

Vibrant Health and Your Breath

The health of your body is directly linked with the level of Light in the cells of your body. The health of your body is also directly linked with your thoughts and the quality of your breathing. They either enhance the level of Light in your body or they diminish it. It's that simple!

Your BREATH is the bridge that connects you to your LIGHT. The breath is filled with rich Life Force and Light, it expands the Light within you, altering and raising every cell in your body.

Accessing the Light within is possible in every moment of living... It is the most practical thing you can imagine... In fact it is simple to maintain connection and life balance when you become a skilled breather.

It is said that we are made in the image of God or a Higher Intelligence. The POINTS OF LIGHT in your every cell... this is the HOLY SPIRIT, this is your ESSENCE, the Image and likeness of UNIVERSAL LIGHT. All exists within this Light, we came from the Light, we are Light and we shall return to the Light. This is the essence that gives us life.

LET IT SHINE! LET IT SHINE! LET IT SHINE!

Illness is DENSITY, darkness and heaviness in the body, illness is a lack of Light at the cellular level of the body. As we learn to breathe well and become moment to moment 'CONSCIOUS BREATHERS' we become Lighter. Light literally disperses darkness. Wellness returns as we become a Lighter person.

THE ESSENCE OF LIGHT IS A REAL SUBSTANCE!

Suffering is alleviated by releasing the darkness and density from within. Breathing is the key to that release. I will say it again... BREATHING IS THE KEY TO THE RELEASE OF SUFFERING.

Your breath has the power to liberate you and bring you into peace, freedom and vitality. Your breath has the ability to take you on an incredible journey giving rise to your greatest, innate human potential.

One of the greatest "stumbling blocks" to living a balanced, healthy and happy life is the 'busy mind' condition. An undisciplined mind has so many thoughts flying around, piling on top of each other forming beliefs of steel. These beliefs are not TRUTH and yet we run our lives based on them. You will find there is internal emotional turmoil tied up with these beliefs. They cause separation and are not of a HIGHER truth.

When your mind is STILL and you are experiencing profound PEACE, you are in communion with all people and all things. This is TRUTH! This Truth is from a HIGHER INTELLIGENCE, a PEACEFUL and LOVING SOURCE. This is your ESSENCE. It is part of who you are. As you expand this part of yourself, you also increase the feeling of peace inside yourself bringing a sense of harmony and freedom to your life.

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Conscious Connected Breathing and Breathwork Therapy...

Conscious breathing creates space inside you by releasing contraction and bringing higher vibrational life force into the body. The experience of this transformational process for you is... feeling profoundly calm, relaxed, still and peaceful at a deep cellular level. The ultimate state of being.

Breathing frees you from your past and brings you into present time. Peace exists only in present time. Present time is when you are in 'Stillness of Mind'. The mind is empty, the emotions are peaceful and the body is deeply relaxed. This is the state of 'Presence' and in this state we are in communion with life. A beautiful state to experience.

Breathing brings with it an expansion of Light within the cells of the body, it is through this expansion of Light, which is of a high vibrational frequency, that we enter into an experience of being 'present'. The higher vibrational frequency of Light dissolves the lower vibrational frequency of 'density' ...thus bringing about an alchemical process and enlightenment or ascension within the cellular level of the body. The cells are literally raised up as they expand with Light.

In the state of 'Presence' we start to understand a HIGHER KNOWLEDGE, it naturally permeates the cells of the body. Light carries information within it and our cells are coded to absorb and utilize this higher information as the Light within us expands.

As you absorb the Higher Intelligence and information from the expanded Light within your body, you become more of who you truly are... this unfolding is 'Self' discovery, it is the process of 'Self' realization. Through expanding the Light within, you become whole... and the real gift is...

You will know, you've "COME HOME"!

In this space of profound peace, you experience Union with the Divine and know 'Truth'. In this eternal moment, you are the heart beat of creation itself.

Christine Heart Savage

For more information on Breathwork Therapy Groups and Sessions go to...
http://breatheforlife.com.au/main/page_breathwork_saturday_groups.html