

Your Breath—The Key

By Andrew N. Skadberg

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Compiled by Andrew N. Skadberg

My Mission

To be a Conscious instrument of "I AM" for peace, Love and harmony by serving others and the planet utilizing ego-less awareness, Conscious Deep Breathing, sharing my insights and knowledge with integrity and honesty through open communication using the channels of Learn/Teach and Teach/ Learn via Love/Light - Light/Love.

TABLE OF CONTENTS
YOUR BREATH—THE KEY

Breathing Notes—The Key	
Supporting Evidence, Essays and Experiences	5
Why the Breath?	8
Change your moods, change your life & Conscious Deep Breathing	9
Section I—various excerpts from sources about the breath	10
Sophia the Christ	10
The Goddess in Judaism—An Historical Perspective	11
Bhagavad Gita	12
Starseed Transmissions	13
Ladder of Lights	14
Return of the Light	19
The Quantum Pause	21
Reference to Breath and Computers	27
Section II—Some essays about experiences and insights from my breath	29
Re-Ally, Reality, Realize	29
Allowing	31
God First!	32
Logical Synchronicity	33
My Breath	33
The Age of Experientialism	34

Breathing Notes – The Key

Supporting Evidence, Essays and Experiences

July 19, 2010

The following material has been coming together since 2007. The catalyst, I believe, was spending eight days in Jamaica with Desmond Green. The foundation of Desmond's work is Conscious Deep Breathing (CDB). More thoughts and some insights from this time are revealed in the essays in section II.

But what is important right now is the realization that what has occurred to me on a very deep level as of the date of this writing. To Desmond this idea is simple – that our breath is the source of life – when I asked him yesterday on the phone when he discovered the truth about the breath, he said for at least his whole lifetime – at least this incarnation.

For me the process has not been so clean, or simple. I am insatiably curious. I don't believe everything that people tell me. I have to do the research myself, and ultimately experience it. Experience is one of my "talents", obsessions, needs?

So the process of me getting re-introduced to my breath, ironically even though I have supposedly been doing it all of my life, happened with Desmond in 2007. But this path of coming to know that it really is "a key", or *the key* for opening the door to our more fulfilled and free experience, or awakening, has really come to full cognition in the past few days. (this key I believe applies at least for the majority of the human population).

As one will discover with the essays in Section II, I was immersed in the catalyst of the breath upon my first exposure to Desmond and Conscious Deep Breathing. But the process of "validating" then came in. I had to know. I had to find the

evidence to support this idea. I don't know why, but this is just my process.

In short, the epiphany I had was getting clarity on the unique character of breathing. It is both an autonomic and conscious act. Unlike our heartbeat, our liver functions, and all of the natural bodily processes that are maintained by some other power (not our mental thinking consciousness), the breath can easily be controlled – at least the pace, depth and duration. Of course these autonomous functions are maintained by the life force itself, or God, the One, Source, Creator, Buddha, Krishna, etc. We do not have to think about these things. We also, ultimately, do not have to think about our breath. But if we do, then we can control it. This is not the case with our heartbeat (there are always exceptions as in the case of Yogis), our brain functions, our lung functioning. They all take care of themselves – thank goodness.

But our breathing is something that we can control consciously. And as Desmond has pointed out and reminded me innumerable times, it is the key, the source, the flow of Spirit into my life. This puts us at the center of a breathing cosmos. Our breath, in re-cognition of *ourselves as Spirit breathing consciously*, unlocks the flow of Spirit into our brains and Beings in a way that is revolutionary. It is the source for true freedom from the illusionary reality that most of us find ourselves trapped within.

Together with this recognition of the breath being the key, is the recognition of this also unlocking another blockage that has been around, at least as long as most recorded “history” that we are living in. This is related to the imbalance of the male and female energies, the Yin and Yang, likely in both our individual and collective experiences.

I have known about this imbalance since I read the book *The Tao of Physics* in 1986. Fritoj Capra presented the thesis that there is a waveform of life that moves between the male and female energies (at least this is my recollection). As one can surmise, we have been way far into the male (Yang) energies for at

least 2000+ years, but according to Capra we are moving back to the feminine (Yin). The imprinting of this idea has been with me ever since reading his book, and my observations is that most of the challenges in the world are a result of this imbalance.

Recently I have learned that I have a larger job to accomplish in the world as a possible harbinger of this re-balancing. How this is to occur is not entirely clear to me at this point, but I believe that the breath is the key, at least based upon the discovery that is being revealed in this compilation.

Desmond has outlined a “template for successful living” in his book *The Practice*. And then also outlined a curriculum that is described as adding “Reverence for Life”, or *The 4th R* – to reading, ´riting, ´rithmetic. We have combined these two books into The Global Citizenship Passport which is available for free through a project in Jamaica called the Self Management Institute and Reverence for Life University. I have been working closely with Desmond now for these three years, but have now really truly come to appreciate the profundity of these, apparently, simple works. The reason I say “apparently” is that there is profound depth, in these simple clear outlines. They need to be simple in order for the message to be received by the greatest number of people. There can be no exclusions because of education, creed, color, etc. The message must be understandable for all – and that is what Desmond has accomplished.

Included in this compilation are the documents that came to me recently through my research, that pulled some pieces to the puzzle together between the rebalancing, or bringing the feminine back into the equation with conscious awareness. This was revealed in the article “Goddess in Judaism” in the fact that *Spirit* is recognized as the female aspect of God. So, if Spirit moves through the breath, then the rebalancing is simply a matter of breathing. And as Desmond has revealed, and other´s that are included in this compilation, the issue is with our consciousness of the breathing process.

