

*When minds join together and communicate for a spiritual purpose, an active receptivity is sustained, energy is exchanged, and realization of meanings is deepened.*

## The Spirituality of Breath

Spiritual breathing is the biological experience of the Universal Source, a physical experience of divine energy. The Spirituality of Breath is a conscious action to give us the empowerment and control over our spirituality. This is beyond the normal physical breathing of inhaling oxygen to generate energy and exhaling to detoxify our physical system. Spiritual Breathing is the language of our soul. Through it, we can commune with our spirit. The Spirituality of Breath brings about the unfoldment of spiritual faculties and those higher manifested properties of being truly spiritual.

This spirituality allows us to see which individual drop in the ocean of consciousness that we occupy and how to bring it to fulfillment. The spiritual breath is the vehicle by which we traverse the higher energy pathways to the transformation of being spiritual and sustaining that spirituality.

It is a simple process based on our true intent. As we breathe in, we focus on our heart and feel ourselves opening and expanding through our conscious awareness. Then we relax and let go as we exhale, and feel ourselves receiving and achieving our spirituality.

When we inhale, we can imagine or feel our whole body expanding. Likewise, we can track the sensations of this expansion from top to bottom, side-to-side and front to back. We can actually feel the breath opening and expanding us. Think of it like this.... Imagine this breath is light rising up from within you and pouring in from around you. You fill your heart with the Light on the inhale, and then send that light from your heart to your whole body, and then out into the world through your pores, like a flower releasing its fragrance. This is the key to spiritual awareness.

It is important to remember that each part of the universe in some way reflects the whole. In using spiritual breath, our intent will be that we are not merely a drop that can merge with the Ocean, but each of us as the drop *contains* the Ocean. Every divine attribute is latent within the human heart, and by the cooperation of our will with divine grace these attributes can be awakened and manifested. We contain within ourselves the potential to experience completion, to know our intimate relationship to the whole of Being in such a way that we reflect this completion through ourselves.

### Qualities of Spirituality

*Self-knowledge.* The degree to which we know ourselves—our weaknesses, limitations, characteristics, motivations

*Self-control.* The ability to guide and transcend the promptings of the self into the Higher Self.

*Objective knowledge.* A knowledge that is in accord both with the practical needs of life and an objective Reality that can be known through an awakened and purified heart.

*Inner wisdom.* The ability to access guidance and meaning from within oneself. The KNOWING

*Being.* The capacity to remain in a state of Spiritual presence, to consciously witness experience.

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*Selfless Love.* Unconditional Love without selfish motives.

*Sustaining the Divine Perspective.* The ability to always see events and people from the highest perspective of Unconditional Love and Unity. To be free from judgment and opinion.

*Divine Intimacy.* Awareness of one's connection to the Divine Universal Source.

Every week of the year has its own unique energy that when channeled through spiritual breathing, can assist us in every aspect of our life. Therefore, it behooves you to practice this technique twice a day to receive the benefits. As you find the rhythm of the daily energies, you will begin to use other equivalent breath counts such as 4-4-4-4, 6-3-6-3 or 8-4-8-4 to become in tune with the flow of those energies. This is a cyclic rhythm so your count will change with the energies flowing. This takes lots of practice to begin to tell the correct rhythm and breath count you should be using to be in full alignment.



This is the correct posture for spiritual breathing. It is the completion of a circuit flow of energy attuned to your heart. If you are unable to achieve the lotus position meaning sitting upon the floor in a cross legged position, then try planting your feet firmly on the floor while sitting in a chair. This will ground you in earth energy. Your spine should be straight to allow full hara line flow. Your hands should be firmly pressed with palms together.

First, learn stomach breathing:

Empty your lungs fully, until you can't empty them anymore.

Inhale slowly and deeply with the lower part of your lungs; it will feel as though you are breathing with your stomach, from approximately the area of your navel. Only your stomach should rise, not your chest.

Repeat. Stomach breathing might take you some time to learn. Don't hurry it.

After you're comfortable with stomach breathing, learn chest breathing: breathing with the upper part of your lungs only. Since this is the way most people in Western culture breathe anyway, learning chest breathing should not be difficult to do. When chest breathing, only your chest should rise, not your stomach.

Next, learn to combine stomach and chest breathing for a full breath:

When you breathe now, fill your entire lungs, first by filling the lower part of your lungs with stomach breathing, and then by filling the upper part of your lungs with chest breathing.

When you exhale, empty your lungs fully.

Finally, learn to breathe rhythmically, in a fixed 4-4-4-4 repetitive pattern. This is the Fourfold Breath proper for spirituality.

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Inhale with a full breath to the count of four.

Hold the full breath in your lungs to the count of four.

Completely empty your lungs to the count of four.

Hold your lungs empty to the count of four.

Repeat.

