

RHYTHMIC BREATHING

DISCOURSES AND EXERCISES



Excerpted from various sources of the 'Bridge to Freedom' material
compiled into a single document November 2019

CONTENTS

1. RHYTHMIC BREATHING : DISCOURSE ON BASIC TECHNIQUE.....	4
1.1 RHYTHMIC BREATHING – THE BREATH OF LIFE.....	4
1.2 UNDERSTANDING BREATH-WORK	4
2. RHYTHMIC BREATHING : DISCOURSE ON MEANING OF THE TECHNIQUE STEPS	6
3. RHYTHMIC BREATHING : DISCOURSE ON COSMIC ACTION MAGNETIZATION RADIATION.....	7
3.1 COSMIC ACTIONS.....	7
3.2 MAGNETIZATION AND RADIATION	9
4. RHYTHMIC BREATHING : DISCOURSE ON MAINTAINING PEACE AND HARMONY	10
5. RHYTHMIC BREATHING : DISCOURSE ON EFFECTS ON THE FOUR LOWER VEHICLES	11
6. RHYTHMIC BREATHING : EXERCISES FOR PHYSICAL VITALITY YOUTH AND SOLAR ENERGY BY SAINT GERMAIN.....	13
6.1 LESSON ONE – THE PHYSICAL BODY	13
6.2 LESSON TWO – DECREE FOR YOUTH	14
6.3 LESSON THREE – THE SUN	15
7. RHYTHMIC BREATHING : EXERCISES 5 BREATHS FOR THE DIVINE PLAN CAUSAL BODY CHRIST SELF 3 FOLD FLAME AND 4 LOWER VEHICLES	16
PREPARATION	16
FIRST BREATH : THE DIVINE PLAN FULFILLED	17
SECOND BREATH : CAUSAL BODY	17
THIRD BREATH : HIGHER MENTAL BODY (CHRIST SELF)	17
FOURTH BREATH : BREATHING INTO THE 'THREE FOLD FLAME' AND WORKING WITH THE 7 RAYS	18
FIFTH BREATH: PURIFICATION OF THE FOUR LOWER BODIES.	19
8. RHYTHMIC BREATHING : EXERCISES FOR THE I AM PRESENCE CAUSAL BODY CHRIST SELF AND THE 4 LOWER VEHICLES	20
8.1 THE "I AM" PRESENCE	20
8.2 THE CAUSAL BODY.....	20
8.3 THE HOLY CHRIST SELF	20
8.4 PERFECTING THE LOWER VEHICLES IN THE HEART FLAME - USING THE HOLY BREATH.....	21

9. RHYTHMIC BREATHING : EXERCISES FOR THE I AM PRESENCE CAUSAL BODY CHRIST SELF 7 RAYS AND THE 4 LOWER VEHICLES	22
9.1 GETTING STARTED	22
9.2 "I AM" STATEMENTS	23
9.2.1 THE DIVINE PLAN.....	23
9.2.2 CAUSAL BODY.....	23
9.2.3 HOLY CHRIST SELF.....	23
9.3 SEVEN RAYS.....	23
9.3.1 FIRST RAY : Unwavering Will & Faith	24
9.3.2 SECOND RAY : Wisdom & Perception	24
9.3.3 THIRD RAY : Love	24
9.3.4 FOURTH RAY : Purity.....	24
9.3.5 FIFTH RAY : Truth : Concentrate & Consecrate	24
9.3.6 SIXTH RAY : Peace And Grace.....	24
9.3.7 SEVENTH RAY : Transmutation, forgiveness, invocation	24
9.4 PURIFYING THE FOUR LOWER VEHICLES	25
9.4.1 EMOTIONAL BODY / FEELING WORLD	25
9.4.2 MENTAL BODY / WORLD.....	25
9.4.3 ETHERIC BODY / WORLD.....	25
9.4.4 PHYSICAL BODY / WORLD	25
9.5 CHART OF THE SEVEN RAYS.....	26

1. RHYTHMIC BREATHING : DISCOURSE ON BASIC TECHNIQUE

Discourse on the basics of Rhythmic Breathing technique and its relationship to cosmic activities

1.1 RHYTHMIC BREATHING – THE BREATH OF LIFE

Excerpt From: *Bridge to Freedom Bulletin Book 1* page 553

A Message From The Beloved Maha Chohan (Now the Cosmic Holy Spirit – Aeolus)

“...Dear children on the path, try to hold in consciousness the realization that the Spirit of Breath and the Spirit of Light abide yet in this universe. The indivisible God-power very eagerly awaits the call of the unascended beings that it may manifest.

I might add, here, that breath is life in this physical world, and its powerful and potent force is yet untapped, although man turns to all kinds of artificial stimulants to step up the vitality of their exhausted bodies and inner vehicles.

IF YOU WOULD MAKE IT A PRACTICE OF TAKING DEEP BREATHS FROM THE HOLY SPIRIT BEFORE YOU START ANY ACTIVITY, YOU WOULD BRING A GREAT PEACE TO YOUR CONSCIOUSNESS, AND A GREAT ILLUMINATION TO YOUR MIND AND SOUL, FOR ‘I AM’ IN THAT BREATH.”

1.2 UNDERSTANDING BREATH-WORK

Excerpt From: *Man – His Origin, History and Destiny* – by Werner Schroeder (Pages 256 & 257)

In order to understand the planetary crisis of today, it is important to know how a galaxy is created and how it ends. Only then is it possible to draw conclusions about Earth’s present difficult situation. Also, an understanding of the rhythmic breath is essential to understand this subject. The rhythmic breath is a natural activity of Life.

This activity consists of four basic steps, as follows:

- | | |
|------------------|--------------------------|
| 1) In-breathing | |
| 2) Pausing | absorbing the breath |
| 3) Breathing out | expansion of breath |
| 4) Pausing | projection of the breath |

At steps 1 and 2, magnetization occurs.