There are many other topics that could be delved into along these lines such as the dormancy of our pineal gland (which has been recognized as our connection to greater cosmic awareness) due to improper breathing, and other effects of this individual and collective “asphyxia”, but my purpose here is to present my personal insights and share a portion of the most important supporting writings.

All this discussion, I understand, is not ultimately necessary. If one just trusts the process of the breath, it really takes care of itself. However, in my particular case, and I suspect with others, it is nice to get validation. Additionally, as each of these various “bread crumbs” have been picked up, I have discovered that my path seems to become more illumined. That I suspect will be leading me to the simplicity of the connection between the “light” and our “breath”, but that is a topic for later inquiry.

Why the Breath?

In my searching for answers, I have been lead to many different sources. In many respects they are different “spins” on a theme depending on the orientation of the messenger. Much of this stuff appeals to a person’s thinking. I love this stuff. For example, Eckhart Tolle’s writing.

However, at some point I ask the question “so what, now what?” After all of these ideas, thoughts, philosophies, inspirations are shared *what do we actually do?* The consistent answer for the starting point in beginning “a practice” is breathing. Some will argue this fact, but in my research the importance of breathing comes through abundantly clear. This is not to suggest that a person think that it is the only solution, or a place to stop. The universe is a candy store and we can choose freely of what we find on the shelves.

In the second section I present some journal entries because it was with my meeting Desmond Green, whom I might call the “Breathing Meister” that began

an incredible whirlwind spiritual adventure that seems to be even speeding up as time goes on.

The essays included in Section II are from my self published book I Am Sharing: Thoughts, Experiences and Learning About Love and Service.

Change your moods, change your life and Conscious Deep Breathing

Posted on December 26, 2008

I have had the great fortune to have known Desmond Green for almost a year now. I even spent eight days in Jamaica with him. Desmond's work has a foundation in Conscious Deep Breathing, which will transform your conscious awareness. Meet Desmond and Dawn at The Moods Channel (www.themoodschannel.com).

Here is what Eckhart Tolle has to say about breathing in “A New Earth: Awakening to Your Life’s Purpose”. After reading 244 pages into the book, after much agreement with the materials, but with no practical information to answer the question “ok, this is great, so now what do I do?” Until I found the following passage:

“Someone recently showed me the prospectus of a large spiritual organization. When I looked through it, I was impressed by the wide choice of seminars and workshops. It reminded me of a smorgasbord, one of those Scandinavian buffets where you can take your pick from a huge variety of dishes. The person asked me whether I could recommend one or two courses. “I don’t know” I said. “They all look so interesting”. But I do know this,” I added. “Be aware of your breathing as often as you are able, whenever you remember. Do that for one year, and it will be more powerfully transformative than attending all of these courses. And it’s free.”

Section I – various excerpts from various sources about the breath

Here I am including some of the more important sources validating the importance of the breath. I am only including these as excerpts and without personal comment. These were some of the references that have lead me to the validation of what Desmond has been telling me for over three years. I will leave it to the reader to make up their minds about what this ultimately means to themselves.

Sophia of Jesus Christ.

Mary said to him: "Holy Lord, where did your disciples come from, and where are they going, and (what) should they do here?"

The Perfect Savior said to them: "I want you to know that Sophia, the Mother of the Universe and the consort, desired by herself to bring these to existence without her male (consort). But by the will of the Father of the Universe, that his unimaginable goodness might be revealed, he created that curtain between the immortals and those that came afterward, that the consequence might follow ... [BG 118:] ... every aeon and chaos - that the defect of the female might <appear>, and it might come about that Error would contend with her. And these became the curtain of spirit. From <the> aeons above the emanations of Light, as I have said already, a drop from Light and Spirit came down to the lower regions of Almighty in chaos, that their molded forms might appear from that drop, for it is a judgment on him, Arch-Begetter, who is called 'Yaldabaoth'. That drop revealed their molded forms through the breath, as a living soul. It

was withered and it slumbered in the ignorance of the soul. When it became hot from the breath of the Great Light of the Male, and it took thought, (then) names were received by all who are in the world of chaos, and all things that are in it through that Immortal One, when the breath blew into him. But when this came about by the will of Mother Sophia - so that Immortal Man might piece together the garments there for a judgment on the robbers - <he> then welcomed the blowing of that breath; but since he was soul-like, he was not able to take that power for himself until the number of chaos should be complete, (that is,) when the time determined by the great angel is complete.

"Now I have taught you about Immortal Man and have loosed the bonds of the robbers from him. I have broken the gates of the pitiless ones in their presence. I have humiliated their malicious intent, and they all have been shamed and have risen from their ignorance. Because of this, then, I came here, that they might be joined with that Spirit and Breath, [Ill continues:] and might from two become one, just as from the first, that you might yield much fruit and go up to Him Who Is from the Beginning, in ineffable joy and glory and honor and grace of the Father of the Universe.

THE Goddess in Judaism - An Historical Perspective

Hebrew word for spirit or wind, and like the Latin *anima* or the Greek *pneuma* it can be used for either. Now, whose name tells us that she is also spirit or wind? None other than Lilith. The word Lilith is connected with two root words - Layil, the Hebrew for night, and Lil, Sumerian (c. 3000 BCE) 'wind' or 'breath' or 'spirit'. Traditionally, until the information from Sumer came to light, Lilith was always associated with night and darkness. There is only one mention of her name as such in the Hebrew Bible. It is Isaiah 34:8-14. The prophet declares:

The land shall become burning pitch

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*Thorns shall grow over its strongholds
 It shall be the haunt of jackals
 Yea the night hag shall there alight
 and find for herself a resting place.
 (RSV)*

But I believe her to be the Lady of the air and wind and the spirit, the living breath of life. She has all knowledge. The rabbinic eleventh-century tale of her in the Genesis story is that during sexual intercourse with Adam - for she was, it seems, his first wife - she refused the 'missionary' position saying, 'I am made of the same earth as you' (and here there may even be a reference to female Adamah, Hebrew for earth, and possibly a lost Mother Earth Goddess). She called on the magic and holy name of God, freed herself from Adam and flew off - yes, flew - into the desert. How did Lilith know the powerful name of God when Adam could only ask God to help him? I suggest it is because it is she who is the Wisdom figure, the spirit.

