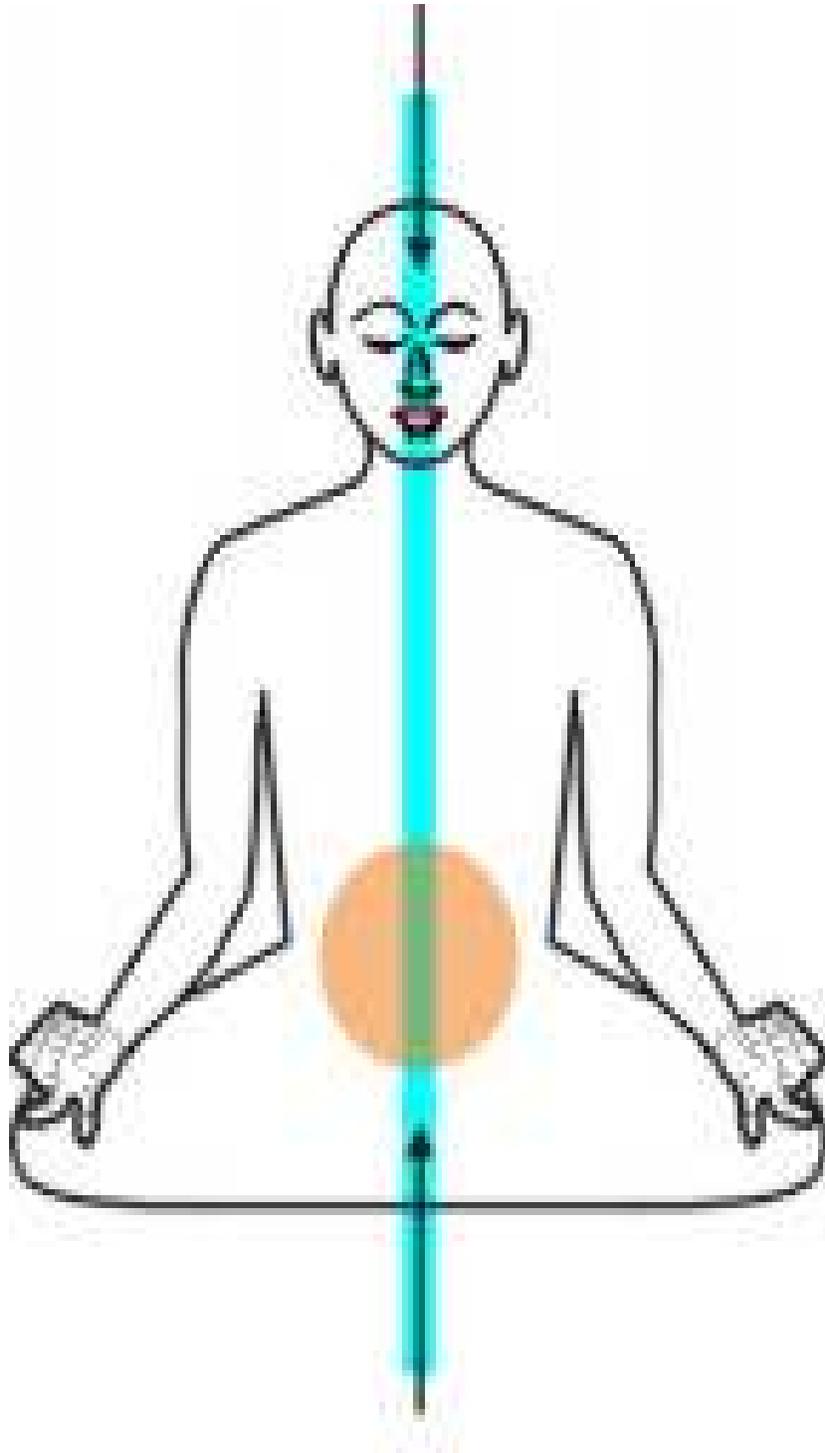
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## EIGHTH BREATH: INHALE

**HEART:** Love.

**MIND:**

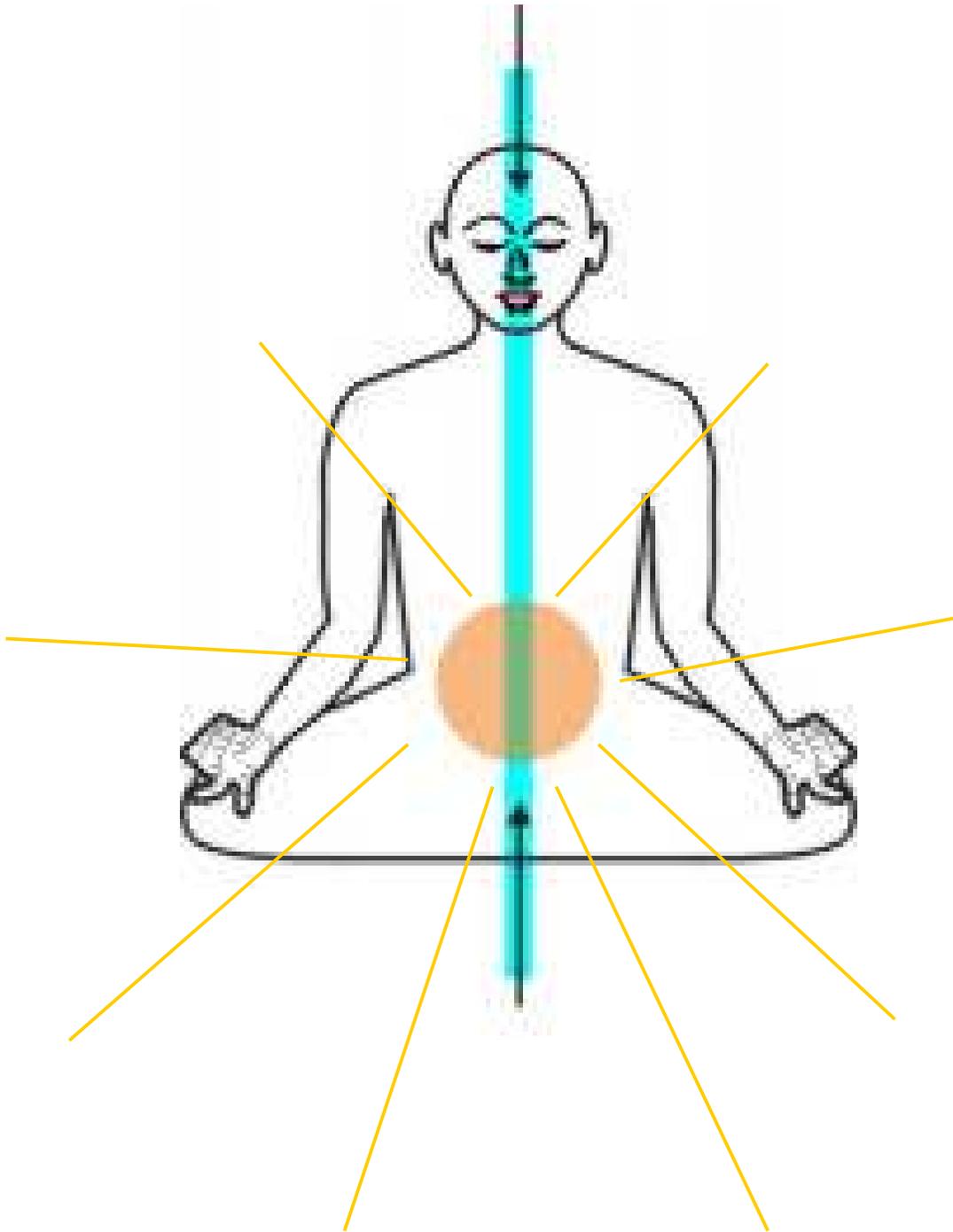
The prana sphere continues to concentrate life force energy and grow in size.



## EIGHTH BREATH: EXHALE

### MIND:

1. The prana sphere continues to grow in size and will reach maximum size at the end of this breath. This maximum size is different for each person.
2. 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.



