

# THE MERKABA GEOMETRIES & MEDITATION

by Drunvalo Melchizedek

There is an energy flow through the chakras, and from the chakras the meridians reach each cell in the body. Then there is the prana field close to the body, generated by the chakra/meridian flow. Next there is an auric field that extends out a few feet generated by our thoughts and feelings/emotions that is surrounded by an egg shaped energy field. Out past the egg we begin to see the geometric fields of light that make up the human lightbody. The Mer-Ka-Ba is a potential of the geometric fields of light and is created through consciousness.

The human being is surrounded by numerous geometric fields of energy that are electromagnetic in nature within this dimension. The Mer-Ka-Ba extends into all possible dimensions, and in each dimension uses the laws of that dimension to manifest.

## **The Star Tetrahedron is the Source of All Geometric Fields around the Body:**

If you were to follow the energy lines of the star-tetrahedral field to their source within the body, you would be looking at the tiny star-tetrahedral field of the original eight cells (the Egg of Life), located in the exact geometric center of the body. The creation of life is geometric. Mitosis moves through sphere to tetrahedron to star tetrahedron to cube to sphere again, and finally to torus.

The work and practices to come are holy and sacred and will result in you being changed forever. If this does not feel like the right path for you to follow at this time, then don't. Wait until you feel sure that this is the right and correct path for you. Once you have entered upon this path there is no turning back. You will know and will have experienced too much in the higher chakras. It is the actual experience of the Mer-Ka-Ba that will change you and your life. It will alert your higher self of your desire for increased consciousness and awareness. This will alter your life on Earth and you will begin to grow spiritually and find major changes in your life within days or weeks of beginning this practice. Whatever has stopped you from growing spiritually will disappear and whatever you need will appear. It is a spiritual law. Once life is aware of your awakening, it will assist you. Then once you have begun to awaken, life will use you to further unfold it. It is recommended that once you begin, you commit to the meditation practice once each day. Definite problems can occur if you stop doing the practice each day before your Mer-Ka-Ba is permanent and you have become a conscious breather. If you stop doing the practice too early, then your Mer-Ka-Ba will stop living (or spinning) after about 47-48 hours. It is not known exactly how long you will need to do this practice daily before it becomes permanent but it is estimated at six months to approx. two years.

The Mer-Ka-Ba is the living human within two interlocked tetrahedrons that are perfectly contained within a cube. At this point it is very important to obtain or create a visual of the star tetrahedron. You can make one out of card board or purchase one to look at. (see pg 477 of the book *The Ancient Secret of the Flower of Life - Volume 2*). The next thing to understand is how your body fits into the star tetrahedron and how the star is arranged around your body. **There are actually THREE complete star tetrahedrons around the body all the same exact size superimposed over each other along the same axis.**

The tetrahedron pointing upward to the Sun is male and we will call it the Sun tetrahedron. The tetrahedron pointing downward to the Earth is female and we will call it the Earth tetrahedron.

For a male body looking out, his Sun tetrahedron has a point facing forward and the opposite flat face is behind him. His Earth tetrahedron has a flat face in front and a point facing backward.

For a female body looking out, her Sun tetrahedron has a flat face facing forward and a point facing backward and her Earth tetrahedron has a point facing forward and the flat face is behind her.

### **Spherical Breathing & Remembrance of the Mer-Ka-Ba:**

Begin by creating a place in your home that is holy and sacred for you. Create a space is private where you will not be disturbed. A small altar with a candle is suggested. This is the place you will learn to create the living Mer-Ka-Ba around your body and make conscious contact with your higher self. Enter into this meditation once daily 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 and relax. Sitting in a chair or lotus style is suggested. Let go of the worries of the day and breathe rhythmically. Place your attention on your Christ chakra, which is located about one centimeter above your sternum. Open your heart and feel your love for God and for the planet and for all life everywhere. When the feeling of love is in your Beingness, you are ready to move toward the experience of the Mer-Ka-Ba. The degree that you are able to love will be the degree to which you will be able to experience the living Mer-Ka-Ba.

### **An Overview of the Meditation:**

There are seventeen breaths to reach completion. The first six are for the balancing of polarities within your eight electrical circuits and for the cleansing of these circuits.