In reclaiming Her, we women throw off and pour away for ever the poison about ourselves, our so-called inferiority, our evil inner selves, our guilt. On reclaiming Lilith, we reclaim the breath of life that emerges as we give birth to our children, to our works of all kind; we reclaim our wisdom, our knowledge, our power, our autonomy.⁹

Bhagavad Gita

Translated by Juan Mascaro
 Penguin Books, 1961

4:27 Others sacrifice their breath of life and also the powers of life in darkness; and in the fire of the senses some surrender their outer light.

4:28 Some offer their out-flowing breath into the breath that flows in; and the in

-flowing breath into the breath that flows out; they aim at Pranayama, breath-harmony, and the flow of their breath is in peace.

5:27, When the sage of silence, the Muni closes the doors

5:28 of his soul and, resting his inner gaze between the eyebrows, keeps peaceful and even the ebbing and flowing of breath; and with life and mind and reason in harmony, and with desire and fear and wrath gone, keeps silent his soul before final freedom, he in truth has attained final freedom.

8:12 If when a man leaves his earthly body he is in the silence of Yoga and, closing the doors of the soul, he keeps the mind in his heart, and places in the head the breath of life.

15:14 I become the fire of life which is in all things that breath; and in union with the breath that flows in and flows out I burn the four kinds of food.

18:33 When in the Yoga of holy contemplation the movements of the mind and of the breath of life are in a harmony of peace, there is steadiness, and that steadiness is pure.

Starseed Transmissions

Ken Carey

Since the first breath of God at the beginning of all the worlds, it was preordained that Creation would exist within a rhythm of expansion and contraction. Eventually there would come a time when the physical universe would stop expanding and begin to contract. The Hindus refer to this process as the in-breathing and out-breathing of Brahma, the process through which God breathes out all of Creation, and then breathes it all back in again.

At this point in linear time, we are very close to the middle of the cycle, soon to

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reach the exact mid-point between the out-breath and the in-breath of God. The universe began to reach this mid-point as unicellular organisms were emerging on the Earth, but the exact

mid-point is yet to be attained. It will coincide with what has come to be called the Second Coming of Christ. Page 21

What do you call Satan? His body is the past, his breath, the future. Page 54

Your inner control mechanism, returned at last to the directive impulse of Life, will take care of this unconsciously. It will be as simple and as natural as breathing. Trusting in the design that God has already incorporated into your physical body is the key to this new type of function. Page 59

Hope for nothing but what is, and see its fullness in every moment. A new time is before your species, a time of realization, fulfillment and adventure. Accept this time. Move into it. Dance in the momentum of its inevitability. It is the breath of Life and the song of God that you have been cut off from for so long. Page 62

Ladder of Lights

William Gray

Spirit from the Breathing One of Kether, Soul from the Comprehending One of Tiphereth, and Body from the Living One of Yesod. All project into Malkuth, where Mind, Soul and Body come together. Page 109

We emerge as souls from Eloah va Daath in search of Knowledge and Experience, and return to it with the accumulation of a lifetime's consciousness. All this material becomes transmuted into pure energies which initiate new living-motives for fresh lives. Page 123

If we have indeed emerged properly from Tiphereth completely free from traces of past personalities, then the Seraphim cannot hurt us at all, since we shall exist as purified spirits able both to endure and enjoy the Seraphic type of energy. Just as a fish breathes water, we will be enabled to live in an atmosphere of Inner radiance which is the natural element of the Seraphim. If we encountered this in its pure state while we are mortal, it would destroy us as if we had fallen into a blast furnace. Unless the Seraphim modified their energies when directing them our way it would be the worse for us. Page 196

The concept of Original Creation was that the Divine One emerged from Ocean calling for Light with His first Breath (Ain Soph Aur and Kether) when His first perception was His own image in the water which He immediately named as YHWH. Perhaps it was an exclamation of pure shock which produced the Initial Explosion of the Universe (I.E.U.), Be that as it may, the Initial Creative Cry of "Good God!" or its equivalent brought Being into Existence out of Nothing. Page 198

YHWH means "He makes to be". HWH by itself meaning "being", and HYH is to breathe,

live, become. At the Initial Creation, WYHY AWR says: "And there was Light". However YHWH is expressed, the Tetragram means Life. "In Him there is no death, for He is Everlasting Life." HWA is the personal pronoun for He, She, or It, and is the source of our spiritual identity which we must exchange for the Great Unity of Kether, the Monad. Page 200.

A most interesting, though scarcely known side of the Supernal God-Name sonics is their association with the normal sex-act rhythms. AHIH sounded EE HE EE HE EE HE, etc., is the quickened breathing. YHWH sounded YA WE YA WE, etc., is the male thrusting, LOATHH sounded EE LOH EE LOH, etc., is the female acceptance, and finally DAATH sounded D AAAAAAAAA Th is the exhaled breathing of contented completion after the climax. The Daath connection

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is of especial interest when we consider the use of the word in Genesis, "and Adam *knew* Eve". To this day legal jargon refers to "carnal knowledge." Through sex-knowledge also came the "Fall" as reproduction of species originally intended to be unique. Page 207.