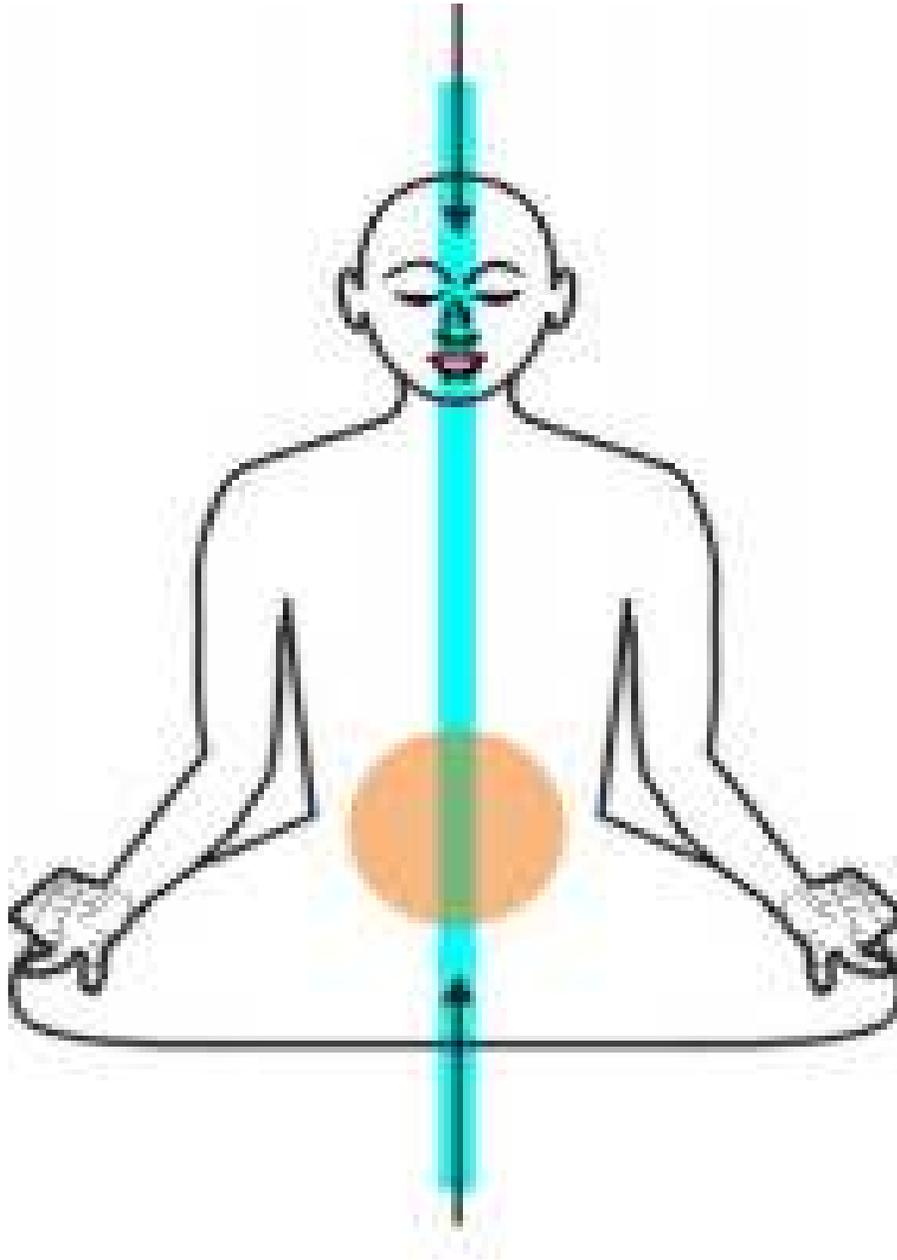
## NINTH BREATH: INHALE

### MIND:

The prana sphere cannot grow larger, so what happens is the prana begins to concentrate within the sphere. The visual appearance is that the sphere grows BRIGHTER.

### BREATH:

Sphere grows brighter and brighter as you inhale.

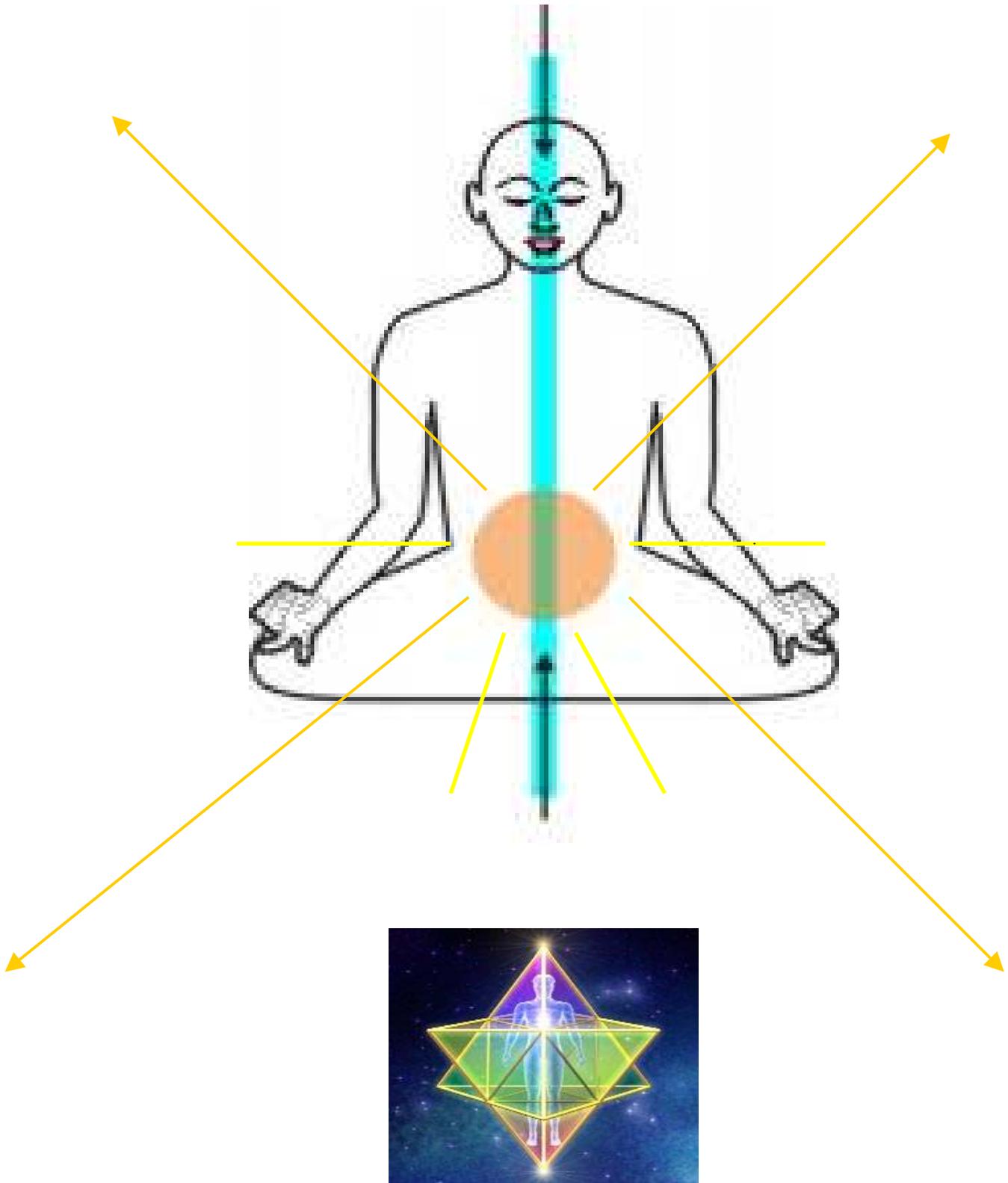


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## NINTH BREATH: EXHALE

### BREATH:

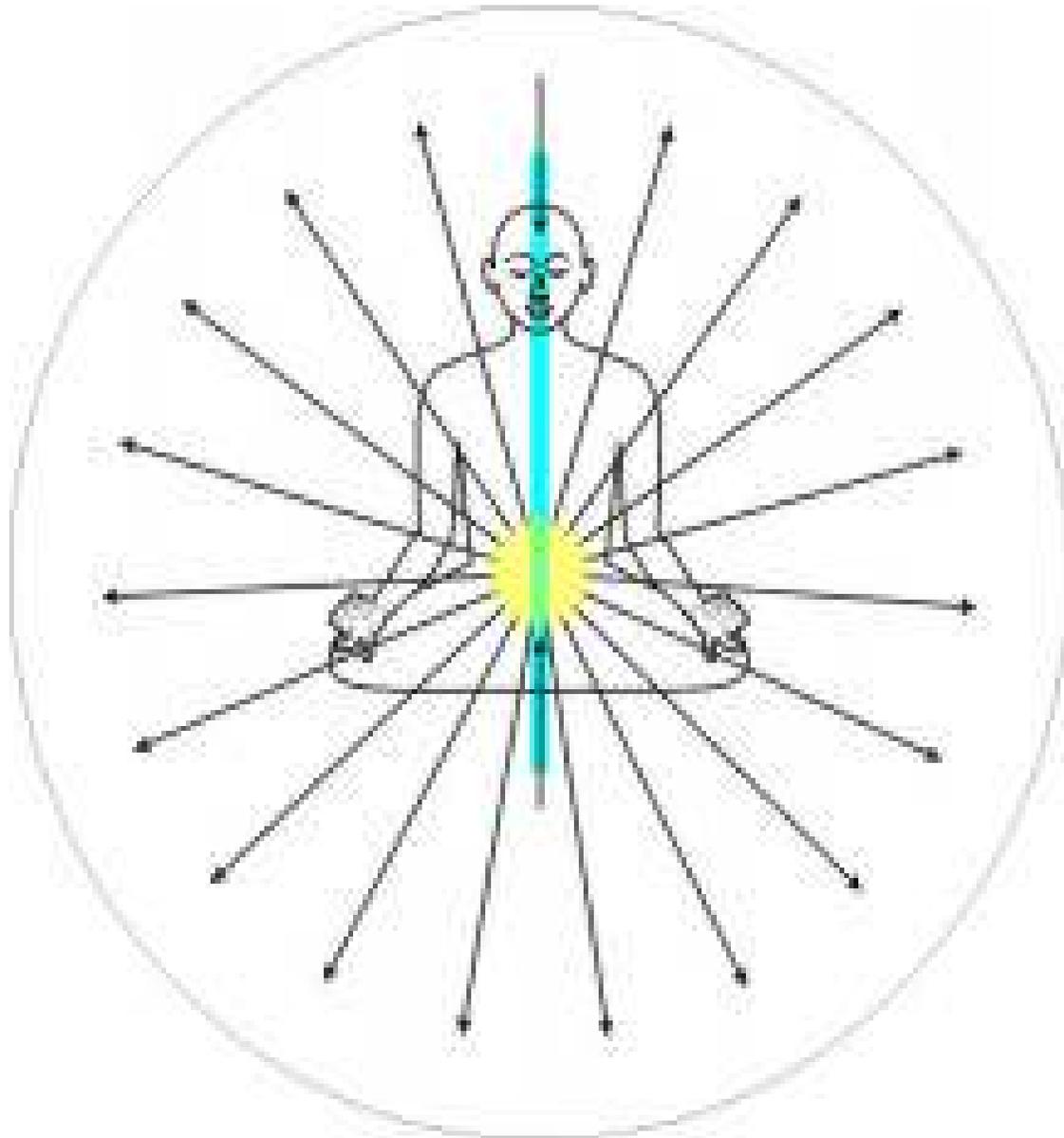
As you exhale, the sphere continues to grow brighter and brighter.



