



Living in the Heart: How to Enter Into the Sacred Space Within the Heart

Drunvalo Melchizedek

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Long ago we humans used a form of communication and sensing that did not involve the brain in any way; rather, it came from a sacred place within our hearts. What good would it do to find this place again?

This is a book of remembering. You have always had this place within your heart, and it is still there now. It existed before creation, and it will exist even after the last star shines its brilliant light. At night when you enter your dreams, you leave your mind and enter the sacred space of your heart. But do you remember? Or do you only remember the dream?

Why am I telling you about this "something" that is fading from our memories? What good would it do to find this place again in a world where the greatest religion is science and the logic of the mind? Don't I know where emotions and feelings are second-class citizens?

Yes, I do. But my teachers have asked me to remind you who you really are. You are more than just a human being, much more. For within your heart is a place, a sacred place, where the world can literally be remade through conscious cocreation. If you really want peace of spirit and if you want to return home, I invite you into the beauty of your own heart. With your permission, I will show you what has been shown to me. I will give you the exact instructions to the pathway into your heart where you and God are intimately one.

It is your choice. But I must warn you: Within this experience resides great responsibility. Life knows when a spirit is born to the higher worlds, and life will use you as all the great masters who have ever lived have been used. If you read this book and do the meditation and then expect nothing to change in your life, you may get caught spiritually napping. Once you have entered the light of the great darkness, your life will change -- eventually, you will remember who you really are; eventually your life will become a life of service to humanity.

In the last two chapters reside a surprise and a glimpse of great hope. The human lightbody that surrounds the body for about fifty-five to sixty feet in diameter, the Mer-Ka-Ba (which I wrote about in my first two books, *The Ancient Secret of the Flower of Life* (Volumes I and II), has a secret inherently connected to this sacred space of the heart. If you are practicing the Mer-Ka-Ba meditation in your life, I believe you will find the information in this book to be paramount to your journey of ascension into the higher worlds of light. If you are only interested in the sacred space of the heart, may these words be a blessing in your life and help you remember your true nature.

One last comment. This book is written with the least amount of words possible to convey the meaning and to keep the integrity of the essence of this experience. The images are purposefully simple. It is written from the heart, not the mind.

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