The next seven are to reestablish the proper pranic flow through your chakra system and to re-create what is called *spherical breathing* within your body. The fourteenth breath is unique. It changes the balance of pranic energy in your body from third-dimensional to fourth-dimensional awareness. The last three breaths re-create the counter rotating fields of the living Mer-Ka-Ba within and around your body. The eighteenth breath is very special. Your higher self will guide you when it is time to take this breath. We caution you about experimenting with this breath at this time. Once taken, you will not exist in this dimension but will exist in the Higher Worlds.

### **The First Six Breaths:**

#### **First Breath > Inbreath:**

Heart: Open your heart and feel love for all life.

Mind: Become aware of and focus on the Sun tetrahedron (male) with the apex pointing upward. Males have the point facing forward and females have the point facing the back. See the Sun tetrahedron filled with brilliant white light the color of lightning. Feel the energy of lightning as it fills the tetrahedron.

Body: At the moment of inhalation, lightly place your thumb and first finger together with your palms facing up.

Breath: With your lungs empty begin to inhale breathing with a complete yogic breath, breathing only through your nostrils. Simply breath from your stomach, then your diaphragm and then your chest. Do this in one movement, not three. The inhalation is continuous and should be from 5-7 seconds.

#### **First Breath > Outbreath:**

Heart: Love for all life.

Mind: Become aware of and focus on the Earth tetrahedron (female). Males have the point facing backward and females have the point facing forward. Be aware of the flat top of the triangle at the top of the Earth tetrahedron that passes through your chest at approx. 3 inches below the Christ chakra (approx at the solar plexus). With a pulse like energy send all negative energy down through the tip or apex of the tetrahedron. A light will shoot out of tip of the tetrahedron into the center of the Earth. The light will usually appear dark and muddy. Do not worry about this energy entering Mother Earth. She is fully able to assimilate this energy with no problems.

Note: Discuss further if you live in a two story or taller complex.

Breath: Do not hesitate at the top of the inhalation to begin the exhalation. Exhale slowly for approx. five to seven seconds in the yogic manner through the nostrils. When the air is out of the lungs, relax the chest and abdomen and hold your breath for approx. five seconds.

Body: This exercise can be performed with your eyes open or closed. Move your eyes toward each other and slightly cross your eyes. Now bring them up to the top of the

sockets by looking upward. You may feel a sensation between your eyes and your third eye. Now very quickly look downward to the lowest point you can see. You may feel an electrical sensation down your spine.

This combined exercise will clean out the negative thoughts and feelings that have entered your electrical system in this particular circuit. Specifically, it will clean out the part of your electrical system associated with the particular mudra you are using. Immediately upon pulsing your eyes downward, change mudras to the next one and begin the entire cycle over again for the second breath.

**Second Breath:** Mudra: Thumb & second (middle) finger together.

**Third Breath:** Mudra: Thumb & third finger together.

**Fourth Breath:** Mudra: Thumb & little finger together.

**Fifth Breath:** Mudra: Thumb & first finger together (same as first breath).

**Sixth Breath:** Mudra: Thumb & second finger together (same as second breath).

The first six breaths for balancing the polarities and cleansing your electrical system is now complete. There are eight electrical circuits in the body coming from the eight original cells. It is necessary to physically balance only six circuits to achieve balance in all eight. Therefore, if six points of the star tetrahedron are balanced, the last two, located above the head and below the feet will automatically become balanced. That is why there are only six balancing and cleansing breaths for the eight electrical circuits.

## **Part 2: The Next Seven Breaths - Re-Creating Spherical Breathing:**

Now 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 breathing tube that runs through the star, from the apex of the Earth (female) tetrahedron below your feet. The tube extends from one hand length below your feet. The diameter of your tube will be the size of the circle formed by touching your own thumb and middle finger together. Each person is different and must be their own measuring stick. The prana tube is a fluorescent tube with a crystalline tip at each end that fits into the top and bottom apexes of the two tetrahedrons. Prana enters the tube through a small hole at the tips.

### **Seventh Breath > Inbreath:**

Heart: Love

Mind: Visualize and sense the tube running through your body. When you begin the Seventh Inbreath, see the brilliant white light of prana moving up and down the tube. The point where the two prana beams meet within your body is controlled by the mind. The focus will be to move from third to fourth dimensional awareness and move with the Earth as she ascends. Direct the two beams of prana inside the tube to meet within

your body at the navel level. The moment the two beams of prana meet, a grapefruit sized sphere of white light/prana is formed at the meeting point. It all happens in an instant and as you continue the seventh inbreath the sphere of prana begins to concentrate and grow slightly larger.

Body: For the next seven breaths, use the same mudra for both inbreath and outbreath. Put the thumb and first two fingers together with the palms facing upward.