## TENTH BREATH: INHALE

### MIND:

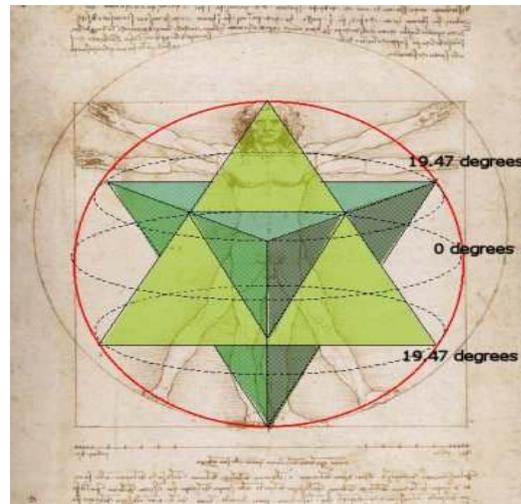
1. About half way through this inhale; as the sphere continues to brighter, the prana sphere reaches critical mass.
2. The sphere ignites into a sun, a brilliant blinding ball of white light.
3. You are now ready for the next step.



## TENTH BREATH: EXHALE

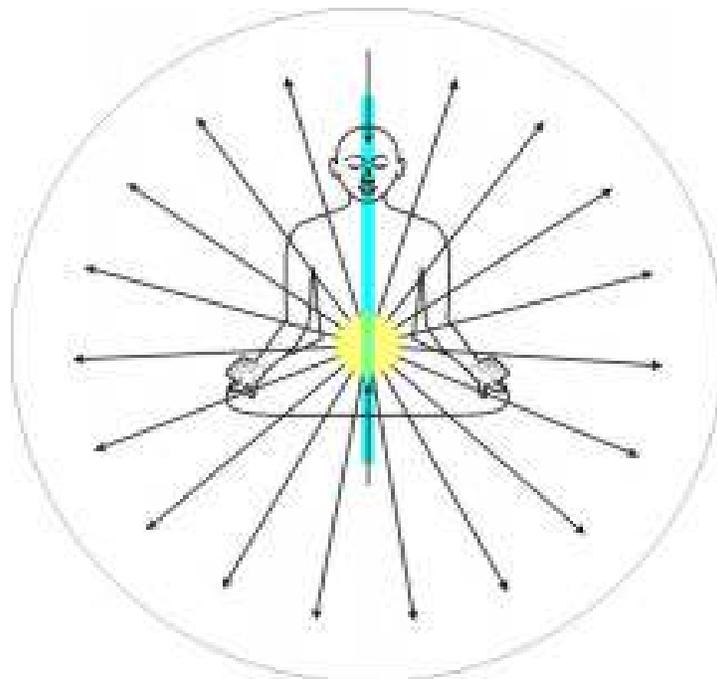
### MIND:

1. At the moment of exhale, the small sphere two hand lengths in diameter bulges to expand.
2. In one second, combined with the breath talked about below, the sphere expands quickly out to the sphere of Leonardo, out at your fingertips of your extended arms.
3. Your body is now completely enclosed within a huge sphere of brilliant white light.
4. You have returned to the ancient form of spherical breathing. However, at this point, this sphere is not stable.
5. You MUST breath three more times to keep the sphere stable.



### BREATH:

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



## PART 3:

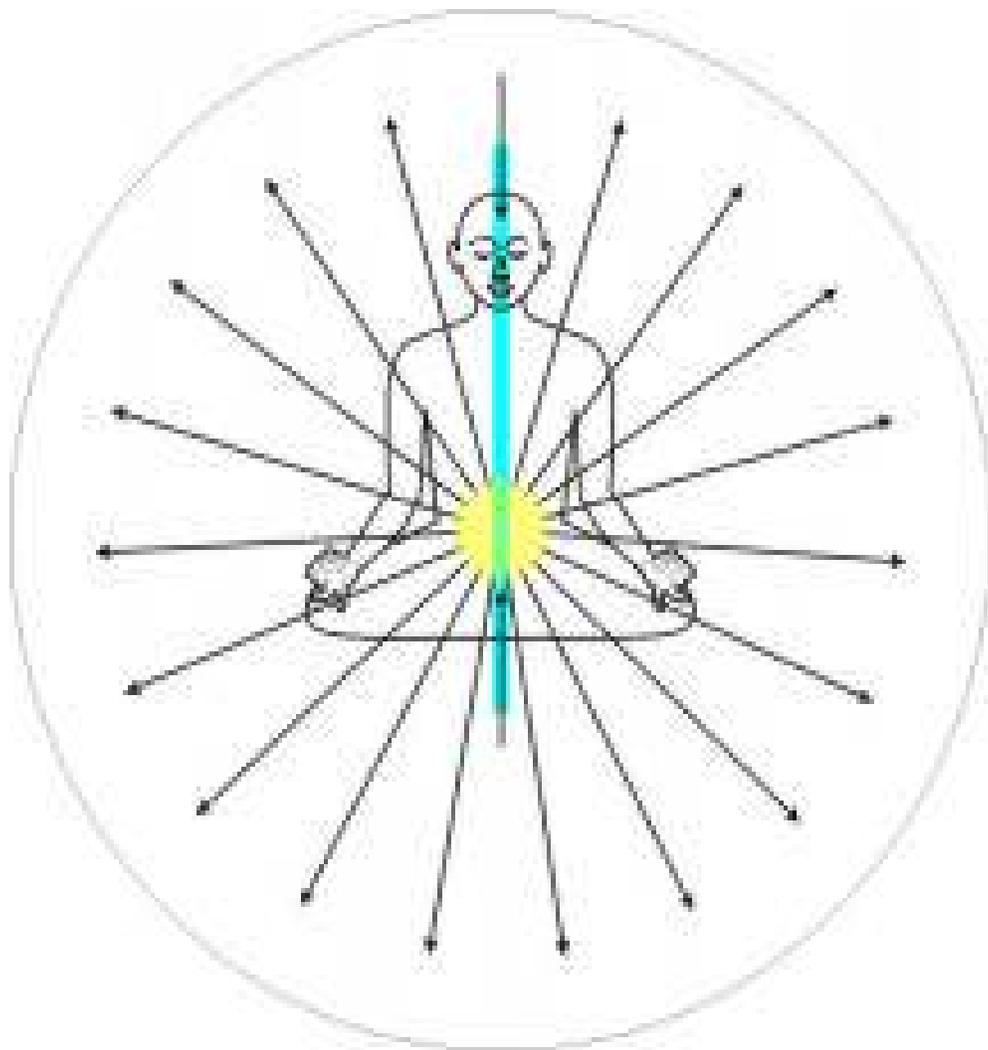
### ELEVENTH, TWELFTH and THIRTEENTH BREATH: INHALE AND EXHALE

#### MIND:

Relax and just feel the flow of the prana flowing from the two poles and meeting at the navel and then expanding out to the large sphere

#### BREATH:

1. Breath rhythmically and deep.
2. At the end of the thirteenth breath you have stabilized the large sphere and are ready for the important 14<sup>th</sup> breath.



