# Abbreviated Instructions for the MerKaBa Meditation

17 Breaths  
(Short Version)

<table>
<thead>
<tr>
<th>Breath</th>
<th>Mudra</th>
<th>Action</th>
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</table>
| Breath 1 | Thumb & Index Finger | **Inhale:** Sun Tetrahedron  
**Exhale:** Earth Tetrahedron  
*Pause your Breath - Eyes In and Up ... Pulse* |
| Breath 2 | Thumb & Middle Finger | **Inhale:** Sun Tetrahedron  
**Exhale:** Earth Tetrahedron  
*Pause your Breath - Eyes In and Up ... Pulse* |
| Breath 3 | Thumb & Ring Finger | **Inhale:** Sun Tetrahedron  
**Exhale:** Earth Tetrahedron  
*Pause your Breath - Eyes In and Up ... Pulse* |
| Breath 4 | Thumb & Little Finger | **Inhale:** Sun Tetrahedron  
**Exhale:** Earth Tetrahedron  
*Pause your Breath - Eyes In and Up ... Pulse* |
| Breath 5 | Thumb & Index Finger | **Inhale:** Sun Tetrahedron  
**Exhale:** Earth Tetrahedron  
*Pause your Breath - Eyes In and Up ... Pulse* |
| Breath 6 | Thumb & Middle Finger | **Inhale:** Sun Tetrahedron  
**Exhale:** Earth Tetrahedron  
*Pause your Breath - Eyes In and Up ... Pulse* |
| Breath 7 | Thumb, Index & Middle Finger | **Inhale:** Prana coming in through both sides of your tube,  
meeting at navel.  
**Exhale:** Prana Sphere forming at navel, grapefruit size |
| Breath 8 | Thumb, Index & Middle Finger | **Inhale:** The Prana Sphere is growing larger.  
**Exhale:** It reaches maximum size. |
| Breath 9 | Thumb, Index & Middle Finger | **Inhale:** Prana Sphere will grow brighter.  
**Exhale:** Continues to grow brighter. |
| Breath 10 | Thumb, Index & Middle Finger | **Inhale:** Prana Sphere ignites and becomes like a sun  
**Exhale:** Blowout forcefully and with the Power Breath into  
a golden sphere that surrounds the body. Small sphere at  
navel still present. |
| Breath 11 | Thumb, Index & Middle Finger | **Inhale / Exhale:** Prana comes in and radiates out to Large  
sphere, which stabilizes it. |
| Breath 12 | Thumb, Index & Middle Finger | **Inhale / Exhale:** Prana comes in and radiates out to Large  
sphere, which stabilizes it. |
| Breath 13 | Thumb, Index & Middle Finger | **Inhale / Exhale:** Prana comes in and radiates out to large  
sphere, which stabilizes it. |
| Breath 14 | Hands together, palms upward | **Inhale:** Place your hands together as small Prana sphere  
moves up to Universal Heart Center.  
**Exhale:** Prana continues to come in the tube, meeting at  
the Universal Heart Center |
Continue rhythmic breathing with Prana meeting at Universal Heart Center. You have now initiated Christ Spherical Breathing, breathing from the 4th Dimension. This is an unlimited source of Unconditional Love from Father Sky above and Mother Earth below.

In preparation for Activating your MerKaBa through Breaths 15 - 17, envision yourself within your three superimposed Star Tetrahedrons:

- One star remains stationary and represents the physical body.
- A 2nd star spins left or counterclockwise and represents male, electric, mental body.
- A 3rd star spins right or clockwise and represents female, magnetic, emotional energy plane.

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| Breath 15 | Hands together, palms upward | **Inhale:** Equal Speed  
**Exhale:** Power Breath. |
| Breath 16 | Hands together, palms upward | **Inhale:** 34:21 - 2/3 Speed of Light  
**Exhale:** Power Breath. |
| Breath 17 | Hands together, palms upward | **Inhale:** 9/10 Speed of Light  
**Exhale:** Power Breath. |

**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 awhile. This is not the end, but the beginning of an ever expanding consciousness.