

## The Merkaba Meditation (as per Drunvalo Melchizedek)

The Merkaba connects at the base of the spine. Nearby is the Kundalini energy located. Practicing the Merkaba breaths will affect the Kundalini as any ascension/enlightenment is based on the awakening of Kundalini in some form or other.

The Merkaba meditation assists Kundalini energy to rise and spread across the body by unblocking channels and cleansing the chakras.

Merkaba meditation aligns the energy fields of the body..

Your intuition increases, healing takes place, meditation deepens, and your overall consciousness becomes elevated and time and space begins to have new meaning.

## 18 Types of Breaths Process

### **First Part:**

#### **Balances polarities and cleanses the electrical system**

##### **1. First Breaths:**

I begin with gyan mudra: placing my thumb lightly onto my first finger and parting the other fingers. Palms face upwards.

I Inhale and open my heart to feel love for all lives. I visualize a bright white light surrounding my body.

I breathe in one 7 counts, in one swift swipe from the belly through the diaphragm to the top of my lungs.

I exhale fully on 7 counts pulling in my belly and lift my diaphragm slightly upwards. Fully breathe out.

I relax.

My eyes are closed and look slightly into my third eye. I can feel the energy going up my spine.

##### **2. Second Breath**

As I feel the energy going down my spine,

I change the mudra: Joining the thumb and the second finger.

Repeat the same breath as in the first breath.

##### **3. Third Breath**

Next mudra: Change the mudra to thumb and third finger.

Repeat the same breath.

#### 4. Fourth Breath

Next mudra: Change the mudra to thumb and little finger.  
Repeat the same breath.

#### 5. Fifth Breath

Next mudra: Change the mudra back to gyan mudra.  
Repeat the same breath.

#### 6. Sixth Breath

Repeat the second breath and mudra: Joining the thumb and the second finger.

### **Second Part:**

#### 7. Seventh Breath

Feel love in your heart and inhale. Visualize a luminous tube running from above your head straight through your body down below your feet.

Feel prana/energy meeting at the navel, one stream coming down from above your head and prana coming up from below your feet. On your next inhale let the two pranas meet and expand.

Mudra: thumb, first, and second fingers come together, palms up.

Breathe in and out deeply in a yogic rhythmic manner without holding your breath at any point.

#### 8. Eighth Breath

Inhale naturally as your lungs empty out on their own in the previous exhalation.

The pranic energy at your navel continues to grow in size.

As you exhale, the pranic energy reaches its maximum size.

Keep the rhythmic breathing pattern going on with the same hand mudra.

#### 9. Ninth Breath

Keep the rhythmic breathing pattern going.

Same hand mudra: thumb, first, second fingers together, palms up.

Next, the pranic energy is now getting concentrated at the navel region.

It's getting brighter and brighter.

#### 10. Tenth Breath

As you inhale, the pranic energy becomes very, very bright and turns into a blinding ball of white light.

Exhale the air with pressure through a small hole of your lips.

As you exhale, the white sphere extends through your fingertips and encloses your body in a sphere of white light.

Keep the rhythmic breathing pattern going on with the same hand mudra.

#### 11. Eleventh Breath

Relax and breathe rhythmically with the same hand mudra.

Feel the prana flow from up and down, meet at the navel, and extend to a larger sphere.

#### 12. Twelfth Breath

Relax and breathe rhythmically with the same hand mudra. Feel the prana flow from up and down, meet at the navel, and extend to a larger sphere.

#### 13. Thirteenth Breath

Relax and breathe rhythmically with the same hand mudra. Feel the prana flow from up and down, meet at the navel, and extend to a larger sphere.

This breath stabilizes the pranic field.

#### 14. Fourteenth Breath

Feel love in your heart and inhale.

As you inhale, shift the original meeting prana point from the navel to the sternum.

The bright large sphere moves up to the sternum, too.

Mudra change: left palm on the right palm for males and vice versa for females.

Breathe rhythmically and comfortably while you focus on the pranic flow meeting at the sternum and expanding there.

Feel the breath, energy flow, and your connection to life.

The last three breaths are crucial.

Do this only when you connect with your Higher Self.

Connect to your Higher Self now.

#### 15. Fifteenth Breath

Fill your heart with love and become aware of three tetrahedrons which are superimposed on each other. One tetrahedron does not move usually and is fixed in the body.

One is male and is electrical. It represents the human mind. This tetrahedron rotates counter-clockwise.

If you are a male, the edge is pointing to your front and rotates counter-clockwise.

Females have the flat side pointing to their front and rotates clockwise.

Keep your hands held and breathe in, thinking in your mind that **the two movable tetrahedrons should rotate at equal speeds.**

Through a hole made by your lips, exhale with the star tetrahedrons spinning in opposite directions with equal speed.

The experience of Merkaba begins from here on.

#### 16. Sixteenth Breath

Keeping the same folded arms mudra, inhale. And as you exhale through the mouth, similar to the fifteenth breath, you can feel the speed of the tetrahedrons doubling, and they form a disk around your body at the base of the spine. The disk is wobbly and needs stability.

#### 17. Seventeenth Breath

Keeping the same hand mudra and feeling unconditional love for life, breathe in, telling your mind to increase the Merkaba to 9/10 the speed of light. Exhale through the mouth in the same manner as the fifteenth breath.

Breathe in and out in a balanced and yogic way.

Exhale forcefully and stabilize your Merkaba.

#### 18. Eighteenth Breath

The eighteenth breath is received from your higher self and will take you through the speed of light into "another world" for a while.