Yet another is simply the blades of a windmill, for Kether is always associated with the Breath of Life. Page 214

The "Name" AHIH is not pronounced. It is breathed, for it is the sound of a breathing in and out. The first breath of Living God, and the Last Breath of Being. Two breaths that

outline one life. The breath of beginning and the breath of ending. As we breathe out in one world so shall we breathe in another existence. The fourfold in-and-out breathing is the

sign of That which goes forth and returns to Itself, like the Holy Living Creatures.

Breath has always been considered as more than holy. It is the sign of Spirit as being the nearest way mortals know of expressing the Inexpressible. An invisible and untouchable

reality. If we can believe in a breath keeping us alive, then we may reach the faintest realisation of the Breath of Being sustaining our spiritual nature. Even to this day the words

"Receive the Holy Spirit," are given forth as a breathing over the head of the candidate. It is not the hands on the head which are the sacramental sign, but the breath above.

Baptismal water is still breathed on at consecration. The ceremonial kiss was the breathing of a spirit from one to another mortal, and is still called the "Kiss of Life" when used for resuscitation. A baby's lungs may be rapidly inflated by the

midwife if the child does not breathe of itself. Our most wonderful thoughts are inspirations—inbreathings. The very word "Spirit" means Breath, and beyond breath we cannot go on living.

No wonder then, that the Living God is named AHIH. Every time we breathe, we "utter" the Holy Name of Life, and we cannot live at all without "pronouncing" it. So it is indeed above all other Names, being the "Sound without a sound" and the "still small voice" which spoke to Moses as it speaks to us in our own breathing all the time we live. The whole Yoga system of pranayama is based on this, and Western spiritual systems have neglected the art of "Godbreathing" to their own cost. What better way of realizing Divine Reality than linking It with the breath of Life in us? Let us feel God in our bodies so that we may reach Divinity in our souls. Page 216

To find One Thought inclusive of all thinking, a Single Sense comprising all feeling, and a Unique Being capable of all becoming, is the highest aim of every authentic occult School or System. Could we identify ourselves therewith, we should "become as Gods" and have eaten the fruit of the Tree of Life. To this end we use "God-Symbols" to link us with our Great Ideal, and right at the very summit or Crown of the Tree, the Qabalah places the "Holy Breath". On earth the mysterious cloud of the Shekinah was its simulation.

Even physical scientists have postulated a primary development of Cosmic gas which "exploded" (or breathed) at the commencement of Creation. This was the "Shout of Divine laughter" that produced us.

All Mystery Schools have their ideas of a Divine Name associated with resonant breathing. The AUM of the Brahmins, the HU of the Sufis, and the AMEN of the Egyptians and thence the Hebrews are examples. The AMEN still misused in orthodox Christian churches today is no idle phrase meaning merely "so be it", but should be an utterance of power by breathing. There are many ways of doing this, one not so well known is by an intake of breath on the syllable "A", a reso-

nant swell with closed lips on "M", and a final exhaling on " E N ". Breathing of God-Names is an essential occult exercise in all Traditions. Page 217.

As AHIH means to live and breathe, AHBH (The B has a V sound) means to Love. Surely the Supreme Being is Love, for how can living possibly be true without loving in some manner or other? Love is a Primal Life-principle, and this is shown clearly enough at the head of the Tree by AHIH AHBH AMEN the Great Source and Sum of all Life.

We should note this accent on Life carefully, as distinct from all else in being. AHIH is the Godhead of living existence and not specifically of entire Being. AHIH is Life-over-Nonlife, Birth-out-of-Being, I LIVE. We must not make the common mistake of assuming Kether to be the Universal Source of everything apart from Life. This is the AIN SVPh AVR, or state of No-thing-ness out of which Life emerges at Kether, becoming AHIH or the First Breathing. Page 219.

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Return of the Light

Revelations from The Creator God Horus

With Elora Gabriel and Karen Kirschbaum

Elora: *Please discuss the connection and communion with God that is present for all Beings in the Light Universes.*

Heru: There is no concept of there not being communication, of there not being constant contact. It is in the air that everyone breathes. It is everywhere. It is the medium that everyone and everything lives in.

Elora: *I have seen that a mighty pulse of energy is going to come out of the Godverse some time in the future. Could you explain exactly what this is?*

Prime Creator: It is the Breath of God. My breath has great restorative powers, as you can imagine - for healing, for restoration, and for cleansing.

[Elora: *Will you breathe once in that way, or many times until healing is complete?]* Three times. **[Elora:** *Somehow I want to cry when I hear that.]* Because you know this, and because you know that these three breaths will bring you complete wholeness.

Elora: *But it will continue to increase, in our experience?*

Heru: Yes, it will. As the Frequency Barriers fall, more and more of that Light will penetrate. And as time goes by, more of the programs will be activated as well. **[Elora:** *It will increase until the Breath of God reaches us?]* I know of no time that it will not continue. It may increase indefinitely, and may just be a new standard level of existence. Page 19.

Part 5 - The BREATH of GOD

In the last paragraph above, Heru mentions the "pulse from the Godverse". This was touched upon in Chapter Four, Part 3, and is also referred to as "The Breath of God". Some time after the arrival of the Omniversal Energy, I began to see this coming. It looks to me like a great tidal wave which will sweep through the Universes with magnificent power. The Breath of God will probably arrive in our Universe in about 300 years, although timing is very difficult to predict now; As Heru says, that is only a fraction of a second in Cosmic time. Heru and Sanda have both stated that (in this Universe, at least) there will be a period of chaos both before and after this event. As to whether this event will completely set everything to rights, Heru does not know. He said that given how long the Darkness has existed in some universes, and a million other unfathomable complexities, no one knows what the results of this event will be. This Universe, unlike those which were created by the Dark, "is very repairable" but certain parts of it may not be reclaimable, some Stars may collapse, and a few Beings may not make it either. However, everything and everyone that can be saved will be saved.

