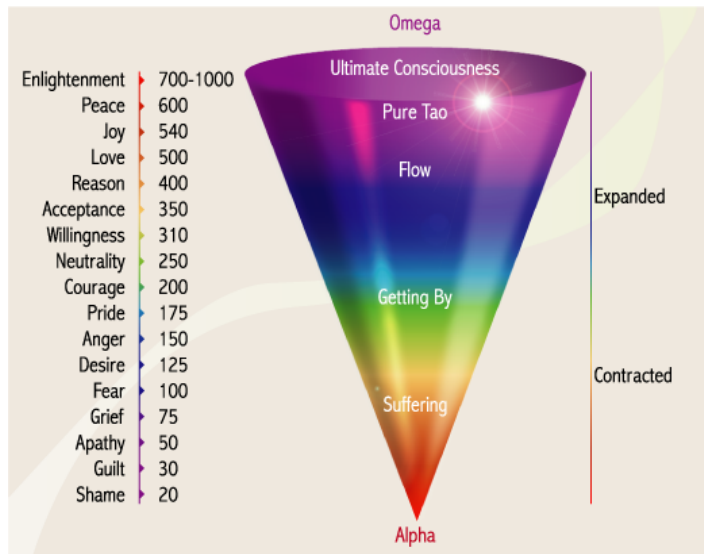


OM Breath, our Sacred Breath

This is a daily practice for individuals and the collective shift in consciousness by raising our internal vibration.



OM Breath is a simple, powerful and sacred breath work given to me through meditation and ceremony work with sacred plant medicines over the past 15 years. I was to share the divine message: "It is time for each one of us to see clearly, to know fully, and to embody wisely that 'ALL is One and One is ALL'". There is no separation or division. Each of us is connected and is the full

embodiment of Oneness, encompassing the past, present and future all at one time. It is the simple codex and insight into infinite-consciousness.

I continue to share OM Breath with individuals and groups, to assist in direct connection to Source (our God-self, the heavens, Creator, the Beloved, Great Spirit, The Force, or whatever name you want to use), and to Re-Source (our Divine Mother Earth, Gaia, Pachamama, Terra Mater, Goddess or whatever name you want to use).

The OM breath is a practice to assist in clearing and healing one's self, and to integrate the masculine (divine father) and the feminine (divine mother) aspects of our self to (BE)come ONE in balance and harmony with the ALL. I was shown the vision of how the breath work affects us individually, as a collective, and the cosmos. I am honored to share it with you today.

We all need to breathe, something we rarely give a second thought to. How well we breathe and how connected we are to our breath, however, is a choice. Deep breathing and conscious breathing has been a struggle for me, and many times I found myself "holding my breath". This practice, which I desperately needed and benefit from every day has become my daily meditation and prayer. My hope is it helps you too.

It is called OM Breath because it allows for every one of us to experience the connection directly to Source, all the way back, to the beginning breath—the sound-breath that GOD (or Source) toned into us. When we consider that the breath we breathe today is the same Jesus, Buddha, Krishna, Allah, and all the great ascended masters and mystics have breathed, it reminds us how each breath is the gift to breathe in the ALL. And every exhalation is a gift to Mother Earth, and through her magical, alchemical process, uses our carbon dioxide to create fresh air for ALL of us to breathe—consider this an “exaltation” of your God-Self.

I see it simply as: Father is Source (inhalation), Mother is ReSource (exhalation). As you work with your breath, keep an image in your mind’s eye of receiving love and light from Source and giving grace and gratitude for our Mother of ReSource. Don’t worry if you cannot “envision” this at first, just feel and be conscious of your breath. In time, you will master the energy flow. After practicing and allowing the OM Breath to be our automatic way of breathing, some choose to include the chant of “OM” (elongated for the entire exhalation) out loud.

I encourage you to spend 11 minutes in the morning and 11 minutes in the evening consciously breathing the OM Breath.

The Practice of OM Breath

Please sit in a comfortable chair with bare feet flat on the floor or crossed-legged. Relax, but ensure your spine, shoulders and head are not slouching—erect and straight, but not stiff. Place your palms open (in a receiving manner) resting on your lap. (Many times spontaneous mudras will happen, allow this to happen.)

First, allow yourself to breathe normally. Notice when you inhale through the nose and where the breath ends. Notice when you need to exhale. Exhale out through the mouth.

Now, for the OM Breath state your prayer, intention, or desire for this meditation. It could be something simple like: “I thank you creator for this moment together, for us to breathe together, I thank you mother earth for receiving my exhalation to create gifts for all of us.”

Close your eyes and envision a golden-spiral descending in a clockwise motion through your crown chakra. We take in the light inhaling through the nose and generously share it with our cellular body—trillions of cells. Be aware of where your breath is short or

where it stops, or where it reveals pain or contractions in the body. Our desire is to deepen and rhythmically connect to our breath, and bring the golden light to those areas so they can expand.

When our breath-work deepens, we bring the inhalation to our belly for a deep, pregnant pause. Our exhalation through the mouth is centered through awareness, to bring this energy to connect and ground ourselves with Mother Earth, exhaling through our mouths with focus on energy moving through to the soles of our feet. This cycle is repeated several times until you feel tingling throughout your body and the breath has reached your feet.

As you master the breath, you will then inhale the great mother through the soles of your feet (breathing in deeply through your nose), and imagine a counter-clockwise spiral of deep blue-green, enveloping from your feet all the way to your crown chakra. Fill your belly with this breath, and then consciously exhale your breath out your heart chakra, sending out waves of gratitude and appreciation.

Another, more energetic OM Breath variation is done in a standing position. We follow the same steps above of visualization and intention. Get in a comfortable standing position with bare feet on the ground or floor. Picture yourself as a tree rooted firmly in the earth with your body as the trunk (the inner world) and your arms as the tree's limbs (the outer world).

Starting with arms relaxed at sides, bring them up and above your head to a heavenly realm as you inhale through the nose, bringing in the golden spiral light in a clockwise motion through your crown chakra. Imagine the golden light coming through you as you move your arms and hands down and over your body, pausing at the belly.

Form hands into an arrow shape with fingers pointing to the earth. Exhale through your mouth while pushing the breath and hands towards the earth, envisioning a deep blue-green counter-clockwise spiral enveloping your feet as you plant your prayer or intention into Mother Earth, and releasing the breath and arms out to the sides in one sweeping, graceful movement.

Repeat the sequence as many times as you need until there is tingling in the body and the breath reaches the feet. Don't worry about a perfect form, simply embody infinite gratitude and release any judgement.

This is a practice that will eventually become natural.

When we breathe in a thoughtful and conscious manner, we release agreements, programs, and entanglements that have served us, bringing us to this point in time. Gratitude comes with ease from balancing the mind, heart, and emotions, and it sends out a ripple of energetic waves to your body, then out into the world.