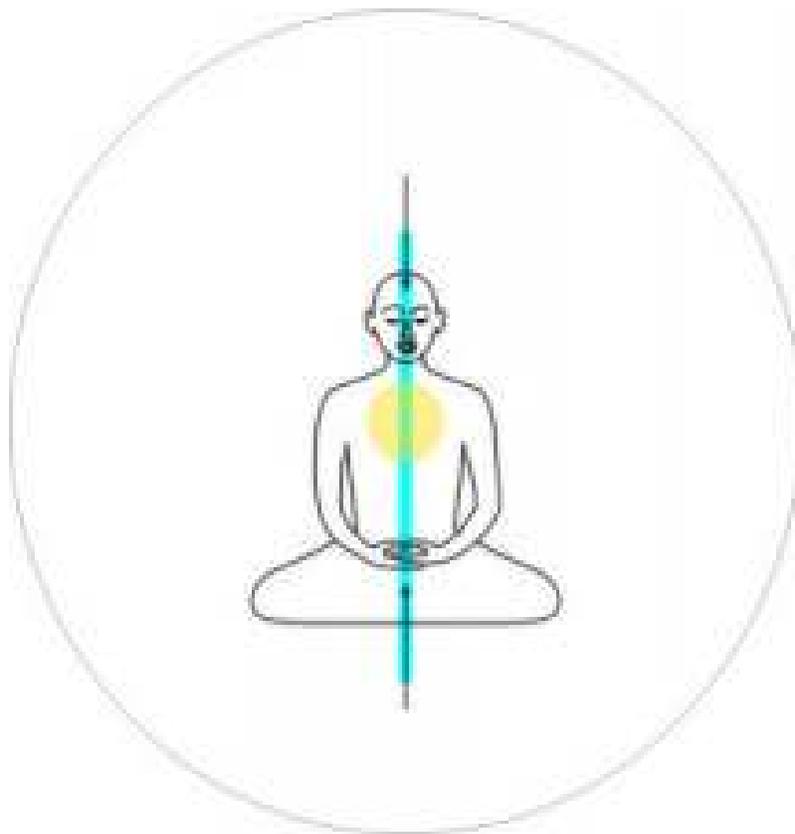
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# THE FOURTEENTH BREATH

**HEART:** Love

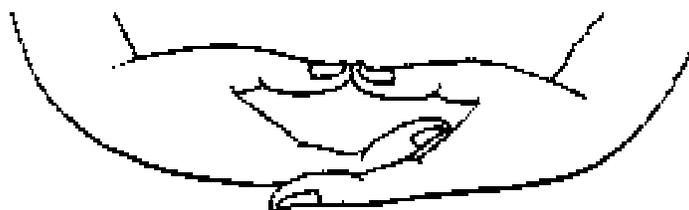
**MIND:**

1. On the inhale of the 14<sup>th</sup> breath, at the very beginning of the breath, move the point where the two beams of prana meet from the navel to the sternum, the fourth dimensional chakra.
2. The entire large sphere, along with the original sphere, which is also still contained within the large sphere, moves up to the new meeting point within the tube.
3. Though this is very easy to do, it is an extremely powerful movement.
4. Breathing from this new point within the tube will inevitably change your awareness from third to fourth dimensional consciousness, or from earth consciousness to Christ consciousness. It will take awhile, but it is inevitable.



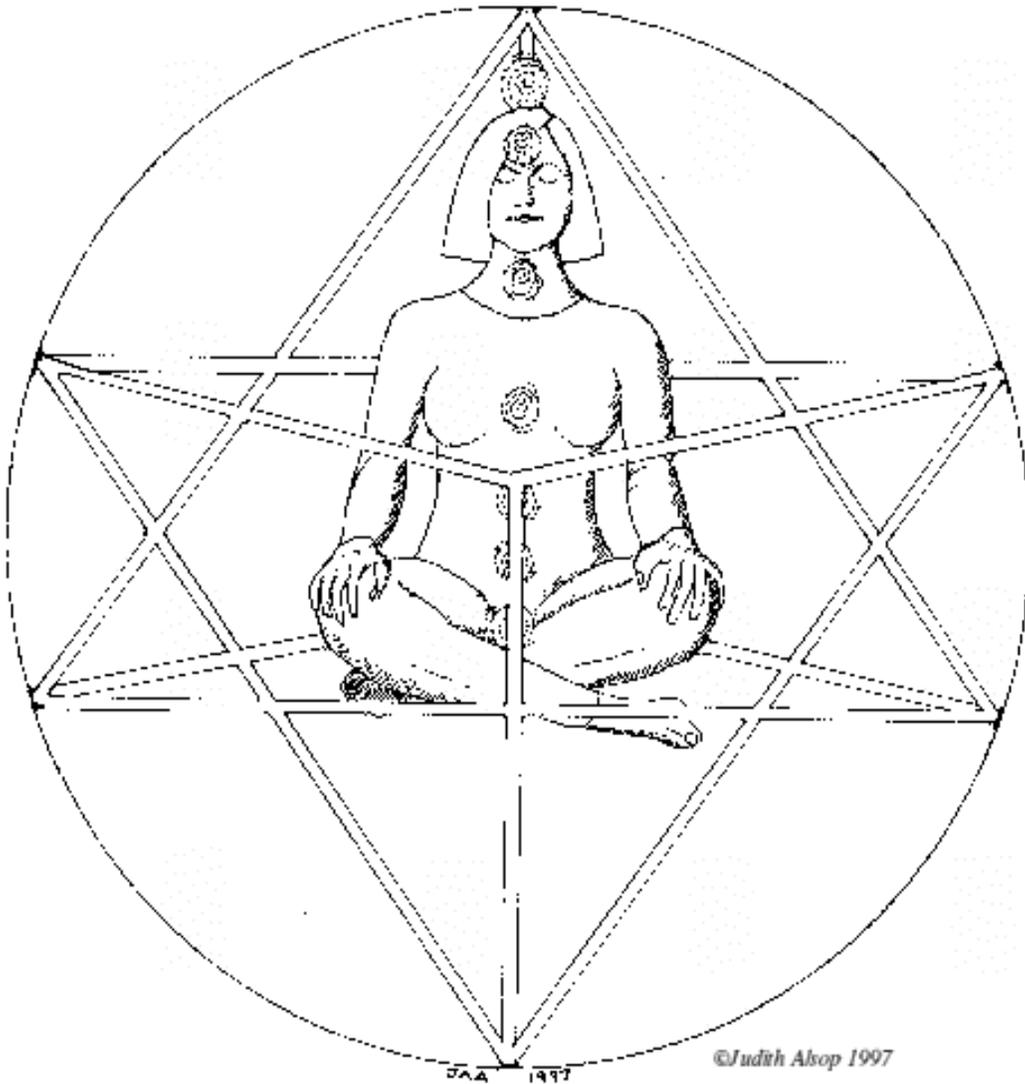
**Body:**

This mudra will be used for the rest of the meditation. Place the left palm on top of the right palm for males and the right palm on top of the left palm for females. It is a mudra that relaxes.



**BREATH:**

1. Rhythmic breath and deep.
2. However, if you continue to breathe from your Christ center without moving on to the MER-KA-BA, which is what is recommended until you have made contact with your Higher Self, then shift to a shallow breath. In other words, breath 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.
3. Just feel the flow. Use your feminine side to just be.
4. At this point don't think, just breath, feel and be. Feel your connection to All Life through the Christ Breath. Remember your intimate connection with God.



## THE MER-KA-BA, THE VEHICLE OF ASCENSION

### THE LAST THREE BREATHS

- You are asked not to attempt this FOURTH 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 MER-KA-BA, then don't fear, for you will be ready.



### THE MERKABA/LIGHT BODY/ ASCENSION VEHICLE

Your Own Personal Flying Saucer

The Merkaba is your own ascension vehicle, which you can activate through fasting, meditation, and breath control. It is over fifty feet in diameter and composed of two interlocking, counter-rotating tetrahedrons (blue and orange) which surround the physical body (black) and are enveloped by the spiritual body (golden circle). The upper (blue) tetrahedron is actually your male mental electrical body and the lower (orange) tetrahedron is your female emotional magnetic body. They are anchored to your heart (love) chakra and are driven and guided by your kundalini force and pineal gland. The faster they rotate the less visible you become, until you are transported into the next dimension. So if you see a bright white saucer-shaped light in the sky some fifty feet in diameter, it may just be a fellow human who has learned the art of activating his or her merkaba or light body.



## FIFTEENTH BREATH: INHALE

**HEART:** Love

**MIND:**

1. Be aware of the whole star tetrahedron.
2. Realize that there are three whole star tetrahedrons superimposed over each other.
3. One is the body itself, and is locked in place and never, except under certain conditions, moves. It is placed around the body according to maleness or femaleness.
4. The second whole star tetrahedron is male in nature, it is electrical, is literally the human mind and rotates counter-clockwise relative to your body looking out, or to put it another way, it rotates toward your left side.
5. The third whole star tetrahedron is female in nature, is magnetic, is literally the human emotional body and rotates clockwise relative to your body looking out, or to put it another way, it rotates toward your right side.
6. To be clear, we are not telling you to rotate the male tetrahedron one way and the female the other way.
7. When we say rotate the whole star tetrahedron, we mean the whole thing.
8. On the inhale of the fifteenth breath, as you are inhaling, you will say to yourself, in your head, the code words, EQUAL SPEED. This will tell your mind that you want the two rotatable whole star tetrahedrons to begin spinning in opposite directions at equal speeds at the time of the exhale. Meaning that for every complete rotation of the mind tetrahedrons, there will be a complete rotation of the emotional tetrahedrons.