We do not have a great deal of information on the Breath of God, but we asked Heru a few questions.

Elora: *Heru, is the energy pulse from the Godverse in response to the Invasion of Darkness and the Fall of the Universes, or is it part of a vast Cycle that was going to happen anyway? It is said that many Cosmic Cycles are coming to a close at this time.*

Heru: It is actually both. There was a periodic pulse scheduled to come, and the Creator has used that energy to propel and to bring forth the cleaning and the solution to the invasion. So in a sense the pulse from the Godverse is the vehicle through which all of this is being transmitted. And the Omniversal Energy could be seen as the first wave of that pulse, almost as if the aura of the pulse from the Godverse precedes itself in this way.

Elora: *Had we not done the work that we did in this Universe, what would have happened? Would it have been unprepared for the Omniversal Energy and the pulse from the Godverse?*

Heru: Yes, it would have been unprepared, and most likely this Universe would have collapsed. But much help has been given, and much energy.

The Quantum Pause—James from Wingmakers

www.wingmakers.com

This is an excerpt from an [Interview with the creator of Wingmakers](#) with Project Camelot (www.projectcamelot.org) - there were 5 questions - this was the solution – when we get down to the “nitty gritty” of spiritual practices, it is amazing to discover that “the Breath” comes to the center of the process.

Question 6 (Project Camelot)

Please address how people can best prepare for the coming changes, regardless of where they are on the spectrum of awareness at this time. Our view is that although there are preparations that can be made in the physical reality, a safe place is only a reflection of the consciousness of those who are gathered there and no one location may necessarily be better than anywhere else (depending on the path each has chosen for experiencing these times).

Answer 6 from James: This is a complex question to answer because it truly depends on the individual, but the universal support system for each of us is our breath. It is the breath that connects us to our point of origin, and when I use that term I don't mean birth in the physical – this life or any other. I am referring to the Sovereign Integral state of consciousness that is our pure state of being.

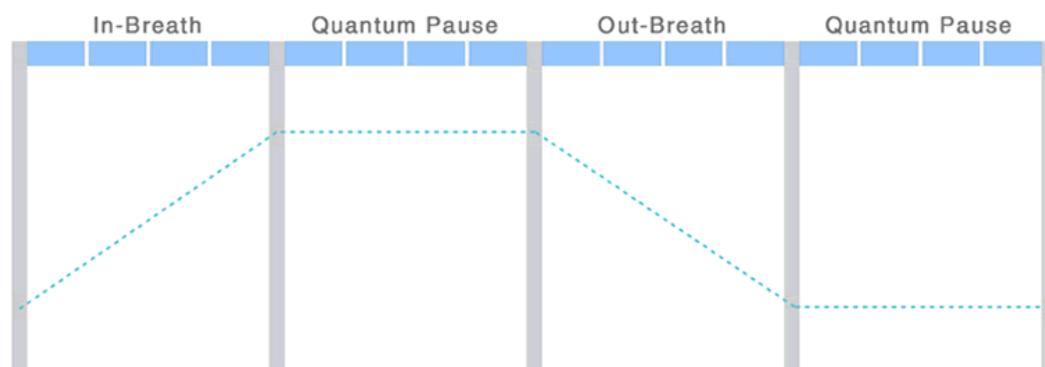
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Breath is the way in which the human instrument connects to this origin point anywhere in spacetime. Breath is the portal between the physical dimension and the quantum or interdimensional domains, but it is not the normal, autonomic breathing, rather it is a very specific breathing pattern that we call Quantum Pause.

Quantum Pause is a simple, four-stage process beginning with an in-breath of anywhere between three and six counts, depending on your lung capacity, posture, and degree of privacy. After you have gathered in your breath, breathing through your nose, you hold it (pause) for an equal count, and then exhale through your mouth, again, for the same count, and then hold (pause) for the same count.

The breath pattern is described below using an example of a four count. The key is to maintain symmetry in each of the four segments of the process. If you are using a three count, apply it equally in each segment. It is not essential that you monitor this with precision, instead, apply a casual monitoring of your time for each segment and keep a consistency to the flow.

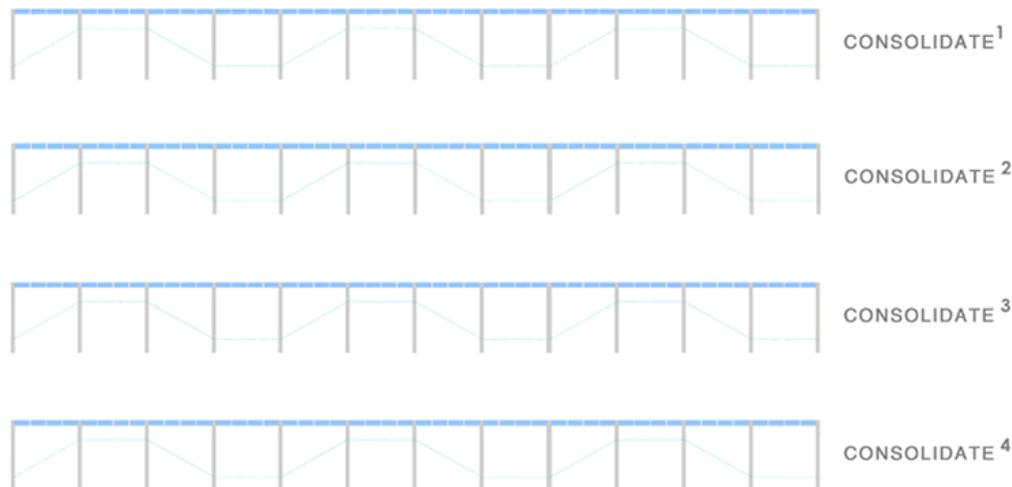


One cycle is described above, and it is recommended to do three to four cycles in a row and then return to normal breathing. This "normal" breathing period is called the Consolidation period. Keep your eyes closed throughout the process

and sit with your back straight in a comfortable position, both feet on the ground. When you begin your consolidation period, it is a time for you to bring focus and all of your attention to those things that bubble to the surface of your consciousness, knowing that these arise for a reason. This is an excellent time to apply the Six Heart Virtues (appreciation, compassion, forgiveness, humility, valor, and understanding) to any thought or feeling that manifests.

