

TRANSFORMATIONS

BREATHING LIFE INTO MUD

by Jim Morningstar, PhD

Without our divine spirit we are simply a collection of molecules made up of a rather small sample of elements on our planet. The Bible suggests that human life was initiated by God's breathing life into mud. I see this as a symbol of the creative act that puts our spirit into our cells and makes them a living body. Our breath is both a symbol and a vehicle to life mastery.

Certain traditions say that we enter physical existence on an inhale and leave on an exhale. It is our ability to keep breathing that maintains our life in a body. Knowing how to support our life forces in the face of dis-ease and illusions of loss keeps us healthy on all levels. I believe we have an innate propensity for health. Disease generally must be learned and practiced to a high degree before we discard our bodies. I further believe that it takes practice to maintain our natural desire to live when we are presented with the many popular and diverse ways to suppress our aliveness.

Breath mastery must be practiced on the physical, mental and spiritual levels to be complete. On the level of the body, freeing my breathing mechanism is the ultimate medicine. Blocks and stagnation in my energy flow anywhere in my body lead to imbalance, discomfort and illness. I have never heard of any disease about which I have not also heard of a reversal. The process always involves a letting go and a release of internal holding. This is always accompanied by a change in breathing. I am not suggesting that simply by altering your physical breathing you can cure anything. I believe that breathing is more than just a physical process. I have observed that the ability to alter the physical breathing mechanism under a variety of conditions, however, is a tremendous asset in healing on all levels.

On the mental level, breath mastery is the ability to clear apparent conflict and to reach harmony. The talent for hearing the Spirit of Guidance through surrounding noise or seeing the Light through the shadows can and must be developed if I am to make any sense out of my life. My life's meaning will not come from a book, a teacher or a lightening bolt. Clarity will not be developed when I am asleep. I must breathe life into my mass of mental confusion. My thoughts will not sort themselves out nor will they discover the truth by ruminating

over past illusion. I must practice thinking, speaking and breathing my highest truth day by day. I can use my mind to create new worlds or trap myself in old patterns. I can change and improve my mind.

On the spiritual level, breath mastery means living as the author of my existence, being in the driver's seat of my eternal vehicle. I must recognize and affirm the certitude of my essential spirit or I will lose myself in the maze of wonders that I have created around me. I must admit that I am the Source or I will live an endless search for the one who is responsible for me. Being the one who is responsible for my life is a great relief, the commencement of living a creative life rather than a reactive one. I become one with the God who is breathing life into my cells. When Christ publicly admitted: "I am one with the Father (Source)," he demonstrated his mastery over life that could no longer be hurt by illusions of loss or death. At this point of enlightenment there is no longer a trinity of body, mind and spirit, but a single unity, a divine me.

Breath is the rainbow bridge that unites body, mind and spirit. Seen physically, it is full and easy movement of air in the body. Seen mentally, it is loving intuition bringing harmony to chaos. Seen spiritually, it is the creative act that makes everything out of nothing. Taken too literally, breath mastery is endless practice of mechanical exercises, trying to huff and puff my way to heaven. Taken too ethereally, breath mastery is fervent cloud gathering that has little effect other than to keep me avoiding life through fantasy. Balanced breath mastery means taking responsibility on all levels, caring for my body, clearing my thoughts and living the divinity of my spirit.

Know it or not, we are all breath masters or we would not be here. The irony is that as we forget or deny our mastery, we lose awareness of our natural abilities. Until we return again as little children, we will not find our true home. Through breathwork the child within me, I begin the process of reawakening. I am the only one who can reverse the process that lulls me off to sleep with the canned music of unconsciousness. Once I make the decision to wake up, I can find plenty of help. Guides, teachers, companions are all around but I must ask for and accept assistance. I believe we are all here to WAKE-UP and take the full breath of life.

Breathwork is one of the most powerful tools for breath mastery of which I am aware. Breathwork is attuning my breath to universal harmony - breathing in light and love.

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