**BODY:**

Continue the mudra of the folded hands from now on.

**BREATH:**

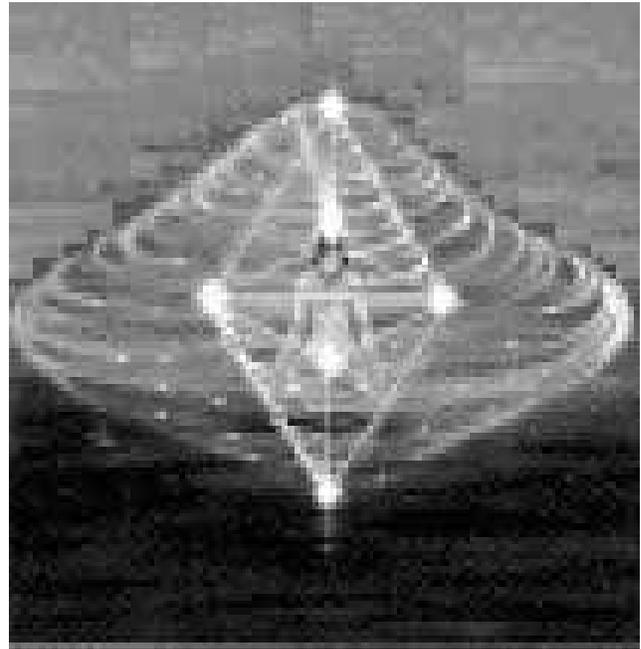
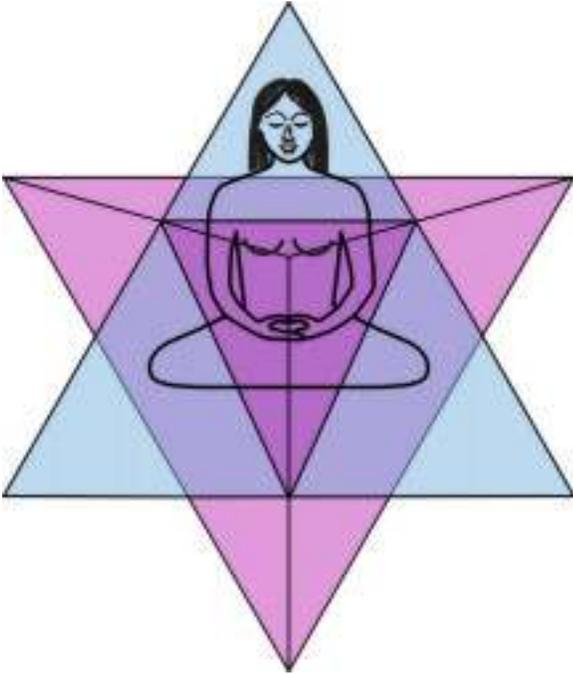
Breath Yogic and rhythmically and deeply again, but only for the next three breaths, after that return to the shallow breathing.



## FIFTEENTH BREATH: EXHALE

### Mind:

1. The two sets of tetrahedrons take off spinning. In an instant, they will be moving at exactly one third 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.
2. What you have just done is to start the MOTOR of the MER-KA-BA. You will not go anywhere, or have an experience. It is just like starting the motor of a car, but having the transmission in neutral.



### BREATH:

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

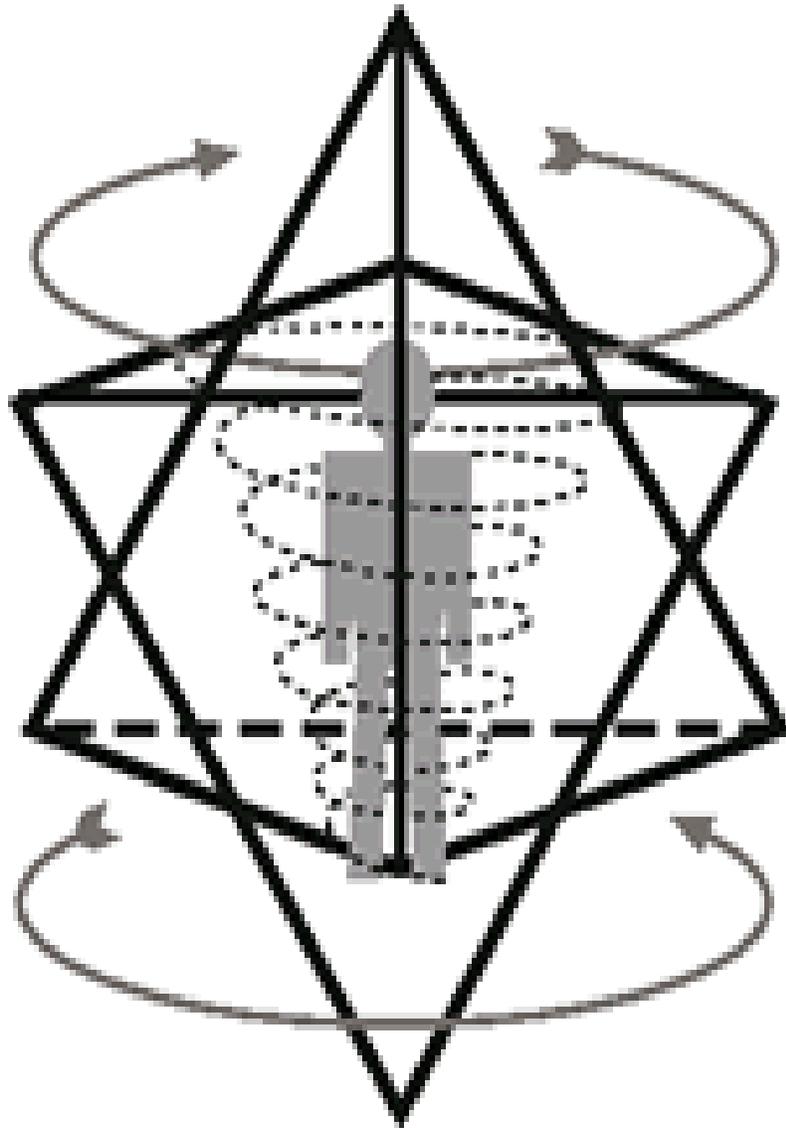


## SIXTEENTH BREATH: INHALE

**MIND:** This is the most amazing breath.

1. On the inhale, as you are inhaling, say to yourself, in your head, THIRTY-FOUR - TWENTY-ONE. This is the code to your mind to spin the two sets of tetrahedrons at a ratio of 34-21.
2. Meaning the Mind tetrahedrons spinning to the left will go around 34 times while the emotional tetrahedrons spinning to the right will go around 21 times. As the two sets speed up the ratio will remain constant.

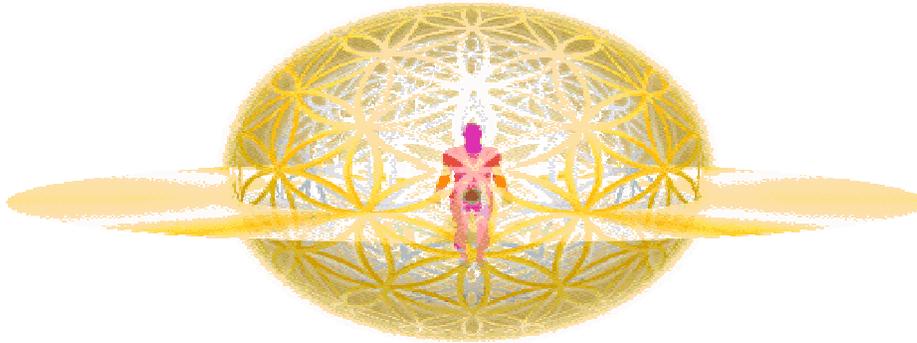
**BREATH:** Breathe rhythmically and Yogic.



