

Releasing The Light Within

There are certain practices that guarantee the release of the 'Light' into the mind, and the physical, atomic structure of the body.

It's one of the most sort after human 'ideals' -- to reach a place of 'happiness', or a place of peace, harmony and contentment. Isn't that what we're all are searching for? Isn't that what's really underneath everything we desire in life? To reach a state of exquisite and complete happiness? How can we achieve this state?

There have been only a few clients over the last 21 years, who have sat on my clinic couch and announced, "I have reached a high level of career and financial success, I have a loving partner and children, I have everything a person could possibly want, and yet I'm still looking for something else. I'm still not happy.

Most of us are still running around trying to achieve career and financial success thinking it will fulfill our hearts desire, but does it? It seems that even when we have reached our goals, there is still an emptiness deep inside, a sense of 'lack' within, which needs filling. There is nothing wrong with having desires and setting worldly goals, because we live in a physical universe and life is to be lived and experienced, but how can we have both the fulfillment of physical experiences and achievements, and also find a deeper fulfillment, wholeness and sense of peace and happiness that surpasses our physical, mental and emotional appetites and enter into 'something else.'

In my experience there is only one 'thing' that fills the emptiness inside and that is the release of 'light' into the mind and the physical, atomic structure of the body. When 'Light' is released into the body, there is a consistent common response -- the person doesn't want to move, or come out of the state they have entered in case the exquisite experience of wholeness, bliss and happiness disappears. It is often the very first time this level of incomprehensible peace and stillness has been experienced. Absolute wellness and wholeness fills the space that was previously experienced as emptiness.

This state of wholeness is something that all people are looking for, regardless of career, personal beliefs, cultural differences, religious or non religious choices. It is common to all human beings. When it is experienced, it is valued greatly and expressed through words of gratitude -- however, the experience is one that is truly beyond words.

What enables this type of experience, on a regular and consistent basis? Breathwork! Breathwork is a bridge between the physical, mental, emotional and spiritual aspects of the self. ***Breathwork provides an action through which a scientific or cosmic process is initiated. This action and initiation creates a 'magnetic motion' within the atomic structure of the body, which effectively draws electronic substance, better known as 'Light' into itself.***

Breathwork is an evolution of release and integration of 'Light'. The process intelligently and automatically pilots a person through the conscious, unconscious and spiritual aspects of the mind and eventually into a state of 'no-mind' or 'super consciousness' where one is the Witness.

This heightened state of awareness can only be obtained through the release of, and the expansion of the 'Light'. There is an accelerated cellular change achieved through the action of breathing. It is the 'Light' that fills the emptiness inside -- it brings a person, not only into a state of enlightenment, but into an experience of unity, peace, fulfillment and happiness.

Breathwork is one of those experiences by which the 'Light' is released.

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