Breath: Deep, rhythmic yogic breathing (through the nostrils) with five to seven seconds in and out. There is no holding your breath from now on. The flow of prana from the two poles will not stop or change in any way when you switch from inbreath to outbreath. It will be a continuous flow that will not stop as long as you breathe in this manner.

### **Seventh Breath > Outbreath:**

Mind: The prana sphere centered in your body at the navel level begins to grow. By the time of the full exhalation, the prana sphere will be approx. eight-nine inches in diameter.

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

### **Eighth Breath > Inbreath:**

Heart: Love

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

### **Eighth Breath > Outbreath:**

Mind: The prana sphere continues to grow and will reach maximum size at the end of this breath. The maximum size is different for each person. Your measurement of this size is from the tip of your longest finger to the line on your wrist that defines your hand. The sphere of prana cannot grow larger than this within your body.

### **Ninth Breath > Inbreath:**

Mind: The sphere cannot grow larger, so the prana begins to concentrate within the sphere, causing it to grow brighter.

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

### **Ninth Breath > Outbreath:**

Breath: As you exhale the sphere continues to grow brighter and brighter.

### **Tenth Breath > Inbreath:**

Mind: As you inhale the sphere of light in your stomach will reach maximum concentration. About halfway into the inbreath the sphere will ignite and change color.

The electric white 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 tenth inbreath, this new golden sphere of light will rapidly reach a new and higher concentration. At full inhalation, the golden sphere of light in your body is ready for transformation.

### **Tenth Breath > Outbreath:**

Mind: At the moment of exhalation, the sphere of golden light, two hand lengths in diameter, bulges to expand. In one second, combined with the power breath, the sphere expands to completely enclose your body in a huge sphere of brilliant golden light. This extends just past the fingertips of your extended arms. Reference: See Leonardo's sphere in Book Two, Chapter 13, page 343. You have now returned to the ancient art of spherical breathing. However, the sphere is not stable and you must breath three more times to stabilize the golden sphere of light.

Breath: At the moment of exhalation, make a small hole with your lips and blow out the air in your lungs with pressure. Notice how your stomach muscles contract and your throat opens. You will notice the sphere begin to bulge as you force the air out through your lips. At this moment the sphere will expand to the size of the Leonardo sphere. Notice that the original smaller sphere is also still there within you. There are two spheres, one within the other.

### **Eleventh, Twelfth and Thirteenth Breaths:**

Mind: Relax now and drop your visualization. Simply feel the flow of prana flowing from the two poles, meeting at the navel and expanding outward to the larger sphere.

Breath: Deep, rhythmic yogic breathing. At the end of the thirteenth breath you have stabilized the large sphere and are ready for the important fourteenth breath.

Note: The original small sphere within you is brighter and more concentrated than the larger one that surrounds you. It is from this concentrated inner sphere that prana is drawn for various purposes such as healing.

### **Part 3 > Fourteenth Breath > Inbreath & Outbreath:**

Heart: Love

Quote: *Love is the Way Home*

Mind: Use your mind and your thoughts to move the point where the two beams of prana meet from your navel to about two or three finger widths above the bottom of the sternum, the fourth-dimensional chakra of Christ consciousness. The small concentrated sphere of light actually moves up to just below the heart. This is an extremely powerful movement. The change in consciousness that will inevitably occur will bring your awareness from Earth consciousness to Christ consciousness. This is moving from third to fourth dimensional consciousness.

Body: The mudra changes and remains the same for the rest of the meditation.

Males > Place the left palm on top of the right palm, both facing upward.

Females > Place your right palm on top of the left palm, both facing upward.

Let the thumbs lightly touch each other and deeply relax.

Breath: Deep, rhythmic yogic breathing. As you breath focus your attention on the the flow of energy moving up and down the tube, meeting at the sternum and expanding to the larger sphere. Just feel the flow. Use your feminine side and energy to just be love. Feel your connection to all life through the Christ breath and feel your intimate connection to God.

Reference: Mudra movement which is optional. We will demonstrate.

#### **Part 4 > The Last Three Breaths - Creating the Vehicle of Ascension:**

The last three breaths are to be taken seriously as you have made contact with your Higher Self. The energies that come into and around your body and spirit have tremendous power.

#### **Fifteenth Breath > Inbreath:**

Heart: Unconditional Love for all life.