At steps 3 and 4 radiation takes place.

The breath, at the cosmic level, is similar to the breath we take on the physical level. Right now, our breath is only a two-step process. We breathe in and we breathe out. Originally, when mankind first came to Earth, man utilized the rhythmic breath, which includes a pause between each in-breath and outbreath. Individuals who use the rhythmic breath, live longer. In the Bible, we read of persons reaching an age of 900 years. They used the rhythmic breath.

Our galaxy was created using the rhythmic breath. On the Outbreath (step 3), the Central Sun breathed forth first, the suns, and then these suns, in turn, brought forth their planets into their pre-designated orbital positions.

During the pause (step 4), mankind, angels and elementals, are given the opportunity to develop and fulfil their divine plan on a planet.

After the planets have been created and all the inhabitants have gained their ascension, the In-breath will take place. The In-breath occurs in reverse order to the Outbreath.

In the first step, each sun magnetizes (draws in) its planets into its electronic belt. In the second step, the Central Sun absorbs the suns, together with their planets into its electronic belt. This belt is of tremendous size.

It should be emphasized that, when planets are returned to the aura of their sun or the Central Sun, the individualized beings, such as mankind, continue to exist. They are very comfortable. There is no need to fear the Sun; all is well. There are millions of suns in the universe, all with their own planets circling around them, differing in number and size, but all following the same pattern of rhythm, or harmony, and of ever-expanding perfection.

All other planets of our galaxy have been ready for thousands of years for the cosmic breath. The earth so far has delayed this process. However, according to the will of the Earth's Hierarchy, our planet, ready or not, may no longer postpone this process. This emergency has been called by the Ascended Host, "The Present Planetary Crisis."

2. RHYTHMIC BREATHING : DISCOURSE ON MEANING OF THE TECHNIQUE STEPS

Discourse on the meaning of each step in the rhythmic breathing technique

Excerpt From: *Bridge to freedom - BULLETIN BOOK 2* Page 232

Beloved Kuthumi

Beloved ones, sometimes it takes several embodiments for a life stream to perfect some God-given design and sometimes other life streams who will follow after you will benefit by all the service and application which you have made and your dear interest in the bringing in this kingdom of righteousness to the Earth.

I am of course also deeply interested in the rhythmic breath and I refer you to the fundamentals of breathing insofar as they are connected with the precipitation of good health in your body, alertness in your mind, stability in your emotions and purity in your etheric vehicle. You in-breathe it, absorb it, expand it and project it with the motive of blessing yourselves and others.

- With every **in-breath** you absorb the breath of life into your nostrils. Gently, rhythmically drawn into your body, you are drawing the very life essence of the universe to bless you.
- While you are **holding** that breath within your body, you can come to a point where you can direct that breath, while it is still within your body, to any portion of it that seems to require help and assistance.
- As you begin to **expand** that consecrated breath, it flows from the pores of your body into the atmosphere around you and becomes part of your beautiful aura.
- With the strength of your breath, you can **project** it safely further and further and further without strain.

Young chelas [students] cannot do this safely for long periods of time, here in the West particularly. The importance is the rhythm that is within the use of your breath in the in-breathing, absorbing, expanding, and projecting. You feel it with me closely. The in-breathing, absorbing, expanding, and projecting. It is a most marvellous process as it is developed for stabilizing yourself.

If you take time, a few minutes several times a day, just to go over that, you will find a release of the tensions that mount when an individual has outer pressures upon them, as well as during the time just before going to sleep.

There is a saying that you have in your outer world terminology, “take time to be holy” and yet that is so often forgotten by those who are so sincere that I say to you, my beloved and blessed ones:

“Do take this time to be holy in the use of that breath of life.”

3. RHYTHMIC BREATHING : DISCOURSE ON COSMIC ACTION MAGNETIZATION RADIATION

Discourse on the cosmic activities of rhythmic breath in more detail and relates it to humanity's needs

3.1 COSMIC ACTIONS

Excerpt From: *Bulletin Book 1 – Bridge to Freedom – page 490*

Beloved Maha Chohan September 2, 1956

Beloved Children Seeking the Way Home.

There are two main activities of life—the in-breath and the outbreath. It is so simple, and yet so much has been woven into and around it through the study of so-called “mysticism.” In the two activities of breathing, you have the MAGNETIZATION of the gifts and powers of the Presence through the in-breath, and the RADIATION of its love, wisdom and power through the outbreath.

This is the same activity that takes place at cosmic levels with regard to suns, planets, systems and galaxies. All operate on the rhythmic motion of the in-breath and the outbreath. We have endeavored from time to time to give you a glimpse of the working of the cosmic scheme to which we belong, so that you may comprehend the place in which our galaxy stands at the present time.

At the beginning of a “Cosmic Day,” before a new universe comes into being, the Central Sun in charge of the system BREATHES OUT the lesser suns that are to assist it in the evolution of its system. THIS IT DOES IN A PERPENDICULAR MOTION SOMETHING LIKE DINNER PLATES PILED ONE ON TOP OF ANOTHER, only, of course, in this cosmic picture there is a tremendous distance between the suns mentioned.

Now, these lesser suns, in turn, breathe out the planets which will make up its galaxy in a HORIZONTAL motion. At the end of the Cosmic Day, the Great Central Sun notifies the lesser suns that it is time for the inbreathing of their planets in preparation for the time when it (the Great Central Sun) will again absorb the ENTIRE SYSTEM back into itself after the lesser suns with their planets have evolved into the full perfection of itself.

In obedience to the fiat of the Great Central Sun, each of the lesser suns of the system begins the great cosmic in-breath, drawing the planets of its galaxy closer to itself, UNTIL ONE BY ONE THEY ARE ABSORBED INTO THE SUN WHICH BREATHED THEM FORTH. Of course, this takes aeons of time and this is just the briefest sketch of what is taking place at cosmic levels at the present time.