## SIXTEENTH BREATH: EXHALE

### MIND:

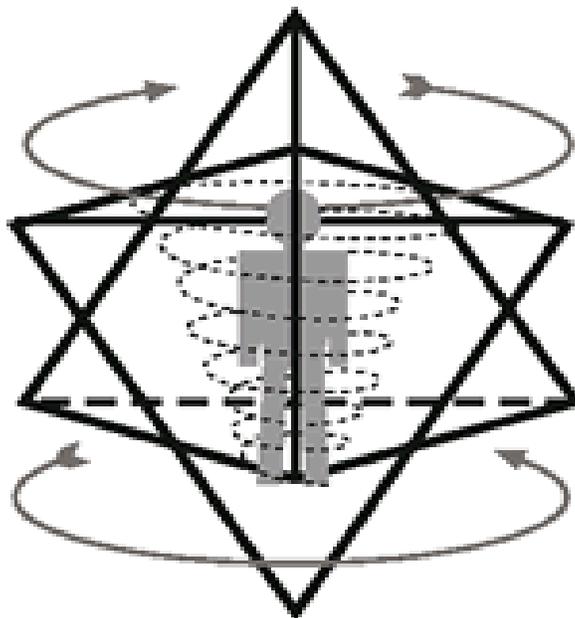
1. As you let out the breath, the two sets of tetrahedrons take off from their one-third speed of light setting to two third speed of light in an instant.
2. As they approach two-thirds speed of light speed a phenomena takes place.
3. A disk about 55 feet in diameter forms around the body at the level of the base of the spine.
4. And the sphere of energy that is centered around the two sets of tetrahedrons forms with the disk to create a shape that looks like a FLYING SAUCER around the body.
5. This energy matrix is called the MER-KA-BA. However, it is not stable. If you see or sense the MER-KA-BA around you at this point, you will know it to be unstable. It will be slowly wobbling.



**THEREFORE BREATH NUMBER SEVENTEEN IS NECESSARY.**

### BREATH:

1. Same as breath 16, make a small hole in your lips, and blow out with pressure.
2. It is at this point that the speed increases.
3. 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 MER-KA-BA to be formed.



## SEVENTEENTH BREATH: INHALE

### HEART:

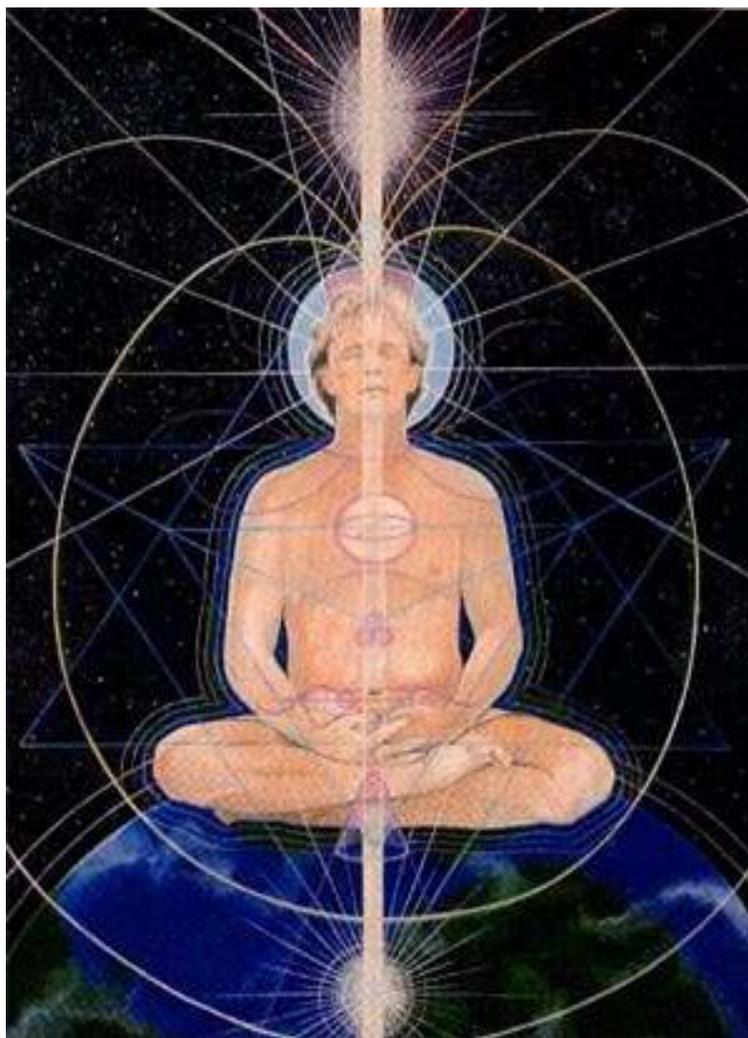
Remember, unconditional love for all life must be felt through out all of this meditation or no results will be realized.

### MIND:

1. As you breathe in, say to yourself, in your head, the code NINE TENTHS THE SPEED OF LIGHT. This code will tell your mind to increase the speed of the MER-KA-BA to nine-tenths the speed of light which will stabilize the rotating field of energy. It will also do something else.
2. This third 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:

Breathe rhythmically and in a Yogic manner.



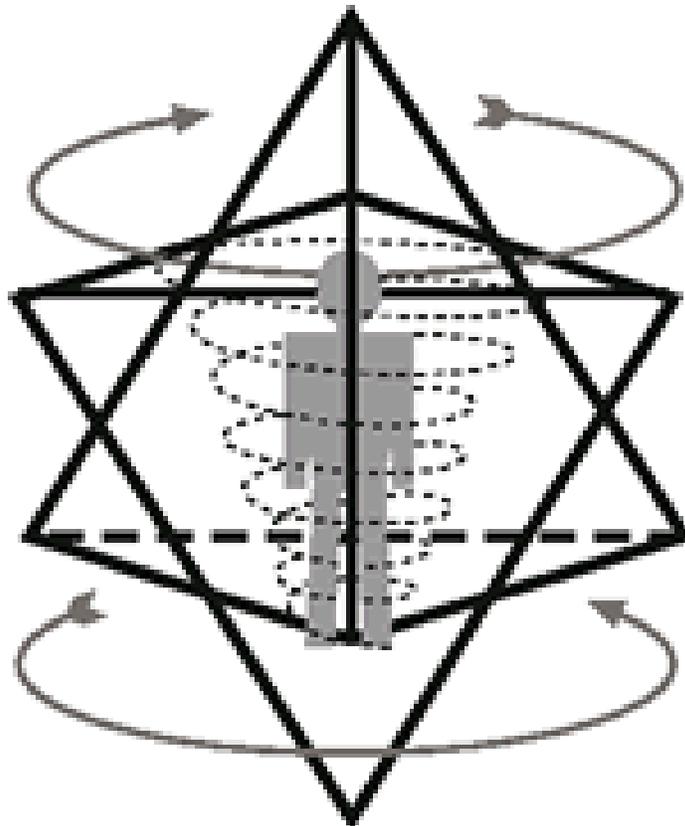
## SEVENTEENTH BREATH: EXHALE

### MIND:

The speed increases to 9/10 the speed of light and stabilizes the MER-KA-BA.

### BREATH:

1. Same as breath 15 and 16, make a small hole in your lips, and blow out with pressure.
2. As you feel the speed take off, let all your breath out with force. You are now in your stable and Third dimensionally tuned MER-KA-BA. With the help of your Higher Self, you will understand what this really means.



## ADVANCED MERKABAH

From the 18th breath and onwards, it should be done with the exact same hand position. Make sure the layers of the additional energy fields that extend around your body are clearly visualized with their corresponding colours. Remember: It is Intention and Love that are most important ... the technicalities of the shapes will come with regular practice.

## EIGHTEENTH 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 a while. This is not the end, but the beginning of an ever-expanding consciousness returning you HOME to your FATHER.



## HOW TO MAKE A STAR TETRAHEDRON

### The MerKaBa, and the Basis of the MerKaBa Meditation

The MerKaBa Meditation calls for a visualization of the Star Tetrahedrons, and it can be very valuable to have a physical model.

