

## The Merkaba Method

The Merkaba meditation technique is a very potent meditation tool for transition, healing, manifestation, and ascension. It employs an understanding of Divine Love and Sacred Geometry. This meditation technique reactivates the fields of energy around the body that gives rise to your personal merkaba (time and dimensional vehicle). The merkaba is triggered through an ancient way of breathing and meditation, through love and mudras (hand positions) that revive and spin the geometric energy fields surrounding the body.

To prepare for merkaba meditation, make a place in your home that you can perform the meditation. It should be a place where you wouldn't be disturbed and distracted. Lighting a candle and using a cushion or pillow to sit on may be helpful to get you to feel relaxed and focused. Then let go of all your worries and just feel absolute love for everything around you and become one with love.

Merkaba Meditation Technique # Initial 14 Breaths # Example:

Merkaba Meditation Breath One: InhaleHeart

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

Mind

Become conscious 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. Imagine it the best you can. If you cannot imagine it, sense or feel it surrounding you.

Breath

At this same moment, with your empty lungs, start to breathe in a complete yogic manner. Breathe through your nostrils only, except at certain points which will be described. Basically, breathe from your stomach first, then your diaphragm, and finally your chest. Perform this in one movement, not three parts. The exhale is completed either by holding the chest firm and relaxing the stomach, gradually releasing your air, or by holding the stomach firm and relaxing the chest. The most important part is that this breathing becomes rhythmic. Commence by using seven seconds in and seven seconds out. As you become familiar with this meditation, discover your own rhythm.

Merkaba Meditation Breath One # ExhaleHeart

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), filled with brilliant white light as well.

Body

Keep the same mudra.

Breath

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

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

Mind

Be conscious of the flat equilateral triangle at the top of the Earth tetrahedron located in the horizontal plane that passes through your chest at approximately three inches below the sternum. In an instant, and with a pulse-like energy, send that triangular plane down through the Earth tetrahedron. It becomes 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 would discharge from 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, somewhat cross your eyes. Now look in an upward direction. This motion of looking up should not be severe. You should sense a tingling sensation between your eyes in the area of your "third" eye. Now look down to the lowest point you can, as quickly as you can. You may experience an electrical sensation move down your spine. The mind and body must harmonize the above mental exercise with the eye movements. The eyes look down from their topmost point 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 sums up the first Breath of the 14 steps. If you are interested, you may want to conduct further research on your own.