At the end of the Cosmic Day, the Great Central Sun will have breathed into ITSELF ALL of the suns which it projected forth and the lesser suns, in turn, will have breathed back into THEMSELVES all the planets which they are responsible for, with all the life upon them expressing the full perfection for which they were created “in the beginning.” In occult circles this entire activity is known as a *Day and Night of Brahma*.

Now, beloved ones, I know that this seems a little difficult for the outer mind to understand and the only reason I mention it at all is on account of the Cosmic Hour in which we stand.

WE ARE PREPARING FOR THE FIRST IN-BREATH FROM HELIOS AND VESTA (OUR SUN) IN WHICH THEY BREATHE IN THE FIRST PLANET OF OUR SYSTEM. AS THE FIRST PLANET IS ABSORBED INTO THE SUN OF ITS SYSTEM, THE ENTIRE PLANETARY SYSTEM MOVES NEARER TO ITS SUN AUTOMATICALLY, AND THE CLOSER PROXIMITY TO THE SUN NATURALLY INCREASES THE VIBRATION OF ALL THE LIFE UPON THE PLANET.

Incidentally, the “laggards” mentioned so frequently were those life streams on the various planets who were not ready or willing to move forward with their planets on one of these cosmic initiations and so the beloved Earth offered them refuge. Some of these laggards came from planets in systems higher than our own. You must also understand that this horizontal motion—in fact, all cosmic motions—are gradual until the final day of initiation comes when the life on every planet in every system must vibrate at the necessary high rate that its advanced position calls for.

Now, this cosmic picture of the in-breath and outbreath of Deity is an exact duplicate of the activity YOU FOLLOW IN YOUR DAILY BREATHING. The outbreath of the cosmic scheme has been completed; the in-breath is well under way. On every planet, in every system, there is tremendous activity as their evolutions get ready to meet the initiations through which each expression of life must pass as their planets are drawn nearer to their suns.

This is also the reason for the Ascended Masters' tremendous interest in the evolution of the life upon this planet at the present time and HOW ESSENTIAL IT IS THAT WE MUST FIND SOME WAY AND MEANS TO CONVEY TO THE STUDENT BODY, AT LEAST, THE NECESSITY FOR THE ACCELERATION OF THE VIBRATORY ACTION OF THEIR MENTAL, EMOTIONAL, ETHERIC, AND PHYSICAL BODIES IN THE HOPE THAT THEY MAY COOPERATE WITH US IN RADIATING TO THE BALANCE OF MANKIND not the knowledge of suns and planetary systems—this information being given you for your own personal enjoyment—but THE LOVE PEACE, FORBEARANCE AND WISDOM WHICH IT IS NECESSARY THAT ALL PEOPLE MUST GENERATE IF THEY ARE TO GO FORWARD WITH THEIR PLANET AND HELP HER IN HER HOUR OF INITIATION.

Saint Paul spoke of “the quick and the dead.” The “quick” are really those whose vibratory action is more rapid. There are various ways and means of accelerating the vibratory action of your inner and flesh bodies. ONE OF THE GREATEST OF THESE IS THE USE OF THE RHYTHMIC BREATHING of which I have been an exponent, devotee and teacher for ages of time, because IT IS THE RHYTHM OF CREATION.

When you draw the energy of life into the flame in your heart and send it forth again on the breath, you begin to come into harmony with the natural rhythm that is in every activity of nature—in the rising and setting of the sun; in the rise and fall of the tide; in the changing of the seasons. All of these activities take place in absolute, unbroken rhythm.

The Golden Ages where mankind have known the greatest peace, the greatest illumination, the greatest bodily health, the greatest beauty and the greatest opulence, were ages when the natural rhythm of life was observed, not only in breathing, but in every facet of expression.

Now, beloved ones, I ask you to watch yourselves—even in a small process like walking—and see whether you are moving with the rhythm of the music of the spheres.

See, when you talk, whether your speech is staccato—too rapid—or whether it is rhythmic and beautiful! Watch your gestures and see if they are graceful and rhythmic

or whether they are harsh and breaking that rhythm of creation! Watch yourself in your breathing and see if your breath is slow, measured and deep, or whether it is shallow, panting and gasping!

When these imperfect physical manifestations are evident, you will know that you are not within the proper rhythm of your own being. As you begin to correct yourself in small things—in ascending a flight of stairs—in the process of preparing a meal—in clothing yourself—in going out upon your daily routine of business by streetcar or otherwise...

- you will find for one thing that *you will not become so exhausted* as you seem to get now in the outer.
- For another thing, you will find *better health in your body*.
- You will find a *greater spiritual equipoise* in your mind and consciousness.
- You will find a *greater beauty and youthfulness* in your physical form, and last (and perhaps not least),
- YOU WILL BE *MORE COMFORTABLE FOR OTHERS TO LIVE WITH*.

3.2 MAGNETIZATION AND RADIATION

This I can tell you, beloved ones, IS THE WHOLE LAW OF LIFE—the rhythm of MAGNETIZATION and RADIATION.

If there is too much magnetization of POWER and not an equal radiation of LOVE and BLESSING—again you have broken the rhythm.

If there is too much BLESSING and MINISTRATION without enough MAGNETIZATION OF POWER from the Source of the all good by which you live, there is depletion and exhaustion.

In other words, all of mankind's distress, disintegration, disharmony, and decay is the result of BROKEN RHYTHM.

All life on the planet today, beloved ones, needs comfort.

Practice the sending out of a conscious radiation of comfort into all the turbulent and angry emotions that rise up here and there and very often express themselves in self-righteous, yet chaotic, thought patterns.

Practice sending peace into those rebellious etheric memories of the past and into the tremendous subconscious fears that are seeping up toward the surface of people's lives as the transmuting power of the Sacred Fire plays upon them during this period of planetary unrest.