Mind: Be aware of the whole star tetrahedron. Each is composed of one Sun (male) tetrahedron interlocked with one Earth (female) tetrahedron. These two, the Sun and the Earth together, form the whole star tetrahedron which is the three dimensional Star of David. There are three separate star tetrahedrons superimposed over each other - three complete sets of double star tetrahedrons that are exactly the same size and appear as one but are actually separate. Each star tetrahedron has a polarity of its own, either male, female or neutral. Each will turn or spin on the same axis.

The first star tetrahedron is neutral in nature. It is literally the body itself, and is locked in place at the base of the spine. It is placed around the body according to the sex of the body.

The second star tetrahedron is male in nature and electrical. It is literally the human mind, and it can rotate counterclockwise relative to your body looking outward. It rotates to the left beginning from a point in front of you.

The third star tetrahedron is female in nature and is magnetic. It is literally the human emotional body, and it can rotate clockwise relative to your body looking outward. It rotates toward your right, beginning from a point in front of you.

On the inhalation of the fifteenth breath, as you are inhaling, say to yourself in your mind or out loud the code words "**equal speed**". This will start the two rotatable star tetrahedrons spinning in opposite directions at equal speed. Your mind knows exactly what your intentions are and will do as you say. This means there will be a complete rotation of the mind star (male) tetrahedron for every complete rotation of the emotional star (female) tetrahedron.

Body: Continue the mudra of the cupped hands from now on. (see Breath fourteen)

Breath: Deep, rhythmic yogic breathing, but only for the next three breaths.

### **Fifteenth Breath > Outbreath:**

**Mind:** The two sets of star tetrahedrons take off spinning. In an instant they will be moving at exactly one third the speed of light at their outermost tips. You will probably not be able to see this but you will be able to feel it. What you have now done is start the motor of the Mer-Ka-Ba. This is like starting the motor to a car but keeping the transmission in neutral. You will not go anywhere yet. This is an essential step in creating the Mer-Ka-Ba.

**Breath:** Make a small hole with your lips just like you did for Breath number ten. Blow out with a power breath and feel the two sets of star tetrahedrons take off spinning.

### **Sixteenth Breath > Inbreath:**

**Mind:** This is the most amazing breath. On the inbreath, as you are inhaling, say to yourself in your mind, "34/21." This is the code for your mind to spin the two sets of star tetrahedrons at a ratio of 34 to 21, meaning that the **mind** star tetrahedron will spin to the left 34 times, while the **emotional** star tetrahedron will spin to the right 21 times. As the two sets speed up, the ratio will remain constant.

**Breath:** Deep, rhythmic yogic breathing.

**Note:** The chakra we have moved into with the fourteenth breath and are breathing from is the Christ Chakra, and that is the speed ratio of that chakra.

### **Sixteenth Breath > Outbreath:**

**Mind:** As you let out the breath, the two sets of star tetrahedrons take off in an instant from their settings at one-third the speed of light, to two-thirds the speed of light. As they approach two-thirds light speed, a phenomenon occurs. A flat disk quickly extends from the original eight cells within the body (at the level of the base of the spine) to a distance of about 55 feet in diameter. (see picture at the bottom of page 361-Fig. 13-4) And the sphere of energy centered around the two sets of star tetrahedrons creates, with the disk, a shape that looks like a flying saucer around the body. This energy matrix is called the Mer-Ka-Ba. However, this field 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 to speed it up.

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

### **Seventeenth Breath > Inbreath:**

**Heart:** Please remember that unconditional love for all life must be felt throughout this

meditation or no results will be realized.

Mind: As you breath in, say to yourself the code "nine-tenths the speed of light." This tells your mind to increase the speed of the Mer-Ka-Ba to 9/10 the speed of light, which will stabilize the rotating field of energy. It will also do something else. The third-dimensional universe we live in is tuned to 9/10 the speed of light. Every electron in your body is rotating around every atom at 9/10 the speed of light. This is the reason that this particular speed is selected. It will enable you to understand and work with the Mer-Ka-Ba in this third dimension without having to have fourth or higher-dimensional experiences. This is very important in the beginning.

Breath: Deep, rhythmic yogic breathing.

### **Seventeenth Breath > Outbreath:**

Mind: The speed increases to 9/10 the speed of light and stabilizes the Mer-Ka-Ba.

Breath: Same as breaths fifteen and sixteen. 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, third-dimensionally tuned Mer-Ka-Ba. With the help of your higher self, you will understand what this really means.

After finishing with the breathing exercise, technically you can get up immediately 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 until you can realize that life is an open-eyes meditation and everything is sacred.

