**EXCERPT FROM:**

**SERVICE BY STUDENTS A PREREQUISITE FOR CONTINUED DICTATIONS**

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**Address By Our Lord Maha Chohan**

Holy Thursday, March 29, 1956

**Instruction On Rhythmic Breathing**

For instance, if you want the purifying assistance of Holy Amethyst, breathe into that focus of her Violet Fire within your heart—from your emotional, mental, etheric and physical bodies, every bit of the impure substance which is there.

Feel that substance being purified and transmuted into light while you are holding that breath within your body. (Note: Please consult Transmission of the Flame Manual for instructions on how to use the rhythmic breath.) Then, as you release the breath from the body rhythmically, feel the Resurrection Flame passing through this energy and then release it to each one of your four lower bodies, GIVING JUST AS MUCH TO EACH VEHICLE AS *YOU* WANT THEM TO HAVE, not as much as *they* want to have. There is a great difference here and this is one of the activities of becoming Master rather than servant of your vehicles.

As you breathe out this Resurrection Flame into your physical body, you will feel that body vitalized, as you breathe it out into your etheric body, you will begin to feel the acceleration of the divine powers which you had in the Great Central Sun before the world was, as you breathe it out into your mental body you will feel the clarification of those divine concepts which come from the heart of the universal and as you breathe it out into your emotional body, you will begin to feel the buoyancy, joy and happiness of serving God, the Ascended Masters and your fellowman.

If you will faithfully practice this, it will slow up your breathing process. It will cause you to breathe more deeply instead of taking those shallow, surface breaths. This will let you live longer! Now, that may not be a promise which gives you much joy! **However, do you know your breaths are numbered?** **Do you know that if you use them up (in panting and hasty breathing—in short breaths as so many do who live in the Western Hemisphere), you do not live as long?** Do you know, too, that those individuals spoken of in the Old Testament who lived eight or nine hundred years did so because they had control of and used the slow and rhythmic breath?

In your practice of this purifying activity through the breath, at first just experiment with it for about five minutes at a time. (it would be well if this could be done rhythmically three times a day.) Then, as you become more proficient, you may increase the time you are giving to this practice. When you do so experiment, you may find one or more of your bodies not wanting to lovingly co-operate as you draw its impure substance through your breath into that purifying action of the Sacred Fire within the heart.

Whatever vehicle you may have which is in particular “command” of your outer self is going to object to this attempt at its control. On the outbreath, whatever vehicle has heretofore always received the most energy is going to try to seize it. So, you are going to have to be very impersonal—just as impersonal as I am. You know, in my position as the Holy Spirit, until this new activity came forth, I had developed a very impersonal nature and you must become just as impersonal with regard to your vehicles of expression (bodies).

If you need more physical vitality through the day and not so much mental energy, allot that energy to the physical body where you desire to use it and vice versa. If you need more emotional buoyancy to overcome depressions or whatever is weighing down your feelings, breathe that buoyancy forth from the flame within your heart and send it out through the “heavy” feelings. If you will use this activity of the controlled and rhythmic breath, you will find you will walk more slowly, you will not hurry, you will come to a greater sustained peace of soul, mind and body, greater understanding and you will be a better radiating center of blessing to all the life you contact everywhere you go. This is so because, by your attention upon the Three-fold Flame within your heart, you can contact immediately any one or all of the flames of God-perfection—resurrection, healing, purifying and so on.