Now, beloved ones, as an exercise, I will ask you, each one, to make conscious effort to KEEP AS MUCH RHYTHM AS YOU CAN in your life this coming week—your voice, in your work, in your walk, in your service, in your adoration and realization. If you will faithfully do this, it will give me an opportunity to pour my radiation through you so that you, too, may be a comforting presence to ALL LIFE."

4. RHYTHMIC BREATHING : DISCOURSE ON MAINTAINING PEACE AND HARMONY

Discourse on how rhythmic breathing brings peace and harmony to the outer and inner life

Excerpt From: *BB 2 PAGE 428 : Beloved Maha Chohan*

December 4, 1960

Beloved Ones Seeking the Path Home:

Breath is the primal motion setting into action the emotional, mental, etheric and physical vehicles [Four Lower Vehicles] of all who live upon the Earth-plane – past, present and future.

Therefore, study of THE RHYTHMIC BREATH IS ESSENTIAL TO BALANCE in every chela [student], particularly at this time. The rhythm of peoples' vehicles is determined by the depth and vital use of breath. In golden ages, all peoples walked lightly and all services were performed easily because the inhabitants of each age were taught from infancy the right use of the rhythmic breath.

To secure undisturbed peace, poise and balance, the rhythm of the four lower vehicles must become permanently established. Daily, the chela [student] should practice:

- Drawing into their bodies the glorious gifts of the breath
- Allowing it to remain within their bodies.
filling them with the buoyancy of light
- Expanding it slowly through their vehicles [Four Lower Vehicles]
- Consciously (with a blessing) allowing their God-qualified breath to bless their fellowman.

By proceeding, following this rhythmic pattern at all times, the chela [student] will find the performance of all his regular tasks is in harmony and peace.

Setting up a new pattern of breathing, as any new habit, requires concentrated and continued endeavor upon the part of the chela, because the outer mind (nature) naturally reverts to his previous routine. When the chela [student] is constant in his exercise of rhythmic breathing, gradually it will become his natural habit, even as the shallow breath (which was artificial in its inception) replaced the deep breath as man fell from grace. I suggest that one start first with a short period, early in the day

To set this living breath into rhythmic motion through a chela [student] and then to experiment with its use in some mundane daily activity, is to couple spiritual training with the reinstatement of the natural state of one's being. This greatly lessens labor "by the sweat of the brow" and charges into the individual buoyancy, pleasure and spiritual mastery. This will make the assimilation of the new breathing pattern a happy adventure rather than a strain upon the four lower vehicles, as some dear ones seem to find it to be. As I received from the Lords of Karma permission to give instruction upon the use of the rhythmic breath to the Transmission Flame Groups, I am always delighted to see any student utilize this knowledge to his or her own advantage, as well as becoming contributors to the light of the world. Love and blessings.

5. RHYTHMIC BREATHING : DISCOURSE ON EFFECTS ON THE FOUR LOWER VEHICLES

Discourse on how rhythmic breathing affects each of the four lower vehicles

Excerpt From: "Service By Students A Prerequisite For Continued Dictations" Journal Book 3 page 55

Lord Maha Chohan

Holy Thursday, March 29, 1956

... if you want the purifying assistance of Holy Amethyst:

breathe into that focus of her Violet Fire within your heart – into 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.

GIVE TO EACH VEHICLE AS MUCH AS YOU WANT THEM TO HAVE NOT AS MUCH AS THEY WANT TO HAVE.
(MORE BELOW)

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 bodies...

Physical Body : You will feel that body vitalized.

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.

Mental Body : You will feel the clarification of those Divine Concepts which come from the heart of the Universal.

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, IT IS GOING TO OBJECT TO THIS ATTEMPT AT ITS CONTROL.

On the out breath, 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.

6. RHYTHMIC BREATHING : EXERCISES FOR PHYSICAL VITALITY YOUTH AND SOLAR ENERGY BY SAINT GERMAIN

3 exercises for Physical Vitality, Youth, and Solar Energy

Excerpt from: Ascended Master Devotion and Purpose, Volume I (Kindle Locations 4817-4819). A.D.K. Luk Publications. (2015-03-13).

6.1 LESSON ONE – THE PHYSICAL BODY

When we come to the realization that to breathe means to live and by breathing properly we correct any condition within our physical body, the wise chela [student] will apply the instruction herein given.

This physical body is the Temple of the living God, and by learning to breathe evenly and to direct the breath, we can raise the vibratory action of the body. In so doing we enliven each cell, clearing away the effluvia which we have allowed to form. The majority of mankind has become so heavy with this self created effluvia that they feel sluggish and tired most of the time.

The Beloved Maha Chohan is desirous that His student body become aware of the importance of correct breathing, therefore, we have included important exercises which we know will assist in the improvement of the physical, etheric, mental and emotional bodies [Four Lower Vehicles] of each one who will take the time to practice them.

Do not become discouraged if at first you cannot master these breaths. Keep at it - for practice makes perfect, and the result of persevering will please the student when he realizes that he feels lighter in his physical body, free and unhindered in his thinking. He will experience a more joyous outlook, and emotionally he will be calmer, more serene in dealing with the situations that arise daily in the lives of all.

It is a good idea to set aside a special time for these exercise. They should be done at least twice a day. The important thing to do before starting any breathing exercise is to empty the lungs of breath, from the mouth into an 'oo' sound and breathe out heavily.

- 1) **Stand erect**, feet together
Arms relaxed resting at sides, as you begin the breath tense the arms
- 2) **Inhale** slowly pushing the diaphragm out to the count of five
Raising the arms slowly over the head.
- 3) **Hold** the breath for five counts
Visualize a great white light pouring down from your God presence.
- 4) **Exhale** slowly to the count of five lower the arms again to the sides.
- 5) **Rest** for the count of five.
- 6) **Repeat** the breath seven times.

Relax, then say the following decree with feeling.

