

## Spiritual Warriors - Living with Grace

Know Thy Self -- and live in strength, love, peace and happiness, and walk in the world with human and spiritual grace.

There is a core group of people who have regularly attended breathwork groups over many years. These people have not only become very proficient and beautiful breathers, they are living and realizing their deeper human potential. They are warm, aware, strong, peaceful, intelligent, powerful, non judgmental people, who laugh easily and often. They have been continually clearing and purifying themselves physically, emotionally, mentally and spiritually and the benefits are showing up in their lives.

The same dedicated group of people have in the last couple of years also attended the Metaphysical "I AM" Programs in which we learn about raising the cellular level of the body through expanded consciousness and accelerating the Light intake in the body.

They have learned to hold the mind and feelings steady and how to draw Light into the body for the purpose of living a more fulfilling and powerful life. The results have been excellent! They are each experiencing deep calmness, and the ability to quickly rebalance themselves mentally and emotionally when they are faced with life challenges. They are able to respond to life from their deep, internal wisdom, and make intelligent choices -- expressing themselves from that all knowing, highly aware and expanded level of consciousness.

Their dedication is serving them in all areas of their lives -- it is permeating their relationships, families, and working life, and their understanding and connection to their own physical, emotional, mental and spiritual nature. Their potential as human beings is deepening and expanding by practising the very simple, practical and wonderful metaphysical teachings of the "I AM" .

Their ability to hold and maintain steadiness and harmony of thought, word, feeling and action has become a daily expression and skill. There is a continuous unfolding of life mastery in all areas of their lives, and all dimensions of themselves -- physical, emotional, mental and spiritual integration is taking place.

Doubt, anxiety and fear has been dropping away as they each experience the power and Light expanding within themselves. Their understanding and comprehension of life and the "Inner Presence" is constantly expanding. One of our greatest metaphysical teachers, Jesus, said " Know Thy Self", and these people are doing just that. Their sense of awareness, gratitude, happiness and self knowledge has greatly expanded.

A new level of life mastery, and a raising of consciousness is developed through the "I AM" practises, and correct breathing techniques. These practises bring one into an experience of unity and a deeper understanding and comprehension of life.

This wonderful knowledge is open to all people. Become a spiritual warrior and live with grace and power in your world.

Come and experience yourself through breathwork, it's a perfect place to start... you are always welcome!

In love, light and laughter...  
Christine Heart Savage