This consolidation period usually lasts about three to five minutes, but there are no set time limits. Use your intuition to guide this period of time. Generally, each repetition of the consolidation, and usually there are four or five, becomes less crowded with thoughts or feelings, and by the time you enter the final consolidation period you have emptied yourself of thoughts and feelings and entered the quantum domain.

The diagram below depicts a typical session of Quantum Pause. Notice there are three cycles of the breath and then a consolidation period in this particular example. This repeats four times. You can have as many as five cycles of breath interspersed with consolidation periods, again, symmetry is important.



The application of Quantum Pause may seem an unlikely way to de-activate the Suppression Framework of the Sovereign Integral and more effectively handle the transition stage we are in, but I would encourage you to try it for three weeks and see what results you achieve. Only through your own experience can you judge the merit of Quantum Pause. If, after three weeks of daily practice, you experience a new clarity and connection to your origin point, then you will be motivated to continue, and in this decision you have established your new First Point upon which unconditional oneness, equality and truthfulness can stand.

There are many nuances to the Quantum Pause technique, and I would encourage you to discover them on your own, in your own way. This is but a basic technique that I have shared with you, but there are subtleties to this technique that are powerful enhancements and these will occur to you while you're in the process of using the technique, so remain open while you practice it.

Some quick suggestions to get you started. The quantum pause immediately after the out-breath can provide a subtle sense of panic for some people. If this occurs, shorten your count so you have less time elapse for each segment. For example, if you were using a four count cycle, shorten it to three. This feeling of panic will go away as you practice the technique. These "hitches" or quantum pauses have a purpose that you will come to understand.

I would also suggest that you focus your attention on your breath – its sound, its texture, how it feels inside your lungs, how your lips form in the out-breath, how it flows through your system, etc. This focus aligns you with First Point or the origin point of your Sovereign Integral because it is the breath that is the Portal of the infinite and eternal being that you truly are, and it is through this portal that it is manifesting in physicality.

When using Quantum Pause, there is a natural tendency to look for the experience of Light or to see new dimensions, speak with Beings or even God, or have

a "wow" experience that really confirms that you're on the right path. The practice of Quantum Pause will bring you new experiences and awareness, but leave your expectations behind. Again, human beings love visual stimuli. They love to see higher dimensions as if seeing is believing. But all that is in the quantum spacetime does not conform to the Human Mind System. Quantum is origin. It is meta-physical, which precedes visual, acoustic, and sensory data. It precedes feelings and thoughts. It exists before these stimuli and is indeed hidden behind them to some extent.

The "wow" experience may manifest in a form that your HMS cannot interpret or translate into images, words, feelings, and thoughts. Therefore, do your best to eliminate expectations of an experiential nature and simply follow your breath. The moment that the Sovereign Integral reaches into your HMS and announces its presence, you will never forget, nor will you mistake it for anything other than what it is. And when that time comes, you might be brushing your teeth, writing an email, or resting on the couch. It happens in its own time.

In addition to the practice of Quantum Pause, I would suggest that you consider new paradigms for your way of life. For example, I have disclosed the [Living from the Heart \(e\).pdf](#) Six Heart Virtues (a free PDF download) in some detail on the [EventTemples.org](#) website. This practical orientation helps you move through life with greater harmony. You might also find value in the practice of the Quantum Moment.

The Quantum Moment is dissecting your day into passages of time. In other words, "moments", in this definition, are passages of time or events. For example, let's say you get out of bed in the morning; you are now starting a new passage or quantum moment. Before you move into the new passage, you practice an abbreviated Quantum Pause – one or two breath cycles: in-breath, quantum pause, out-breath, quantum pause. This re-establishes your First Point, grounding your physical-based human instrument in the quantum domain. As you go

through the passage of waking up, washing your face, brushing your teeth, etc. you are stepping through passages of time.

The Quantum Moment, as its First Point, perceives that the individual is sovereign and infinite and exists here. Right here. It is not flying about on the soul planes; it is not hidden in the robes of a God or Master; it is not separate from your human instrument; and it does not avoid the human condition. It is, and always will be, right here. As previously said, the quantum moment is a passage of time that feels like a portal is stepped through and you enter a portal of experience different than the previous passage. They can be simple like walking from your car to your workstation at the office – that's a moment – and the next moment the phone rings and you transition to the new moment of talking with someone.

Your entire life is a series of moments or passages of time, and in each passage you are accompanied by your infinite Self that is seeking one thing on this Earth: Self-realization of itself within the human instrument.

In our world, information and knowledge is dispensed like fire hydrants uncapped, expulsing in every direction. Everyone is telling you the way to truth is this way or that way, and the "way" leads into separation and therefore deception.

While you are in the Quantum Moment, you see the fork in the road is always one of two ways: truth or dishonesty. Truth is the breath of life issuing from the Sovereign Integral. Dishonesty is the Human Mind System parroting the knowledge and information that is ricocheting in every corner of our lives via cell phones, television, books, seminars, movies, podcast, e-papers, websites, newspapers, and human relations.