I thank you, Father, for my life, for my physical body,
the most wonderful instrument in the universe.

I now command that every cell, atom, glans, muscle, organ and function in my body
accept the BLAZING LIGHT from My God Presence.

6.2 LESSON TWO – DECREE FOR YOUTH

Nearly everyone is desirous of feeling young. To be able to move in a beautiful rhythmic manner; to walk gracefully; to glow from inner joy and happiness can be attained by practicing the Breaths that we bring forth to you.

It is the Beloved Maha Chohan's desire that we be shining examples, How else can we possibly assist others if we ourselves are not 'the Light that shineth in the darkness'.

In this exercise we are making a decree for **youth**.

1. Visualize yourself doing something you have not done in years
Running up a hill—dashing into the ocean, leaping with gay abandon.
Feel the free buoyancy of youth.
2. Stand with arms at sides.
Take a slow deep breath to the count of four.
3. Raise arms forward slowly over the head and back as far as you can moving your head back also so that your face is looking heavenward.
4. Still holding this breath,
Bend forward from the waist,
Touch the ground,
Come up reaching way back over the head.
5. Exhale slowly,
Bring arms down to starting position.
6. Do this Breath three times.

Then decree with deep feeling:

"I AM" filled with the Light that revitalizes every part of my body.

"I AM" filled with that glowing, glorious vibrant feeling of youth.

"I AM" alive with the motivating power of action.

"I AM" young, young, young, "I AM" ETERNAL YOUTH.

6.3 LESSON THREE – THE SUN

We owe much to our Physical Sun and Those Great Beings Helios and Vesta Who reside therein. The sun pours forth to all, light and life-giving substance. We, of course, are aware of the sun, but we must also know that we can, by our attention, draw into our being, through love and gratitude, the beneficial radiation which is their pleasure to bestow upon all who live, move and have their being on this Earth Planet.

In the following breath, we ask that you face the sun if possible—if not visualize the sun in your mind's eye.

- 1) **Stand erect**, feet together
Visualize the golden rays of the sun pouring toward you and into you
- 2) **Breathe In**, slowly and deeply to the count of four
Raising your arms out from the sides and up
Forming a Cross, palms facing upward.
This position symbolizes complete surrender to our heavenly Father-Mother God.
Breathe these rays into your heart - that is direct the breath into the heart area.
- 3) **Hold** the breath to count four, slowly
- 4) **Exhale** slowly to the count of four
Lowering the arms
Feel the breath as Golden Light going out through every pore of your body.
- 5) **Rest** to the count of four, slowly
- 6) **Repeat** the breath seven times.

Then decree:

I AM Light, "I AM" Light, "I AM" Light,
I AM drawing into my being the blessing and love from Helios and Vesta.
I AM absorbing this Light into every cell of my body.
I AM radiant with the Light.
I AM filled with the Light.
I AM grateful, grateful, grateful to the Light
I love the Light.

7. RHYTHMIC BREATHING : EXERCISES 5 BREATHS FOR THE DIVINE PLAN CAUSAL BODY CHRIST SELF 3 FOLD FLAME AND 4 LOWER VEHICLES

8 Exercises for the Divine Plan, Causal Body, Christ Self, 3-Fold Flame and the 4 lower vehicles

Excerpt from: *From The Bridge to Freedom Journals – Thomas Printz, Private Bulletin – Book One*

PREPARATION

Connect to Your beloved I AM Presence, and give love and gratitude to it for your life – the pulse of Light that it sends you for every heartbeat. This is the energy that beats your heart; that gives you life.

Focus your attention on the Sacred Three Fold Flame in your heart. It is your Divine Essence from our Mother / Father God. It is connected to your Mighty I AM Presence. It has unlimited potential for us as sons and daughters of God.

Give gratitude and love to your Presence and the Three-fold Flame. Visualize and feel the colored flames on the chest:

Pink	right side
Golden Yellow	the centre
Blue	left side

Expand this as large as you can in your visualizations – engulfing your whole body. Remember: what you focus on [put your attention on], YOU BECOME!

Always call to an Ascended Master of your choice to oversee the process. This is important as the energy built up from these breathing exercises can get strong and sometimes it will require the help of the Ascended Hosts to channel it correctly.

To expand this Flame, which is what we want to do, we need to focus on it and give it energy. When in-breathing see and feel whatever you are working with.

Say directly to the Three-Fold Flame in your Heart, as conscious and intelligent as the Godhead...

*"Beloved Immortal Three-Fold Flame of Truth within my Heart,
expand and do thy Cosmic Work" (3 times)*

Then Say:

*I call by the Power of My Mighty I AM Presence
that the GREAT FIRE BREATH OF COSMIC CHRIST LOVE
constantly fill my in-breath,
saturating my Earthly bodies
with the FIRE OF COSMIC CHRIST LOVE always.*

Note

1 All breath-work is through the nostrils, not the mouth.

2 The exercises are done to the count of 8 – but don't focus on this, just say the statement silently to yourself each time as you breathe in, hold the breath, breathe out, hold from breathing – the length of time will expand the better you become at it.

FIRST BREATH : THE DIVINE PLAN FULFILLED

Focus on your Mighty I AM Presence of God, approximately 12 feet above your head. Give thanks and love to your Presence.

For each part of the breath –

Silently and slowly repeat the phrase

Typically it will last for a slow count to 8

In-Breath	<i>I AM in-breathing</i>	the Divine Plan fulfilled from my Beloved I AM
Hold-In	<i>I AM absorbing</i>	the Divine Plan fulfilled from my Beloved I AM
Out-Breath	<i>I AM expanding</i>	the Divine Plan fulfilled from my Beloved I AM
Hold-Out	<i>I AM projecting</i>	the Divine Plan fulfilled from my Beloved I AM

SECOND BREATH : CAUSAL BODY

Focus your attention on your Causal Body that surrounds your White Fire Body from the heart of Mother/Father God. Visualize this magnificent rainbow sphere of light around your White Fire Body.