However, it is very desirable to remain in the meditation energy for a while longer after the seventeenth breath. Perhaps for an additional fifteen minutes to an hour. While you are in this meditative state your thoughts and emotions are greatly amplified. This is also a great time for positive affirmations. Talk to your higher self to discover the possibilities of this special meditative time.

Caution: There are many teachers in the world that have decided to teach people to move faster than the speed of light with their Mer-Ka-Ba. This is their decision but we feel it is extremely dangerous and to be avoided. There will come a time when this will become appropriate and it is called the 18<sup>th</sup> breath.

### **Eighteenth Breath:**

This is a very special breath and will not be taught at this time. 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 or higher. It is based on whole-number fractions, just as in music. You will disappear from the 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 to Source. We caution you to not experiment with this breath at this time. It can be very dangerous.

When the time is right, your higher self will cause you to remember how to do this

breath. Do not be concerned about it as it will come when needed.

### **ADDITIONAL INFORMATION:**

If you have been on Earth and did not recently come from somewhere else, your Mer-Ka-Ba has been dormant for 13,000 years. So it has been a very long time since your body has sensed this experience. The breathing practice of the Mer-Ka-Ba meditation will reestablish the living Mer-Ka-Ba around your body. The practice functions much like a spinning wheel that has to be spun every so often to keep it spinning. However, in a Mer-Ka-Ba the spinning eventually takes on a life of its own. At one point the spinning will continue indefinitely. But this result will take some time. The state of a permanent Mer-Ka-Ba refers to a person who has become a conscious breather. A conscious breather is someone who has created a permanent living Mer-Ka-Ba around their body and has become aware of the Mer-Ka-Ba breath.

### **Options for Breaths 7-13:**

The following refinement is optional and should only be done if you feel so guided. Use this refinement only after you are comfortable doing the meditation and are no longer concentrating on how to do it. It is as follows: Replace the feeling of love that is held for all seven breaths with the following seven feelings or qualities of mind, holding them during the entire breath.

Breath 7 = Love, Breath 8 = Truth, Breath 9 = Beauty, Breath 10 = Trust, Breath 11 = Harmony, Breath 12 = Peace, Breath 13 = Reverence for God.

**Spinning only the top and bottom tetrahedrons:** There are actually **three sets** of star tetrahedrons around the body. Some forget and simply rotate the Sun tetrahedron counterclockwise and the Earth tetrahedron clockwise. See Part 4 - Breath Fifteen. This is a mistake that does not cause any harm but stops further growth. For additional information on potential problems with the meditation see pages 356-360.

## **Activating the Pineal Gland and 8 Beams of Light**

### **Entering the Sacred Place of the Heart - the Source of Creation from the teachings of Drunvalo Melchizedek**

Your human light body is your Merkaba and it will automatically connect to your Halo/Light Sphere around your head once it is activated (8 Beams of Light).

### **Entering the Sacred Place of the Heart - The Source of Creation:**

The heart is the key to everything. The heart is older than the body and brain. There is a secret inside of the heart. There is a tiny space within the heart where creation takes place. The heart is a Torus and exists within a toroidal field.

The brain requires light to see and exist. The heart sees in darkness. In the heart is a world without fear. There is a vibration within the heart that is the OHM to the Universe.

- 1) First connect to Mother Earth (from the Center) and
- 2) Father Sky. Feel the flow of the Love energy running both ways. This vibration allows you to enter the Sacred Heart.
- 3) Feel the vibration in the heart and know that this is where the highest creations take place. Here in the heart you can choose to be infinite or finite and it has nothing to do with size. When you choose infinite you have no center, because you are everywhere at the same time.

#### Finding the Opening to the Sacred Heart:

The opening is in the back of the heart. There is a vortex and it will pull you into a tunnel and into the outer place of the Sacred Heart. Here you will find that the vibration is the Ohm to the Universe. Feel the vibration of your heart in concert with the Divine and know that this is where you want to create from.

#### Exercises to Enter the Sacred Heart:

- 1) Arc your consciousness from your brain/pineal out the back of your head and enter the heart between your shoulder blades. (Demonstrate)
- 2) Take the elevator from your brain/pineal down and to the heart and walk into the chamber.
- 3) Ask Creator to "Let There Be Light." Within this Outer Chamber of the Sacred Heart are your Akashic records and Intentions for coming to Earth. All of your personal information exists here. Within the Sacred Heart you remember that YOU are YOUR best teacher and know your own truth from this place.

