

Video 36: It's in the Breath (Transcript)

Article Written by Ariel Glad, July 3, 2018

We have often heard the expression that we do not HAVE souls, but rather we ARE souls and we HAVE bodies. This is incorrect. Whether you believe we are souls with bodies or bodies with souls, this creates a separation between two facets of our being that are not separate. The body IS the soul and the soul IS the body. The physical form you see every day when you look in the mirror IS your soul. It is the physical expression of your soul. For the soul to interpret this reality through the physical senses, she needs a body. And ultimately, that is the experience we agreed to have, manipulated or not.

This is why we suggest reading about the metaphysical causes of illness and injury. An injury to the soul will manifest as an injury or illness in the physical body for this reason.

In the WPP, it is made known that the soul is comprised of trillions of Nano-sized FIRES. Just as the body is the physical expression of the soul, the cells in our body are the physical expression of our fires. They are the same, in that one is simply the expression of the other.

For those beings that can "shape-shift", this is a key element in understanding how this happens. If we have the knowledge, the understanding, and the skill, we can shape-shift as well by rearranging our fires (our cells) to form a different body, temporarily. The shamans of Old could do it. We have forgotten how and are too fragmented, our fires too separated, and our frequency too low to achieve this now, but it IS possible.

If you hear a voice telling you right now that this is impossible, tell that inner critic to be silent. There are so many things that are within our

ability to do and that inner critic steps in every time to tell us we can't. We'll let you ponder that on your **own**.

Let's look at fire as we recognize its physical expression. Fire is a chemical reaction that causes combustion. Combustion is the scientific term for burning. Burning is simply the extremely rapid oxidation of an object when three elements are combined; oxygen, fuel, and heat (take away heat and replace it with water and you get rust). What is heat? The scientific term for heat is thermal energy. The rate at which the atoms and molecules of matter are moving and bumping up against each other is what determines the thermal energy (or heat) of an object. EVERYTHING has some measure of thermal energy, no matter how cold it feels to the touch. We see the expression of this chemical reaction at the point where these three things combine as fire.

We know that the human body is a combustion system. We burn. We are in a constant state of burning, in fact. However, burning alone is not fire. The three things mentioned above must be present for fire to exist. For this article, we will focus on one very important component of fire; OXYGEN. If oxygen is not present, there can be no fire. We also know that if our bodies do not have oxygen the body will die. As within, so without. If the soul fires do not have oxygen, will they die? No, because our soul fire can not die, but they can certainly seem as if they are dead. Our fires are what connect us to the KHAA, the 96% of the Universe that we cannot perceive with our limited senses. We have lost our connection and most of us are completely cut off. How do we reconnect? We start with feeding our fires the oxygen they so desperately need. Breath.

When you feed oxygen to a fire, that fire grows. It gets bigger and brighter. What happens when we feed oxygen to the cells, or the fires, of our body/soul? We get bigger, we expand, and we burn brighter.

In so many meditation practices, it all seems to come down to the breath as a focal point. When we are conscious of our breath, we lose connection with the external environment and the focus shifts inward. This is not coincidence. In order to connect with the KHAA, we must go inside

ourselves. This is where the KHAA exists. The KHAA is the imperceptible space between atoms. It is the dark matter of the Universe, and the Universe is inside us, outside us, and all around us. For this reason, we are going to suggest that everyone revisit the Quantum Pause breathing technique introduced by James Mahu in the WingMakers material and discussed in the WPP (see Description box beneath this video for URL.)

In an interview given with Project Camelot, James states, "While Quantum Pause is indeed a breath technique at its core, it is also a method to leave the human instrument and experience the Sovereign Integral state of consciousness. This is because breath is the highway or portal out of the human instrument, if done with the appropriate First Point. Quantum Pause is a method or process of disentangling from the Human Mind System, realizing that your self-definitions and identifications with culture, family, religion, spirituality, material possessions, money, and purpose, have been programmed and are not really who you are."

Sovereign Integral is James' term for Soul. He goes on to say that Quantum is Origin. This technique helps to establish and ground a connection to the Quantum Moment, or First Point of consciousness. It enables us to disconnect from the external world and all its distractions and reconnect to that part of ourselves which is eternal; the true core **being**.

While experiencing a panic attack or moment of extreme anxiety, the Quantum Pause breathing technique has been proven to stop these emotional flashbacks or "triggers" from progressing. The reason is twofold. First, by becoming focused on our breathing, we take our subconscious out of the past, where the emotional flashback is located, and bring our consciousness to the present NOW moment and thus, the reaction from the subconscious mind is greatly lessened, if not completely dissolved. Second, it provides much needed oxygen to the cells/fires that causes a shift in increased vibration or frequency, which lifts us above the lower frequency emotions of the triggered emotional state we accidentally slipped into. When we are no longer disconnected from left-brain thinking, as we are when we experience an anxiety attack, we can now

think with reason and logic. Quantum Pause breathing helps to form a bridge between these two thinking processes, just as it also helps form a bridge to the Universe through the Nano level, the KHAA.

When we are upset, angry, afraid, etc. how do we breathe? If we take the time to observe our breathing, most of us would find that it is very rapid and very shallow. We have often been surprised at how often we are breathing in this ineffective way even in the absence of any known triggers. We would suggest that people are breathing this way more often than not, and they are not aware of it. The reason why meditation feels so good to most people is because the breathing exercises that are often encouraged and guided during meditation are giving our cells/fires the oxygen they need. How will we feel if we always breathe with conscious focus and intention? We will feel pretty good!

Take a moment to watch yourself in a mirror or simply put your hands on your shoulders as you take a deep breath. Do your shoulders rise? Now, put your hand on the area just below your chest, where your diaphragm is located and try to push your hand out while inhaling without raising your shoulders. THIS--the expansion of the diaphragm area--is deep breathing. If you do not feel this area expand when you inhale deeply, you are not getting the full benefit of your breathing. If you have ever had instrument or voice lessons in music, you probably had breathing exercises where you learned how to breathe correctly using your diaphragm muscle. We all breathe without even thinking about how we do it or how efficient we are at it. While it is impractical, and not necessary, to focus on your breathing every moment of the day and night, we can take a moment in each day to practice the Quantum Pause breathing technique, using deep breathing from the diaphragm, and observe the changes it makes as you reform your connection not only with your core being but also with the Universe.

If you feel like challenging yourself even further and adding more practice to your breathing techniques, practice drawing in breath through your chakras. One of the most profound breathing exercises we can do is to take a deep breath from the base of our spine. Focus on this area while you breathe deeply and feel your energy coming into this area and

expanding. This is a very powerful breath and we can feel it infusing our entire being with strength! Practice breathing through all your chakras and learn what they feel like.

Just as the space between atoms, the KHAA, is the place we want to connect, the pause or the space between breaths is the key to the Quantum Pause breathing technique. This is where we find who we really are. This is our portal into the KHAA.