In-Breath	<i>I AM in-breathing</i>	all the accumulated Good in my Causal Body
Hold-In	<i>I AM absorbing</i>	all the accumulated Good in my Causal Body
Out-Breath	<i>I AM expanding</i>	all the accumulated Good in my Causal Body
Hold-Out	<i>I AM projecting</i>	all the accumulated Good in my Causal Body

THIRD BREATH : HIGHER MENTAL BODY (CHRIST SELF)

Direct your attention to your Holy Christ Self (your Higher Mental Body) – the intermediary (bridge) between your “I AM Presence” and your lower mind.

In-Breath	<i>I AM in-breathing</i>	the nature of God from my Beloved Holy Christ Self
Hold-In	<i>I AM absorbing</i>	the nature of God from my Beloved Holy Christ Self
Out-Breath	<i>I AM expanding</i>	the nature of God from my Beloved Holy Christ Self
Hold-Out	<i>I AM projecting</i>	the nature of God from my Beloved Holy Christ Self

When these breaths have been done you HAVE PREPARED YOUR ALTAR OF THE SACRED FIRE by qualifying it with the FULL PERFECTION of your Three Higher Vehicles:

Your I AM Presence,

Your Causal Body

Your Holy Christ Self (or Higher Mental Body)

FOURTH BREATH : BREATHING INTO THE 'THREE FOLD FLAME' AND WORKING WITH THE 7 RAYS

In order to increase the power, activity and quality of any specific virtue of the Immortal Victorious Three Fold Flame in our heart, we can consciously call and invite the fully gathered momentum of any God-Free Being to assist in, and accelerate that particular virtue through our Immortal Victorious Three Fold Flame in our Hearts.

The Violet Fire of Transmutation chosen as purification, is most required by unascended Beings at present. For this example, however any Flame may be chosen, such as the....

Blue Flame	Faith	Beloved Archangel Michael or Faith
Golden Flame	Illumination	Beloved Archangel Jophiel or Constance
Pink Flame	Love	Beloved Archangel Chamuel or Charity
White Flame	Purity	Beloved Archangel Gabriel or Hope
Green Flame	Truth	Beloved Archangel Raphael or Holy Mary
Ruby/Gold Flame	Peace	Beloved Archangel Uriel or DonnaGrace
Violet flame	Transmutation	Beloved Archaii Amethyst or Her masculine counterpart Archangel Zadkiel

For this exercise, direct your attention to Beloved Amethyst who represents the FEELING of the Violet Fire. As you invoke this Violet Fire, see your Three-fold Flame massively expanded around your body (10 feet in diameter – 5 feet in each direction) turn completely Violet – dazzling, blazing and bright.

All three plumes of pink, gold and blue turn violet.

Do this with any of the Flames that you may feel like working with.

In-Breath	<i>I AM in-breathing</i>	the Violet Flame of Transmutation of Beloved Amethyst
Hold-In	<i>I AM absorbing</i>	the Violet Flame of Transmutation of Beloved Amethyst
Out-Breath	<i>I AM expanding</i>	the Violet Flame of Transmutation of Beloved Amethyst
Hold-Out	<i>I AM projecting</i>	the Violet Flame of Transmutation of Beloved Amethyst

FIFTH BREATH: PURIFICATION OF THE FOUR LOWER BODIES.

On the

In-Breath feel the impure substance drawn into the purified essence of the Sacred Fire - a furnace of Violet Fire now blazing in through and around your 4 earthly bodies.

Hold-In feel the impure substance transmuted by the Sacred Fire.

Out-Breath feel the purified substance return to nourish the body you are treating.
see that energy expand to the atmosphere around you

Hold-Out feel the purified substance of the body you are treating projected into the outside world for the blessing of ALL mankind.

see this purified energy carried away by the power of our Mighty I Am Presence right around the planet

In-Breath	<i>I AM in-breathing</i>	for the purification of all the energy in my feeling world
Hold-In	<i>I AM absorbing</i>	for the purification of all the energy in my feeling world
Out-Breath	<i>I AM expanding</i>	this purified energy of Christ perfection into my feeling world
Hold-Out	<i>I AM projecting</i>	this purified energy of Christ perfection into my feeling world

In-Breath	<i>I AM in-breathing</i>	for the purification of all the energy in my mental world
Hold-In	<i>I AM absorbing</i>	for the purification of all the energy in my mental world
Out-Breath	<i>I AM expanding</i>	this purified energy of Christ perfection into my mental world
Hold-Out	<i>I AM projecting</i>	this purified energy of Christ perfection into my mental world

In-Breath	<i>I AM in-breathing</i>	for the purification of all the energy in my etheric world
Hold-In	<i>I AM absorbing</i>	for the purification of all the energy in my etheric world
Out-Breath	<i>I AM expanding</i>	this purified energy of Christ perfection into my etheric world
Hold-Out	<i>I AM projecting</i>	this purified energy of Christ perfection into my etheric world

In-Breath	<i>I AM in-breathing</i>	for the purification of all the energy in my physical world
Hold-In	<i>I AM absorbing</i>	for the purification of all the energy in my physical world
Out-Breath	<i>I AM expanding</i>	this purified energy of Christ perfection into my physical world
Hold-Out	<i>I AM projecting</i>	this purified energy of Christ perfection into my physical world

If we do our breathing regularly every day we will be doing a great service for ourselves, for mankind, and all life on our planet Earth.

8. RHYTHMIC BREATHING : EXERCISES FOR THE I AM PRESENCE CAUSAL BODY CHRIST SELF AND THE 4 LOWER VEHICLES

7 rhythmic breathing exercises for the I AM Presence, Causal Body, Christ Self, and the 4 lower vehicles

Become relaxed but poised.

Begin with three deep breaths in and out: Feel the Holy Breath.