Note: You may want to practice this with a blindfold.

Reference: The Unity Breath Meditation

#### Finding the Opening to the INNER Sacred Place of the Heart:

Move within your intention now to enter the Inner Sacred Place of the Heart.

Sometimes this is referred to as THE STILL SMALL SPACE of the HEART.

In this tiny place within your heart is the Holy of Holys. This is your most sacred and special place that holds the highest vibration you can emanate and sustain. Here is your center of Consciousness. Here you will find that ALL of the Universe is contained within in every cell. This is sometimes called Zero Point or Stillpoint. Here you can access all of the Quantum Universe. Here ALL time and NO time exist simultaneously.

#### Understand that you have Two Emotional Bodies:

First the Right side of the secondly the Heart.

Practice each day to consciously move your attention and thoughts into the the Sacred place of the heart. Then move into the INNER Sacred place of the Heart.

You will feel a vibrational INCREASE when you move into the inner chamber of your heart. Eventually it will easy and ultimately a permanent place for your consciousness. The brain will then be operated as a remote control for the heart and you will no longer create from a place or duality or polarity. You will begin to create from a pure vibration that transcends right and wrong or judgment. Your thought forms that emanate from the Sacred place of the heart will create and manifest very quickly into third dimensional reality.

Exercise in Creating from the Heart: 1) Practice moving back and forth from the heart to the brain, feeling the difference in the vibration. 2) Practice moving from the Sacred place of the heart into the INNER Sacred place of the heart. 3) Now practice moving back your consciousness back into your brain. 4) Begin to sense and KNOW when you are there and track how much time each day you are Living and Creating from your heart. 5) Begin to create from the heart in meditation and dream state using and recording your images.

Drunvalo: "Whatever you are dreaming in your Sacred Space of your Heart becomes Reality."

Reference: Dolphin or Pod Mind > In this state of awareness you are no longer thinking of self as separate. When you enter the Pod Mind and state of the Living Heart you are thinking, feeling and creating for the good of the many. Unity becomes the focus and there is no separation. Creation here is done from an emotional or feeling state and aligns with Law of Attraction. Two choices: Attention to create or Not to, and Intention to create or Not to.

### The Pineal Gland or Third Eye:

The Pineal gland is located in the center of your head. It is actually an eyeball and that is why it is referred to as the third eye. It is hollow like an eye and has color receptors within it. In its natural state it is looking upward. The pineal has its own chakra and is connected to and communicates to both the brain and the heart.

### Eight Beams of Light Create a Halo Around Your Head:

Eight beams of light emanate from the pineal that are connected to the original eight cells of your body. (Reference teaching of the Merkaba Meditation and 8 Points of the Star Tetrahedron)

When you are in your heart space and all eight beams are activated and balanced, a green auric field or halo will appear in and around your head. You will begin firing massive alpha waves in your brain and accelerated or instant manifestation will occur.

### Hemispheres of the Brain:

The left brain in the human is male and controls the right side of the body. It carries a positive charge. The right brain is female and controls the left side of the body. It carries a negative charge. (Electrical in nature)

The human has TWO heart chakras. One is connected to the heart and the other

is connected to the right brain. You can measure the distance between them by putting your middle finger on your nose and your thumb on your chin.

Humans have TWO polarized emotional bodies. One is located in our right brain and one is located in our heart. These are living, breathing conscious graviton fields. They respond to your thoughts and feelings and are tied to how you create your life and co-create the world you live in.

Feeling states: Love = Expansion      Fear = Contraction

If you are in fear your ability to function goes to zero. The goal is to be "fearless" and "in love" with all of life. The more you are experiencing the feeling state of love, the more ability you have to use your power to create in your personal life and co-create in the world you live in. Working internally with the emotion and feelings of love is much more effective than working outwardly and allowing yourself to feel fear or chaos.

With love, you can become nonreactive to negative thought forms or vibrations very quickly.

#### Notes on Creating:

The brain is a polarized organ and is divided into two sides. If you create from your mind or your brain, there will always be the equal and opposite of your creation some where on this planet. It is like seeing your brain look into a mirror. Cosmic law says, "equal and opposite forces oppose each other." This is a scientific fact. Creation via thoughts are based on logic, then attention to the thoughts and then intention to manifest the creative thought/s.