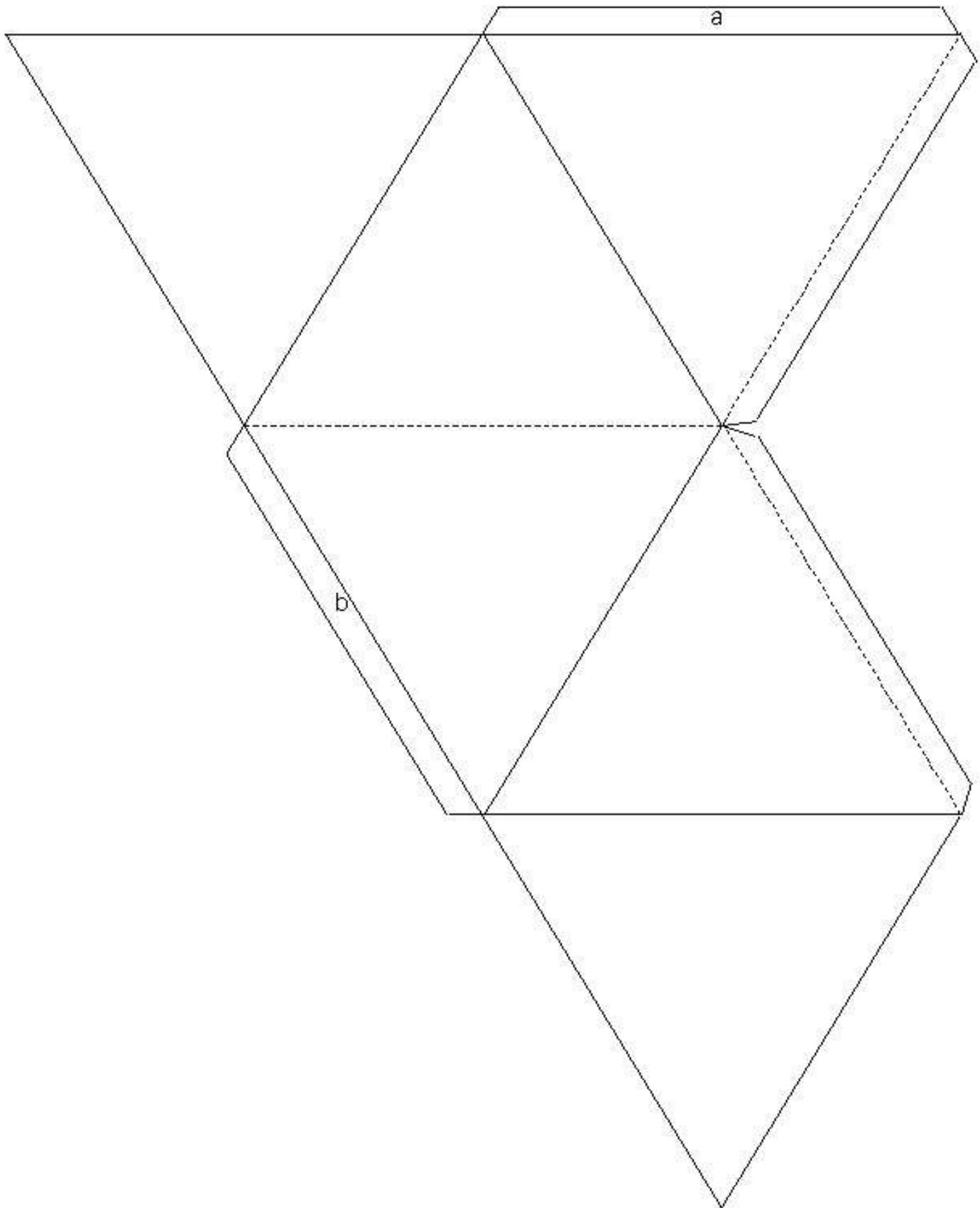
On the following pages are merkabah templates or drawings, which you can cut out and then paste or glue together, constructing a 3-dimensional representation of the Star Tetrahedrons.

***Putting together the Star Tetrahedrons can appear to be complex at first. However, when you have glued one together, you will marvel at the simplicity.***

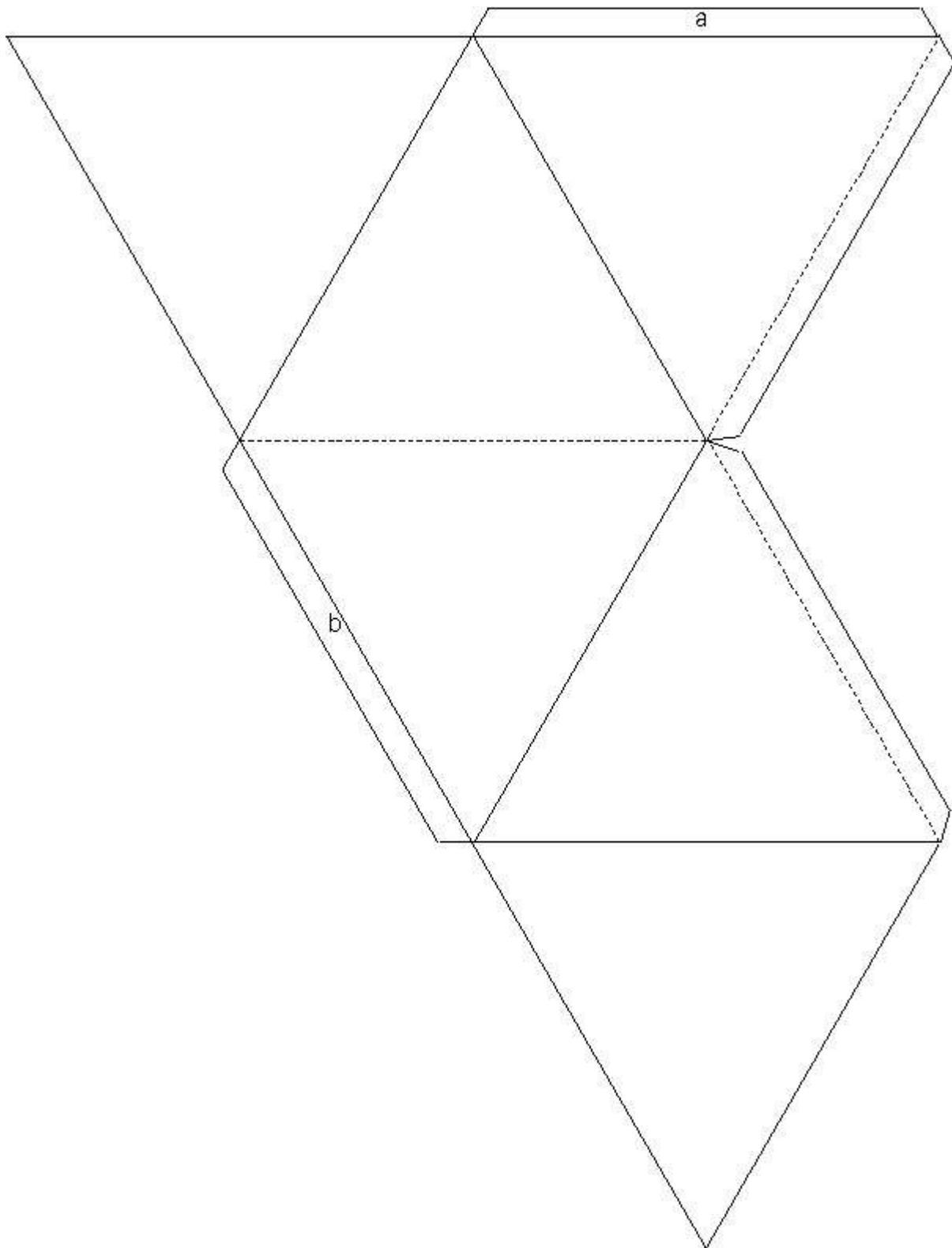
#### CONSTRUCTION:

1. To construct the Star Tetrahedrons you need to print four (4) copies of the pattern below.
2. Cut out the drawings, cutting all the way around the outside edge.
3. Notice that there are two types of lines used in the drawing, solid and dashed, which indicate two (2) different directions of fold. The dashes are the 'inside' folds. The dash will be inside after we make the fold, the solid lines are the 'outside' folds.
4. Notice there are four (4) flaps creating two (2) inside folds and two (2) outside folds. The outside folds get special attention as they will be our starting points, 'a' and 'b'. There are four (4) edges, which are flapless.
5. Fold all of the edges, including the triangle edges, and then we are ready to paste or glue our Star Tetrahedron.
6. Glue flap 'a' to the inside of the flapless triangle's edge, which is the edge that flap 'a' naturally folds into.
7. Glue flap 'b' to the inside of the flapless triangle's edge, which is the edge that flap 'b' naturally folds into. You now have one unit consisting of two 3-sided pyramids.
8. Fold and glue the other three (3) units.
9. When you reach this point, construction seems to get a little tricky. Glue two (2) units together, maintaining our 'rule' to glue a flap to the inside of a flapless edge. You should end up with two (2) units of four (4) pyramids each.
10. Carefully glue the two (2) units together still following the 'flap-to-flapless rule'. You may need to fit the two (2) units in various ways, until we suddenly see the Star Tetrahedrons come together.

**STAR TETRAHEDRON MERKABAH TEMPLATE**



# ALTERNATIVE SMALL TETRAHEDRON MERKABAH TEMPLATE



## THE MERKABAH MEDITATION

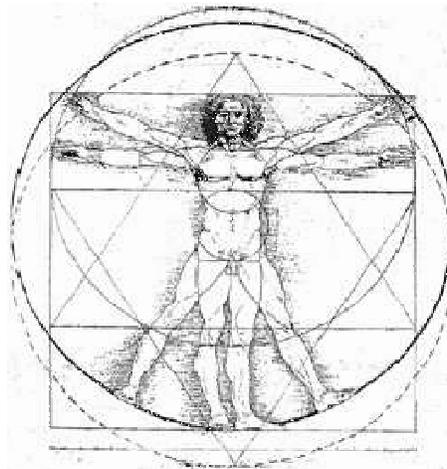
The MerKaBa Meditation calls for a visualization of the Star Tetrahedron, and it can be very valuable to have a physical model. Our personal Sacred Geometry is much larger than this small model. In order to have an idea as to the proper size, the upper tip of our upper Tetrahedron which is called the Sun Tetrahedron is above our head at a distance from the top of your head the length of our hand. i.e.: The distance from where your hand becomes wrist to the tip of your middle, longest, finger.