Enter now the Sacred Presence of your *Three-fold Flame* within the Heart.

8.1 THE "I AM" PRESENCE

- Breath in slowly and deeply, contemplating the "I AM" Presence
- Hold the breath in for a moment and become the Presence.
- On the slow, controlled out-breath, affirm positively:

"I AM" consciously breathing into my Heart Flame
the Divine Pattern of my own 'Mighty "I AM" Presence'.

(Repeat three times)

8.2 THE CAUSAL BODY

- Breath in slowly and deeply, contemplating the Causal Body
- Hold the breath in for a moment and become the Causal Body.
- On the slow, controlled out-breath affirm positively:

"I AM" consciously breathing into my Heart Flame
the full gathered momentum of my Causal Body.

(Repeat three times)

8.3 THE HOLY CHRIST SELF

- Breath in slowly and deeply, contemplating the Holy Christ Self
- Hold the breath in in for a moment and become the Holy Christ Self.
- On the slow, controlled out-breath affirm positively:

"I AM" consciously breathing into my Heart Flame
the Love Nature of my Holy Christ Self.

(Repeat three times)

Repeat the entire exercise repeated twice more (total of three times) -- as the Heart Flame becomes more of the Reality of your Permanent God Nature.

8.4 PERFECTING THE LOWER VEHICLES IN THE HEART FLAME - USING THE HOLY BREATH

Now, centered in the ever-increasing power of your *Three-fold Flame* in your Heart, REALIZE the fullness of *the Sacred Fire of Purification, Mercy and Forgiveness* within that Flame. (PAUSE AND CONTEMPLATE THIS REALITY)

Purifying the *Emotional Body*

Breathing in slowly and deeply

- Consciously draw all impure substance from your *emotional body* into this beautiful Transmuting Flame
- Hold the breath within the Flame and visualize all impure substance dissolve before your eyes!

On the controlled out-breath

- Consciously expand into your *emotional body* all the transmuted and purified substance from the Flame
- Feel it radiate its new found perfection through your *emotional body*
- Then hold the breath out of the body for a moment projecting the Ascended Master Feeling of *the Sacred Fire of Transmutation and Freedom* into the world around you (*or wherever you choose to project it*).

(Repeat three times)

Repeat three times for each of the other vehicles:

- Purifying the Mental Body for thoughts
- Purifying the Etheric Body for memories
- Purifying the Physical Body for healing

Two Services available from THE BRIDGE TO SPIRITUAL FREEDOM

1. *A Service of Transfiguration, Resurrection and Ascension for a Departed Soul*
2. *The Golden Chalice Ceremony - Holy Communion for the New Age*

9. RHYTHMIC BREATHING : EXERCISES FOR THE I AM PRESENCE CAUSAL BODY CHRIST SELF 7 RAYS AND THE 4 LOWER VEHICLES

14 rhythmic breathing exercises for the I AM Presence, Causal Body, Christ Self, Seven Rays of Creation and the 4 lower vehicles

9.1 GETTING STARTED

Please watch the Rhythmic Breathing YouTube Videos if you have not already done so.

Before starting, with deep Reverence and Gratitude, call to an Ascended Master of your choice to assist with the process and to expand and direct your humble efforts with Their Great Power, Love and Energy.

Then call directly to your Immortal Three-fold Flame in your heart (the anchorage of your I AM Presence in your physical body, and the 'garment' of your Holy Christ Self, also referred to as the 'Golden Being' in your Heart) and say aloud if possible:

*"My Beloved Immortal Three-Fold Flame of Truth within my Heart,
EXPAND! EXPAND! EXPAND!
Do Thy PERFECT WORK!
I Thank You!"*

Remember at all times that it is your "I AM" Presence doing the work!

- Preface all the breathing statements with "I AM".
- Visualize and FEEL the quality of the statement and intention you are working with through each breath.
- Visualize and FEEL your Three-fold Flame expand the Light.

As you do the perfect Rhythmic Breath – say these statements internally, once or as many times as you are directed to do so, slowly, consciously and rhythmically....

"I AM" In-breathing	slowly and deeply
"I AM" Absorbing	gently holding the breath in
"I AM" Expanding	gently breathing out – slow and controlled
"I AM" Projecting	gently holding the breath out

9.2 "I AM" STATEMENTS

9.2.1 THE DIVINE PLAN

"I AM" In-breathing the Divine Plan fulfilled from my Beloved "I AM"
 "I AM" Absorbing the Divine Plan fulfilled from my Beloved "I AM"
 "I AM" Expanding the Divine Plan fulfilled from my Beloved "I AM"
 "I AM" Projecting the Divine Plan fulfilled from my Beloved "I AM"

9.2.2 CAUSAL BODY

"I AM" In-breathing all the accumulated Good in my Causal Body
 "I AM" Absorbing all the accumulated Good in my Causal Body
 "I AM" Expanding all the accumulated Good in my Causal Body
 "I AM" Projecting all the accumulated Good in my Causal Body

9.2.3 HOLY CHRIST SELF

"I AM" In-breathing the Nature of God from my Beloved Holy Christ Self
 "I AM" Absorbing the Nature of God from my Beloved Holy Christ Self
 "I AM" Expanding the Nature of God from my Beloved Holy Christ Self
 "I AM" Projecting the Nature of God from my Beloved Holy Christ Self

9.3 SEVEN RAYS

Now we breathe-in the 7 Rays – you may like to work specifically with the Violet Ray, as that may be the most needed - or with some other Ray. You may also like to work with all the Rays in order.

The most important thing here is to visualize your Three-fold Flame becoming the Colour (dazzling and brilliant) and Quality of the Ray being working with.

In the expanding breath see your whole physical body and aura becoming that dazzling colour filled with the quality of the Ray, and then see those Rays leave your bodies to do Their Perfect Work!