The heart is the most sacred organ in our body and responsible for keeping us alive in our physical bodies. When you enter into the space of the sacred heart and connect with Mother Earth and Father Sky and that which is sacred in all life, there is no polarity or duality. There is only creation through love. The heart is the key to everything. The heart is older than the brain and the body. There is a secret inside every heart that connects each of us to the place where creation takes place within. The heart is a toroid and a toroidal field emanates from the heart.

(Reference: Drunvalo's teachings from the Merkaba meditation and sacred geometry)

The brain requires light to see and function. The heart sees in darkness. There is no light in the heart and therefore no shadow is created. In the heart there is a world without fear.

#### Activating the 8 Beams of Light - Halo around your Head:

(See diagram drawing showing the location of each of the eight beams of light)

The beams are whitish gold in color and have blue/green light blinking at the end of each one. To see your beams of light go within and view them from the pineal. To assist another have them sit down and move to the left side of their body.

Begin by grabbing onto the "Unicorn" beams, numbered as 1 & 2. Grab from the forehead and behind the back of the neck with not completely closed palms. Intend together that they extend. Now put your left palm on their forehead and right palm on the back of their neck. (same position for self activation) Ask to see your/their pineal chakra. It usually appears as red or black. Tell the body to connect the two beams. Be patient as it may take up to two minutes. Slowly bring your palms away from the head and neck the beams of light will follow your hands. Usually the beams are pulsing with blue/green lights at the tips and not in unison. Count 20-25 pulses as they come into unison before you take your hands away.

Now move to the back of the person seated and begin with beams 3 & 4. Put not completely closed palms just above their ears and repeat the process from beams 1 & 2 until the beams have been extended, connected and light pulses are firing in unison.

Now move back to the left side of the seated person and begin with beams 5 & 6. Repeat process as shown above.

When six of the eight beams are connected and firing in unison, your body will connect and balance beams 7 & 8 automatically. Ref: The teachings of Drunvalo in learning The Merkaba meditation.

#### Creating Alpha Waves using the Tip of the Tongue:

Enter in meditation into a state of unconditional love for all life. Use this energy to enter the Sacred Place of the Heart. Ask that there be Light within your heart. Tune the eight beams of light that emanate from the pineal to balance where they are firing in unison. The goal now is to use the tip of the tongue to massage the roof of the mouth. The tip of the tongue is the key to creation when used in this way. Now connect your heart to your Pineal Chakra and then connect forward to the Pituitary Chakra located in front of your 3<sup>rd</sup> Eye. Focus now on rotating the Pineal or 3<sup>rd</sup> Eye to face forward and open more. Now set your intention to connect your Pineal to your thalamus. It is located behind the brain and pineal gland. This combination of energy combined with massaging the roof of the mouth with the tip of the tongue will create or fire Alpha waves. Be sure to connect to your pituitary gland which is located in front of the brain. Green light

will begin to appear and fill your fields. Feel that the energy of the pituitary spiral out as you connect. This combination of connecting from the heart, to the pineal eight beams of light, to the pituitary , and then to the thalamus, combined with the tongue massage will create your Halo and instant manifestation or alchemy can occur.

**Suggestions for Practice:**

We suggest you practice these teachings each day in a quiet and sacred place that you have created. We also suggest that you experiment the meditations with a blindfold. These teaching and practices have been very successful for many when they are performed daily from the Sacred place of the Heart. Then move into activating the pineal gland and balancing the eight beams of light that emanate from the pineal. Then move back into the heart and become comfortable with this body navigation. You have entered into higher consciousness beyond human consciousness, and have truly begun the process of enlightenment.