The lower tip of the Earth (lower) Tetrahedron is the same distance below your feet.

## LENDARO'S CANON

Leonardo da Vinci knew the importance of the Star Tetrahedrons. Study the following graphic of Leonardo's Canon and note where the Star Tetrahedrons are located.

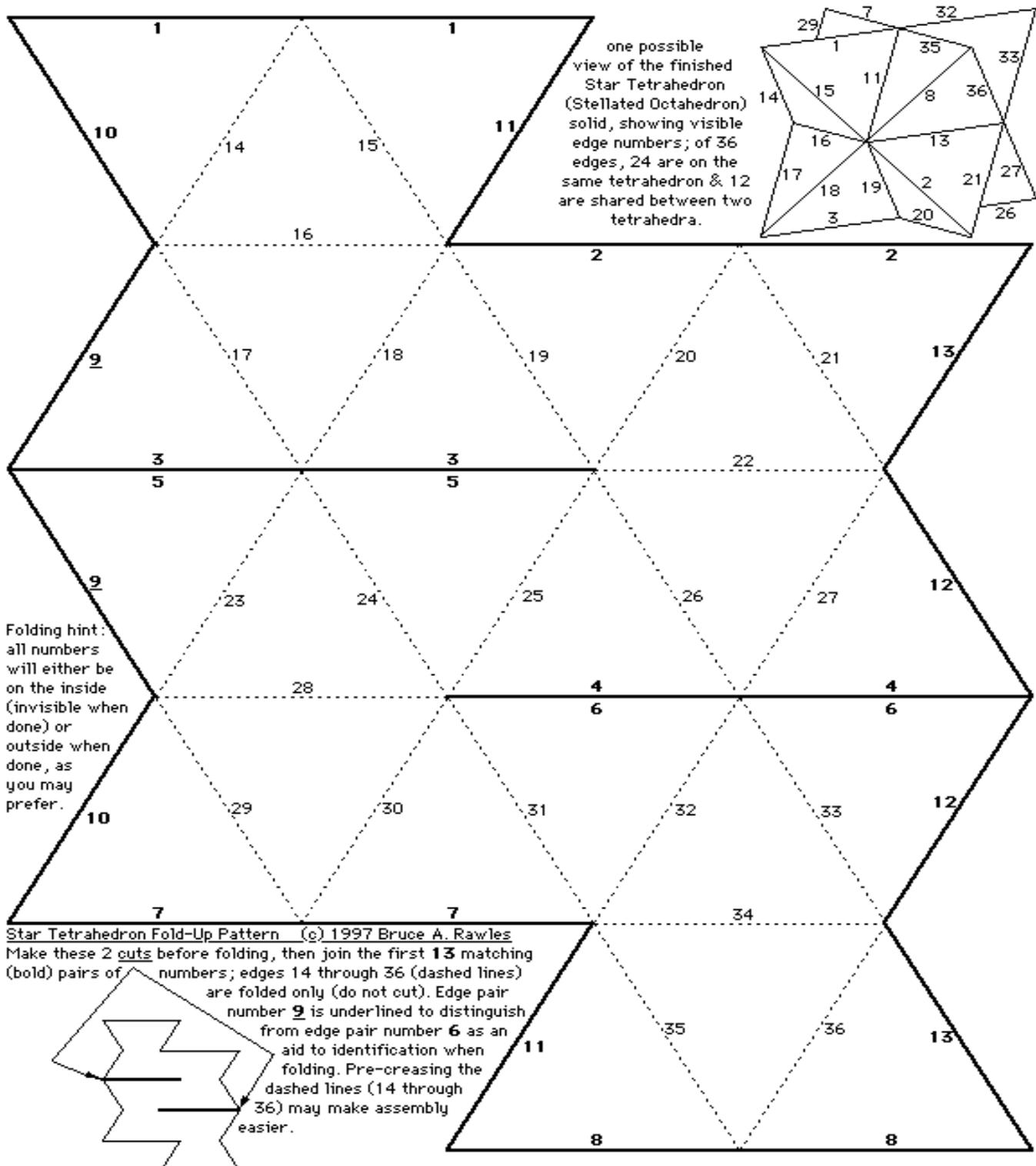


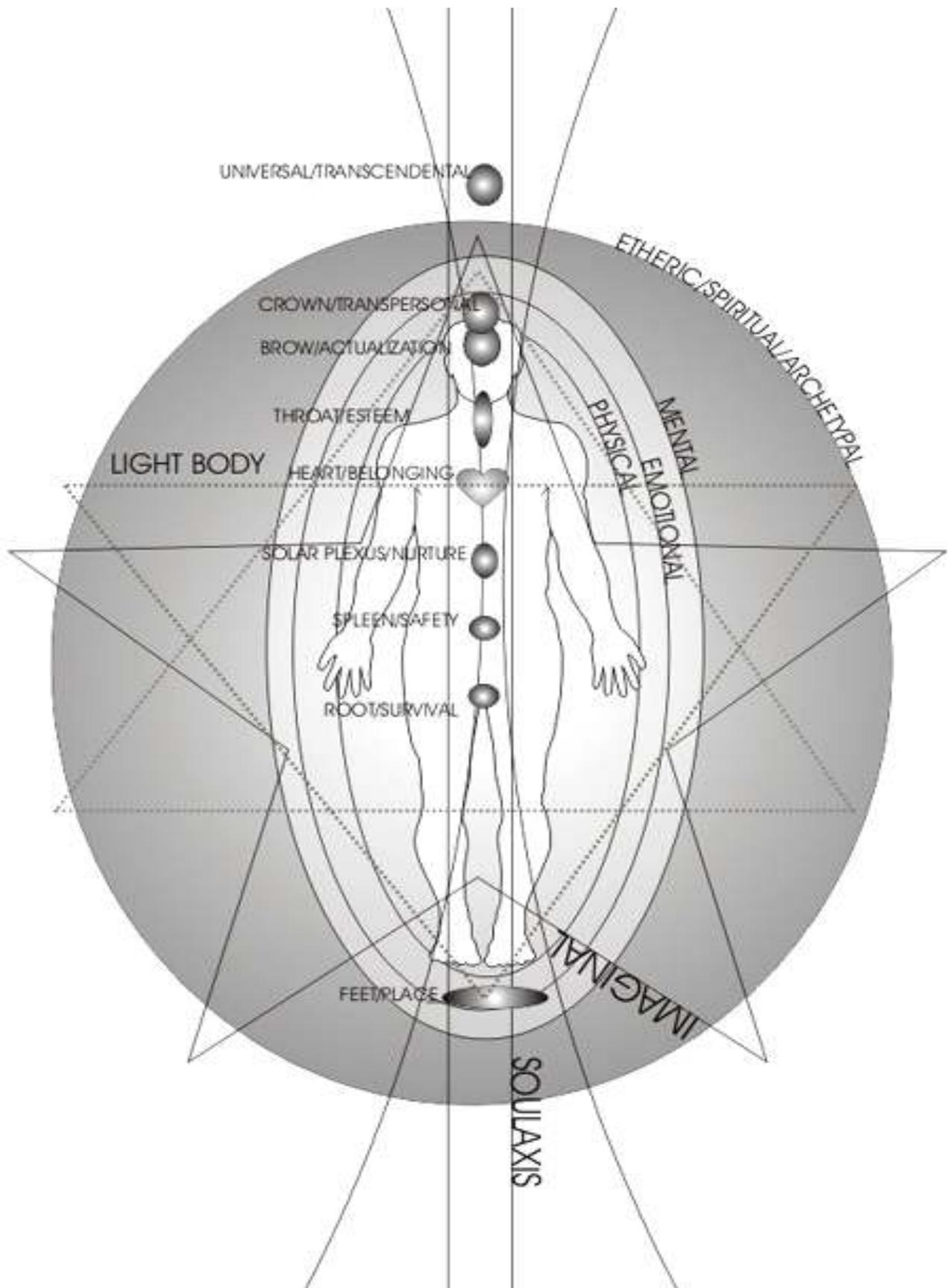
## SUMMARY

There is a chakra at each tip of our Tetrahedrons. Note where the Sun and Earth Tetrahedrons merge. The Tetrahedrons are often larger than many people realize. The circle centered at the Heart Chakra is the Sphere of Leonardo as referred to in the MerKaBa Meditation, and is a major key to the Christ Consciousness.

**Here's another (smaller) fold-up pattern for a Star Tetrahedron.** This pattern requires only 1 copy to make a finished model, but requires 2 additional cuts. It may be easier for some to put together, and has less taping and cutting than the first model.

**Hint:** Using one half of a slender pair of scissors carefully slid through the gaps in the almost-finished solid to apply the last 2 or 3 pieces of tape may make the final steps easier... and it DOES get easier with practice!





Through our energy field, or aura, we master our personal life matrix. The aura reflects our integration, balance and alignment with the merkaba and psychological field. The merkaba is our light body. The nexus of the aura and light body enable us to further activate the potential of our DNA