9.3.1 FIRST RAY : UNWAVERING WILL & FAITH

"I AM" In-breathing the Blue Flame of Faith of Beloved Archangel Michael
 "I AM" Absorbing the Blue Flame of Faith of Beloved Archangel Michael
 "I AM" Expanding the Blue Flame of Faith of Beloved Archangel Michael
 "I AM" Projecting the Blue Flame of Faith of Beloved Archangel Michael

9.3.2 SECOND RAY : WISDOM & PERCEPTION

"I AM" In-breathing the Golden-Yellow Flame of Wisdom of Beloved Jophiel
 "I AM" Absorbing the Golden-Yellow Flame of Wisdom of Beloved Jophiel
 "I AM" Expanding the Golden-Yellow Flame of Wisdom of Beloved Jophiel
 "I AM" Projecting the Golden-Yellow Flame of Wisdom of Beloved Jophiel

9.3.3 THIRD RAY : LOVE

"I AM" In-breathing the Pink Flame of Divine Love of Beloved Chamuel
 "I AM" Absorbing the Pink Flame of Divine Love of Beloved Chamuel
 "I AM" Expanding the Pink Flame of Divine Love of Beloved Chamuel
 "I AM" Projecting the Pink Flame of Divine Love of Beloved Chamuel

9.3.4 FOURTH RAY : PURITY

"I AM" In-breathing the White Flame of Purity of Beloved Gabriel
 "I AM" Absorbing the White Flame of Purity of Beloved Gabriel
 "I AM" Expanding the White Flame of Purity of Beloved Gabriel
 "I AM" Projecting the White Flame of Purity of Beloved Gabriel

9.3.5 FIFTH RAY : TRUTH : CONCENTRATE & CONSECRATE

"I AM" In-breathing the Green Flame of Truth of Beloved Raphael
 "I AM" Absorbing the Green Flame of Truth of Beloved Raphael
 "I AM" Expanding the Green Flame of Truth of Beloved Raphael
 "I AM" Projecting the Green Flame of Truth of Beloved Raphael

9.3.6 SIXTH RAY : PEACE AND GRACE

"I AM" In-breathing the Ruby-Gold Flame of Peace of Beloved Uriel
 "I AM" Absorbing the Ruby-Gold Flame of Peace of Beloved Uriel
 "I AM" Expanding the Ruby-Gold Flame of Peace of Beloved Uriel
 "I AM" Projecting the Ruby-Gold Flame of Peace of Beloved Uriel

9.3.7 SEVENTH RAY : TRANSMUTATION, FORGIVENESS, INVOCATION

"I AM" In-breathing the Violet Flame of Transmutation of Beloved Amethyst
 "I AM" Absorbing the Violet Flame of Transmutation of Beloved Amethyst
 "I AM" Expanding the Violet Flame of Transmutation of Beloved Amethyst
 "I AM" Projecting the Violet Flame of Transmutation of Beloved Amethyst

9.4 PURIFYING THE FOUR LOWER VEHICLES

Now you have the Violet Flame expanded through your *Three-fold Flame* and 4 lower bodies, and we in-breathe from the 4 lower bodies the energy that needs to be purified. Remember the "I AM" Presence is the Master Controller here, we just need to make the calls, visualize and FEEL the purification taking place in the Violet Fire.

9.4.1 EMOTIONAL BODY / FEELING WORLD

"I AM" In-breathing for Purification all the energy in my Feeling world
 "I AM" Absorbing for Purification all the energy in my Feeling world
 "I AM" Expanding this Purified Energy of Christ Perfection into my Feeling world
 "I AM" Projecting this Purified Energy of Christ Perfection into my Feeling world

9.4.2 MENTAL BODY / WORLD

"I AM" In-breathing for Purification all the energy in my Mental World
 "I AM" Absorbing for Purification all the energy in my Mental World
 "I AM" Expanding this Purified Energy of Christ Perfection into my Mental World
 "I AM" Projecting this Purified Energy of Christ Perfection into my Mental World

9.4.3 ETHERIC BODY / WORLD

"I AM" In-breathing for Purification all the energy in my Etheric World
 "I AM" Absorbing for Purification all the energy in my Etheric World
 "I AM" Expanding this Purified Energy of Christ Perfection into my Etheric World
 "I AM" Projecting this Purified Energy of Christ Perfection into my Etheric World

9.4.4 PHYSICAL BODY / WORLD

"I AM" In-breathing for Purification all the energy in Physical World
 "I AM" Absorbing for Purification all the energy in Physical World
 "I AM" Expanding this Purified Energy of Christ Perfection into my Physical World
 "I AM" Projecting this Purified Energy of Christ Perfection into my Physical World

*We thank our "I AM" Presence,
 the Ascended Master invoked and
 the Light for doing It's Perfect Work!*

9.5 CHART OF THE SEVEN RAYS

Ray	Quality	Colour	Chohan	Archangels	Elohim
1 st	Unwavering Will, Faith, Protection, Power	Blue	El Morya	Michael & Faith	Hercules & Amazon
2 nd	Wisdom, Illumination, Perception & Discrimination	Golden Yellow	Dwal Kul	Jophiel & Constance	Cassiopeia & Minerva
3 rd	Pure Divine Love	Pink	Lady Rowena	Chamuel & Charity	Orion & Angelica
4 th	Purity & Ascension	White	Serapis Bey	Gabriel & Hope	Claire & Astrea
5 th	Truth, Healing, Concentration & Consecration	Emerald Green	Lord Hilarion	Raphael & Mother Mary	Vista & Crystal
6 th	Peace, Grace & Ministration	Ruby And Gold	John The Beloved	Uriel & Donna Grace	Tranquillity & Pacifica
7 th	Transmutation, Mercy, Forgiveness, Rhythm & Invocation (Divine Alchemy)	Violet	Saint Germain	Zadkiel & Amethyst	Arcturus & Holy Diana

END