To realize the Self as the Sovereign Integral here, and express this consciousness while in the human instrument, requires that you focus the Six Heart Virtues

within your local universe – the passages of your life in which you physically move – and apply them ceaselessly. The key to realization is a direct, sober, truthful assessment of your behaviors and applying the Six Heart Virtues to those behaviors that have become expressions of your self-deception and dishonesty.

The Quantum Moment helps you to be present in the moment and to see your Self as the observer, not passing judgment on others or yourself, but retaining the sober assessment of the Sovereign Integral and applying forgiveness and understanding to the passage in which you most recently entered throughout your life. It becomes a way of life.

Reference to Breath and Computers

Starseed Transmissions, Ken Carey

Living in this state of grace, you will function much like a computer; monitoring the variables of any given situation, determining the optimum behavioral pattern, scanning, adjusting for new data, over and over, many times each second. All data pertinent to a given situation will automatically be processed on an unconscious level.

Consciously, you will always be aware of a course of action that makes optimum use of the potential available to all factors in that situation. Your inner control mechanism, returned at last to the directive impulse of Life, will take care of this unconsciously. It will be as simple and as natural as breathing. Trusting in the design that God has already incorporated into your physical body is the key to this new type of function. Can you imagine how awkward it would be if you were required to assume conscious responsibility for all the autonomic systems in your body? In a sense, this is what you are doing when you override your autonomic informational processing systems in deference to a rational thought process.

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Historically, your mind has been preoccupied with an overload of sensory input that was never designed to be processed consciously. Your conscious function is in another realm, a realm of spontaneous creation, dance, music and delight. For this is what you begin to do as your trust is restored once again in the Life impulse; you begin to dance -- dance to the music of your soul. Page 59

Section II – Some essays about experiences and insights from my breath

Excerpts from the self published book, *I Am Sharing: Thoughts, Experiences and Learning About Love and Service*

Re-Ally, - Reality, Realize

Journal entry 4/27/08: 1:30 am

I wrote this while in Jamaica with my friend Desmond. It was an incredible visit to a beautiful house overlooking the ocean. All I did for 8 days was breathe, eat organic foods, digest wonderful conversation with Desmond and Robert, journal and contemplate.

To re-ally with an existing paradigm.

If you are using existing constraints, measures, descriptions, you are just locking yourself in. All these ideas, beliefs are used to construct a prison, something like building a home and not being able to find your way out. Reality is, what was. It is history. Each new moment presents a new reality. Across the cosmos each moment is absolutely different - the substance is physically in a new position waiting to be allowed, or called into new forms. Beliefs, ideas, conditions, words, statistics are the things that the existing paradigm holders use to lock us into their reality, but we are actually more powerful creators for we tie ourselves to the reality with our negative emotions, each day waking up re-minding ourselves of "re-ality", the debt, the oppression, imagining in detail the desperate conditions of our families, friends and brothers and sisters.

The bible quote "to die every day" is an invitation to re-create, to recreation, to playfully and powerfully allow a new reality to come to be using open minds and fueling our desires with positive emotions. I AM invites us to create new re-

alities moment by moment. God (I AM) created galaxies in the "twinkling of an eye", you don't think the same power could usher in a new global, economic system? Swat the IMF and World Bank like mosquitoes. All of the people oppressed by these organizations are really their own oppressors - if they continue to operate, believe and conduct themselves through their powerful negative emotions. God (I AM) has no debt systems, it is a human construct, but we are God! So, we can dis-empower these systems. Every time we re-cite statistics, it re-enforces a re-ality and then emotions lock that reality in like glue, or concrete, and additionally preparing a future of that same reality, as Abraham Hicks teaches about "pre-paving".

We don't need to be thinking about what we don't want. We need to be thinking about what we do want and fueling the new creation with powerful, positive emotions (as per Abraham). If we can clear our minds, this could happen in the "twinkling of an eye". God's re-ality is peace, harmony, freedom, bliss, abundance, it is waiting outside our door already manifest - we must allow it. We must believe the promise of the "kingdom of heaven" - it is not a lie, or joke, or dream, it is God's and our "real reality" waiting to be rained down upon the earth. A condition of not seeing "the forest for the trees" exists. What is called for is to "step back" from ourselves and listen to our words, because our words create, behind them are the powerful forces of thought and emotion which have brought all re-alties into existence at every scale across the cosmos - I AM's thoughts for the Universe, and OUR thoughts here on Earth, for our human systems.

If one observes, by stepping-back, the inherent perfection in all things, then you can see that our human drama is just an experience, maybe teaching us about our own power and our divinity - and power. If we envisioned a new "Reality", God (I AM) has already created it. If we haven't, we need to start to, planting in the minds of people that desired situation. Then we need to think, believe and know that that reality is and let it come to us. The Universe is very deliberate, it

creates whatever you're thinking about whether you are an individual or a country. Think about what you really want!

Allowing

Journal entry 4/30/2008: 1:30 am

Pay attention to Desmond. His grasp of consciousness will allow us to tap into the stream of source thought and make a bridge to a new reality. Sort of like in the movie Tron when they are traveling on the light beam that gets disrupted, but they are able to transfer to another.

We do not reach God through our intellect. Our thinking cannot take us the distance. It can get us close but we will be left just a little short of our desired result. Spirit felt, not thought will take us there. Intellect can't allow it does not trust, its domain is control. If we want bliss we must relinquish control and trust an inner nature. It is not about selecting, you are being guided. Intellect must be subdued, trained, mastered before you can make it to your true destination. It is not so much about thinking as it is about feeling. Thinking will keep you trapped. It is elaborate. The more information you receive the more that thought will keep your existence distracted. This other sense, your sixth sense and your feelings are that which guides you to your truth reality. It is only your reality but you will find that it changes everything.

