

17 Breaths to Activate the Merkaba

- get into heart space & feel love for all life – can start with Laurie Reyon's Unity Meditation
- bring in 3 star tetrahedrons (female or male locked in at spine/neutral, male/mind, female/emotional) (see slide #9-13)
- then use Laurie Reyon's Merkaba meditation

#	<i>breathing & steps</i>	<i>what doing/more info</i>	<i>hand position</i>
1	<ul style="list-style-type: none"> breathe in thru sun tetrahedron (bright light, like lightning) breathe out thru earth tetrahedron (washing out) hold breathe – eyes in, up, pulse down 	<ul style="list-style-type: none"> balancing polarities & cleansing 8 points of Merkaba (original cells) note: 6 breaths because God automatically cleanses last 2 - top & bottom points 	thumb & 1 st finger
2	same	same	thumb & 2 nd finger
3	same	same	thumb & 3 rd finger
4	same	same	thumb & 4 th finger
5	same	same	thumb & 1 st finger
6	same	same	thumb & 2 nd finger
7	<ul style="list-style-type: none"> breathe light in from sun & earth (top & bottom- see slide #25) prana sphere centre of body at naval 	<ul style="list-style-type: none"> brilliant white light from top & bottom, meet at centre/naval – small sphere breathe out & sphere grows to grapefruit size sphere 	thumb & 1 st 2 fingers
8	<ul style="list-style-type: none"> continuous breathing, deep rhythmic 	<ul style="list-style-type: none"> continues growing on in breath on out breath will be size of volleyball (full size) 	same
9	<ul style="list-style-type: none"> continuous breathing, deep rhythmic 	<ul style="list-style-type: none"> can't grow larger, so grows brighter (both on in & out breath –brighter & brighter) 	same
10	<ul style="list-style-type: none"> continuous breathing, deep rhythmic 	<ul style="list-style-type: none"> changes colour from electric white to golden colour of Sun – brilliant on OUT breath (power breath) fills sphere around body – like Leonardo's Vitruvian Man <p><u>Notes:</u> it's not stable – need next 3 breaths</p> <ul style="list-style-type: none"> the original smaller sphere is also there within you 	same
11	<ul style="list-style-type: none"> continuous breathing, deep rhythmic 	<ul style="list-style-type: none"> to stabilize 	same
12	<ul style="list-style-type: none"> continuous breathing, deep rhythmic 	<ul style="list-style-type: none"> to stabilize 	same
13	<ul style="list-style-type: none"> continuous breathing, deep rhythmic 	<ul style="list-style-type: none"> to stabilize 	same
14	<ul style="list-style-type: none"> continue breathing thru prana tube – sun/earth (top & bottom) 5th dim. breathing into non-judgement & unconditional love very powerful – moves awareness from Earth consciousness to Christ consc. 	<ul style="list-style-type: none"> move sphere from navel up to heart chakra (can use hands as well) can stay here for as long as you like 	right palm on top of left palm, facing up, with thumbs close, almost touching - for female – opposite for male
take next 3 seriously as this is vehicle for ascension			
15	<ul style="list-style-type: none"> on in breath, say - Equal speed (2 of the star tetrahedrons) <i>see next column</i> they are going 1/3 speed of light on out breath – power breath 	<ul style="list-style-type: none"> mind/male is going counter clockwise emotional/female is going clockwise 1st is neutral on body – locked on spine (depends if male or female) - like starting car & it's in neutral 	same
16	<ul style="list-style-type: none"> on in breath, say - 34/21 (now moves to 2/3 speed of light) on out breath – power breath 	<ul style="list-style-type: none"> mind spinning left 34 times emotional spinning right 21 times on out breathe - flat disk extends 55 feet like flying saucer (but it's unstable) 	same
17	<ul style="list-style-type: none"> on in breath, say 9/10th's speed of light (will stabilize) on out breath – power breath 	<ul style="list-style-type: none"> - can stay in this breathe for a while (15 – 60 min) – thoughts & emotions are greatly amplified, use positive affirmations 	same

Optional for breaths #7 - #13

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

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 8 points on merkaba & original 8 cells](#))
- The next seven are to re-establish 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 fifth-dimensional awareness.
- The last three breaths re-create the counter rotating fields of the living Mer-Ka-Ba within and around your body.

Note: can read more in Drunvalo's 2nd book "Flower of Life"