**Drunvalo Melchizedek 2011 :**

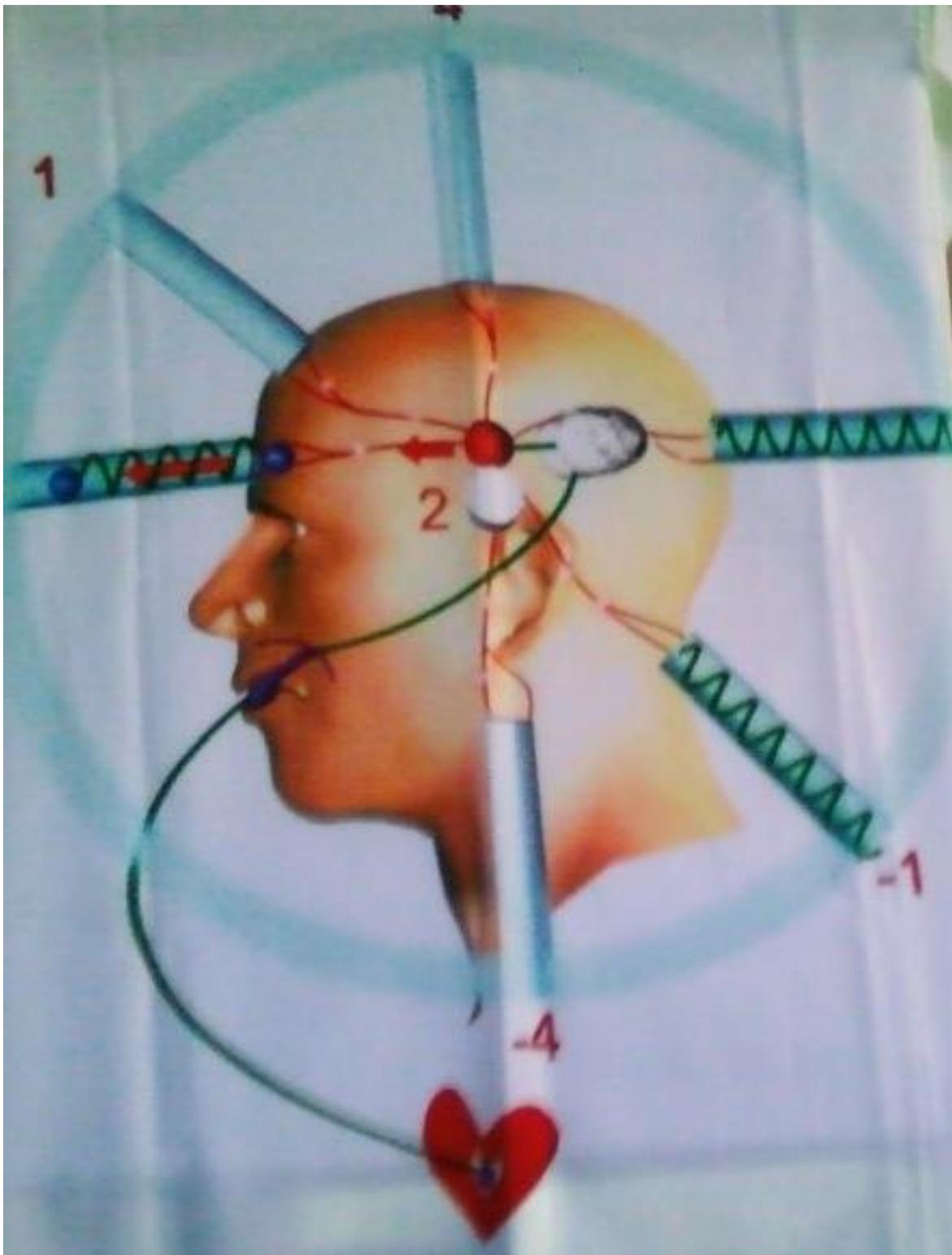
*"This exploration of knowledge is the Reality of Pure Consciousness. This knowledge and experience is usually taught over a 20 to 40 years in traditional systems, but considering that we have very little time left, we will accelerate learning and hopefully many of you will grasp the experience and make it real in your lives. You may have to practice this for a time after you are home to truly understand the experience, but now you have the tools.*

*Further, I ask you, what is your body? What is the Universe? Let's begin to see the human experience from beyond the known human knowledge. Science and our present understanding of the Reality is an illusion. We believe that what we are experiencing is real, but in fact the Universe is merely pure consciousness, and because it is pure consciousness, we can move in ways that transcends the laws of physics.*

*Be self-aware and know who you really are. When you remember your intimate relationship with the Source, everything comes naturally to you, like a leaf falling effortlessly to rest on the Earth.*

The information presented for the Merkaba Meditation was collected from "The Ancient Secret of the Flower of Life - Volume 2" by Drunvalo Melchizedek and edited for simplicity and clarity by Laurie Reyon Anderson of "Reyon & Puddah Speak" Classes. We are suggesting that each person who comes to this information and/or classes read both Volumes 1 & 2. The information presented on Balancing the Pineal-3<sup>rd</sup> Eye and creating the 8 Beams of Light was taken from the Advanced Earth Sky Workshop with Drunvalo. Laurie Reyon Anderson and Puddah the Master Cat

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**ACTIVATING THE PINEAL GLAND – 3RD EYE  
AND BALANCING THE 8 BEAMS OF LIGHT**