

Christ-Consciousness Spherical Breathing **(Whale & Dolphin Breathing)**

14 Breaths change Body Energy from 3rd to 4th Dimensional Awareness)

(1st 6 breaths balance Polarities & cleanse Electrical Circuits)

- 1st Breath-Inhale visualizing Male Tetrahedron (Apex Facing Up) with Brilliant White Light (Surrounding Body) through Nose from Stomach. To Diaphragm, then Chest in a deep, relaxed, rhythmic manner for 7 seconds Without pausing Exhale thru Nose (7 sec) visualizing Female Tetrahedron. (Apex Facing Down) filled with Brilliant White Light After Exhale move Eyes toward each other then look up & down to the ground sending White Light in Female Tetrahedron into the Earth feeling Electricity Pulsating down Spine using index fingers & thumbs touching Mudra
 - 2nd Breath- Same as 1st except Mudra (Thumbs & Middle Fingers Touching)
 - 3rd breath- Same as 1st except Mudra (Thumbs & Ring Fingers Touching)
 - 4th Breath- Same as 1st except Mudra (Thumbs & Baby Fingers Touching)
 - 5th Breath- Same as 1st except Mudra (Thumbs & Index Fingers Touching)
 - 6th Breath- Same as 1st except Mudra (Thumbs & Middle Fingers Touching)
 - 7th Breath- Inhale Brilliant White Light running down thru Tube from 6" above Body & running up 6" below Body; then meeting inside Tube at the navel growing Light for 7 seconds to size softball; then immediately Exhale expanding Light to 9" in diameter. Use game Mudra -For next 6 Breaths (Index & Middle Fingers touching Thumbs-Palms up).
 - 8th Breath- Same as 7th with maximum size of Light (12") at end of Exhale
 - 9th Breath- Same as 8th with Light growing Brighter at end of Exhale.
 - 10th Breath- Same as 9th with Light ignite into a sun at end of Exhale blowing out with a small hole of lips forcing it out with a final whoosh Enclosing whole body with a sphere of Charged White Light.
 - 11th Breath- Same as 10th with Light ignite into a sun at end of Exhale stabilizing the sphere at the navel & expanding into Sphere around Body
 - 12th Breath- Same as 11th with Light ignite into a sun at end of Exhale.
 - 13th Breath- Same as 12th with Light ignite into a sun at end of Exhale.
 - 14th Breath- Same as 13th with Light ignite into a sun at end of Exhale moving point from Navel to Sternum enlarging Sphere into 4th Dimension (Male: Left Palm over Right- Thumbs touching; Female opposite).
- Continue with shallow, relaxed breathing at Christ Center for 10 Minutes Hold Pure Thoughts of Love, Truth, Beauty, Trust, Harmony, & Peace which manifest into Reality (Christ-consciousness) more & more quickly (Next 3 Breaths are taught in Flower of Life Workshops-Bob Frissell)

Twenty Connected Breaths **(Foundation of Rebirthing Leonard Orr)**

- 1) 4 Short Breaths & 1 Long Breath thru Nose (4x) Daily (20 Breaths)
- 2) Pull Inhale in & if< go on Exhale (Inhale & Exhale at some Length).
- 3) Use Short Breaths emphasizing connecting & merging of the Inhale & the Exhale into unbroken circles.
- 4) Use Long Breath fill Lungs on Inhale, & let go fully on Exhale.
- 5) Breathe Natural, Free & Rhythmical taking in Energy as well as air