

# Breath

*Breath is the essence of Life itself.*

*The nature of breath is significant because your bones are animated by the God-essence through your breath and bones produces blood on which the essence of God moves through your entire being. Breath and water is the most important key in understanding the nature of your full essence.*

*Life is in the breath. Breath allows you to bring into life all your organs and its vital essence for your wellbeing and the water within you allows the electrical current of your Soul to move through your entire body.*

*The significance of your Sternum is less understood on the human plane. The light which was the engine for your birth (the light which directed the intelligence in the Sperm to create life) so that you could have a body, is situated in the sternum area.*

Breathing into the sternum area and allowing it to circulate around in the sternum and then gently releasing it through the back of the sternum will produce significant amount of Light and Unity within you.

The light in the sternum affects your throat chakra as well as your solar plexus chakra.

Your soul is electrical in nature. Making conscious intention to awaken this force in all your organs and especially the sternum, gall bladder, kidneys, knees and joints of your elbows, through your breath will significantly awaken this Soul Force and you will be charged with cosmic particles of light frequency.

This is one of the ways of awakening your higher nature - transforming the dense energies of our carbon-based bodies into the colour coded crystalline base.

This will also start to transform the structures of your DNA and the light spectrums emitted by the changing DNA structures will be reflected in your auric field and your aura will start to expand.

When the aura expands, there is a sense of expansion in your life - your experiences of your life will expand, your perceptions expand, and a general sense of wellbeing becomes a natural part of your life.

### **Exercise:**

Bring your right thumb and index finger together in front of the sternum. Bring the left hand in vertical position in front of the right hand and breathe. You will start to feel a pulling in your sternum area.

Stay with that pulling energy. You will start to connect with the original light of your soul which was the engine for your birth - from a sperm into a human body.