It will be peaceful, relaxed and natural. There is no resistance. You must pay attention but not too much. Relax, allow the flow of consciousness. Intellect will pinch off the flow finally. It served its purpose until this point but it must relinquish command if you hope to go the last mile. If you let it, it will be the most comfortable, enjoyable process. Life is not about control. It is about allowing. Allowing the abundance that flows from infinite to fulfill and grow you. You are so much more than your accomplishments or possessions. Your relationships

serve to guide you through the transitions. Allowing.

God First!

Journal entry 4/30/2008: 7:20 am

God I put you first! Whether I had admitted it, or spoke it, you know that my heart has been aligned. I love you. I love life. After reading Emmett Fox's essay "The Yoga of Love" I realize that my path has been to a pure state of love. I need not speak of it. I ask for the power and guidance to demonstrate it, to represent it for love is the only substance and meaning. I am eternally grateful for the experience of your love. Every day my consciousness expands in knowing, and not-knowing because the wonder is ever expanding. I have spent many years in the desert of intellectualism, only to discover that all thought expands from source and it is shared without regard to my ignorance. As I open my heart, mind, soul and perceptions I find a new reality that results from experience.

If I am the least bit aware and attentive I discover amazing new realities abounding. Thank you for your love. As I discard limited perception and open my mind to my heart's guidance I find indescribable peace and joy and wonder. How could this all be? How can I be? How could I have missed the simple perfection that surrounds me at all scales in myriad forms. Consciousness is an eternal playground. As I learn that my mind is intended to partner with your heart, and my heart to rest. In that space it will regard itself no more in a place of desperate searching and seeking. My thoughts recognize their place and are freed to contribute with efficiency and ease. My breath dances into my lungs, extends its wings into every cell of my body through your divine purpose. My mind with its wonderous resources aligns itself with that purpose to be you--Love.

Thank You divine, universal Love for allowing me to experience this Grand Adventure. I am your consciousness and I now commit to the design with deliber-

ate and loving intent. Empower me to fulfill the privilege in the way that honors all that you are. Endow me with your knowing with each thought and action and breath that I take. I Love You!

Logical Synchronicity

Journal entry 5/1/2008

Moving towards logical synchronicity. Recognizing the signposts, coincidences that tease my awareness showing me that I am on the right path. They excite me, intrigue me, guide me just like sign posts on a highway.

Talking this morning, My ultimate goal is to go back to God. Desmond invites me to thought of my return to God or Source. What will follow will be thought form and then manifest reality. Extend my thoughts to my vision of my destination. Use breath to release psychic limitations that block my allowing full manifest of my envisioned destination.

My Breath

Journal entry 5/2/2008

I am my breath. The only thing that I am not free to not do is breathe. I must breathe. My breath is the source of power for my life. I cannot choose not to breathe. I can choose not to eat. I can choose not to drink. But as long as I am Spirit in this body experiencing life, I must breathe. It occurs unconsciously; however, if I pay attention to it, I discover it is the source for my life.

As Desmond Green states "I Am Spirit Breathing Consciously Forever!"

The Age of Experientialism:

Journal entry 5/3/2008

The Age of Experientialism. Moving from the world of words, human constructs, endeavor into the realm of experience. Cosmic dance of nature of our inner being manifest and reflected in the beauty of the world. The face of a child. Wind sculpted snow, landscapes.

My thoughts, feelings, senses, perceptions of God, Source, Internal and External wonder, glory. Awaken from the dream, the mesmerization of our thought reality. Freed from the small, limited reality of constraint by the act of noticing the splendor of NOW. The immersive all encompassing experience of our life is so stupendous no words, pictures, stories, movies or any re-creation can capture. All that is required to open the door to this profound, ever expanding experience is to notice your breath.

Contemplate it. Recognize Spirit in motion within and without. The slightest attention and dedication. Just remember to notice your breath, then remind yourself to breath deep, then step back and observe as your life gently, calmly and naturally begins to transform. As I have contemplated the Joy and profundity of breath I have discovered many unknown secrets.

Desmond Green recognized that our "scarcity" mentality comes from shallow breathing - we're only receiving about 10% of the necessary oxygen. In my contemplation I realized that we, in many respects, may be living in a state of asphyxia. Living in our head is like living in the 10% - like we are only trying to breathe into our brain. We don't breathe into our brain. The oxygen enters into the most fantastic system of delivery as soon as the breath passes through our mouth and nostrils. The exchange is so complete and efficient that the exchange takes place in seconds. Desmond states that our breath is Spirit moving throughout physical and non-physical planes. The plants, apparent distant life

forms according to science, are really our brothers.

They and we are in the most dynamic and intimate relation, sharing, imbibing the life force that we cannot survive for more than a few moments without. My vast amount of experience has brought me to this place. My yearning, seeking, asking has brought me to Desmond, and through him to my breath. My breath causes me to examine my experience, life, all that is, and forces me to open my eyes.

Andy, it says, can you see what is going on? Can you feel what is going on? What have you been doing? Running in a hamster wheel, trapped in a prison in your head. The Wonder of life, of God embraces, empowers and envelopes you in absolute perfect Love. Pay Attention! Take notice! Breathe. Breathe deeply. Do it several times. Breathe deep, hold it then look around. In the past few weeks my life has been transforming. My dreams to travel are coming true. I am meeting wonderful people. The Law of Attraction is happening in the most amazing ways.

Finding myself in the Now, pre-paving a dream life. Safe, happy, abundant, exciting, peaceful, interesting, educational, wonder-full. Amazing. Thank You. Thank You. Thank You. I Love You!

Love You God!



LET THERE BE PEACE ON EARTH AND LET IT BEGIN WITH ME



LET THERE BE PEACE ON EARTH AND LET IT BEGIN WITH ME