

## Part 4 - Rule 1 - Rule Study Program - EGA

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### BREATHING EXERCISE - DJWHAL KHUL, 30 TH MARCH 2018

“I AM’ LIGHT”

*Kuthumi*

*Visualize the threefold flame expanding within your heart, you then seal yourself and your consciousness in a globe of white fire, and when you are set, proceed to recite the following words with utter humility and devotion-childlike. See what the light can do for you. See how even your physical form can change, how a strengthening of the bonds of your health can occur in body, mind and spirit. Try this exercise, simple though it may seem, and know that many ascended beings will be performing it with you.*

*‘I AM’ Light, glowing light, radiating light, intensified light. God consumes my darkness, transmuting it into light.*

*This day ‘I AM’ a focus of the Central Sun. Flowing through me is a crystal river, a living fountain of light that can never be qualified by human thought and feeling. I am an outpost of the Divine. Such darkness that has consumed me is swallowed up by the mighty river of light which ‘I AM’!*

*‘I AM’, ‘I AM’, ‘I AM’ light. I live, I live, I live in light. ‘I AM’ light’s fullest dimension; ‘I AM’ light’s purest intention. ‘I AM’ light, light, light, flooding the world everywhere I move, blessing, strengthening and conveying the purpose of the kingdom of heaven! 3X or 9X (repeat again at the end)*

1. First, place yourself in a meditative posture, sitting in a comfortable chair before your altar, the physical focus of your worship. If possible, you should set aside a chair that is used only during your meditations and invocations. You should consecrate this chair by the momentum of your heart flame as a focus of the atomic accelerator that is used by the Ascended Masters in the Cave of Symbols. Chelas who have passed certain initiations are bidden to sit in the atomic accelerator to have the atoms and molecules of the four lower bodies stepped up by the currents of the ascension flame in preparation for the ritual of the return, the alchemical marriage that is the soul’s reunion with the Spirit.

2. Place your feet flat on the floor, your hands cupped in your lap, your head erect, eyes level and chin drawn in for the disciplined flow of the energies of the heart through the throat chakra. 3.
3. The *"Call to the Fire Breath"*, the invocation of the Goddess of Purity given to the devotees of the Holy Spirit, should now be recited three times. Give it slowly, rhythmically, with feeling. Absorb each word and each concept with the conviction held in heart and mind that you are here and now a joint-heir with Christ. And as the beloved son, the beloved daughter, you are claiming your inheritance. Yours is an inheritance of the sacred fire that issues forth from the heart of beloved Alpha and Omega, who keep the flame of the Father-Mother God in the Great Central Sun.

**4.**

***CALL TO THE FIRE BREATH***

*\*'I AM', 'I AM', 'I AM' the Fire Breath of God from the heart of beloved Alpha and Omega. This day 'I AM', the Immaculate Concept In expression everywhere I move.*

*Now 'I AM' full of Joy, for now, 'I AM' the full expression of Divine Love. My beloved 'I AM' Presence, Seal me now within the very heart of the expanding Fire Breath of God. Let its purity, wholeness and love manifest everywhere 'I AM' today and forever. (3x)\**

*I accept this done right now with full power! 'I AM' this done right now with full power! 'I AM', 'I AM', 'I AM' God-Life expressing Perfection All ways at all times. This which I call forth for myself, call forth for every man, woman and child on this planet.*

*\*The immaculate concept, the fiery blueprint according to which your soul was created in the image of the Divine*

One is now impressed upon your four lower bodies. This fiery blueprint is magnetized by the coil described earlier in this lesson, which you now bring to the forefront of your consciousness as the pivot of your call to the fire breath. The fullness of the joy which you claim is the fullness of the expression of divine love.

5. Now visualize the buoyant energies of love being magnetized by this coil and by the energies of the heart (which, from our previous exercises, you hold in mind as the focus of the interlaced triangles superimposed with the name of God). It is essential that you hang above your altar the Chart of the *'Presence'*. [Where possible] Your eye level when you are standing should be at the eye level of the lower figure in the Chart so that the Christ Self and the *'I AM'* Presence are above you.

6. Therefore, in all of your meditations and invocations, you should imagine through the imaging of the eye that all energy released through the chakras comes forth from the 'I AM' Presence, through the Christ Self, descending over the crystal cord into the heart chakra, thence throughout the four lower bodies. Therefore, in all of your meditations and invocations, you should imagine through the imaging of the eye that all energy released through the chakras comes forth from the 'I AM' Presence, through the Christ Self, descending over the crystal cord into the heart chakra, thence throughout the four lower bodies.
7. Visualize your aura as an ovoid of white light extending beneath your feet, beneath the coil, above your head and above the coil. See the aura increasing in the intensity of the light as that energy is expanded from the heart chakra and thence from all of the chakras as the sacred mist that is called the fire breath of God. Let its purity, wholeness and love fill the ovoid of your aura, and feel your mind and heart disciplining that energy and holding it in the creative tension of your cosmic awareness.
8. Conclude the giving of the call (three times) with the acceptance. Now you are ready for the exercise of the integration of the Eight Ray.
9. To the count of eight beats, draw through your nostrils the sacred breath. When you first begin this exercise, you may wish to count the eight beats by the gentle tapping of your foot. The Breath is drawn in through the nostrils. As you breathe in, push your abdominal muscles out, letting the air completely fill your lungs. Let your lungs be inflated like a balloon. See the air that you draw in as the pure white light.
10. Now to count the eight beats, hold in the air and visualize it penetrating your physical form as the essence of the Holy Spirit, which nourishes, stabilizes and balances the interchange of energy in the physical atoms, molecules and cells.
11. Visualize this sacred energy flowing through your veins, moving through your nervous system, anchoring the essence of the balancing energies of the Holy Spirit in your four lower bodies absorbing from the all impurities which you now see being flushed out of your system as you exhale to the count of eight beats. Let the exhalation be deliberate and disciplined as you slowly release the air as though it were a substance being pressed out of a tube. You may round your lips to increase the tension of the exhalation. Imagine that breath being pushed out from the very pit of your stomach as the abdominal muscles contract. You may lean forward if this helps to press out the last bit of air remaining in the lungs.
12. Now let your head resume an erect posture, and hold without in breathing and out breathing to the final count of eight beats.
13. Repeat this exercise daily, as you are physically able, until you have established a rhythmmentally counting. If you wish, one and two and three and four and five and six and seven and eight and one and two and three and so forth. Be careful that in

your zeal, you DO NOT OVERDO. Each one in Christ discern his capacity, which may be anywhere from one to twelve repetitions of the exercise per daily session. This fourfold exercise is for balancing the four lower bodies. The in-breath comes through the etheric body, the first hold is an action of energizing through the mental body, the out-breath is the release through the emotional body, and the final hold is for the anchoring in the physical form of the balance action of Father, Son, Mother and Holy Spirit.

**14.** When you have mastered the inbreathing and holding, out breathing and holding in this fashion, and the accompanying visualization of the sacred fire releasing light, energizing the consciousness, extracting impurities, and finally anchoring the energies of the Christ, then - you may add to your exercise the affirmation "*I AM' Alpha and Omega*" to the count of eight beats. This you mentally affirm once for each of the four steps of the exercise. This affirmation is for the establishment within you of the cloven tongues of fire, the twin flames of the Holy Spirit that are the energy of the Father-Mother God. By thus, invoking of these energies and using the breath as the means to convey that energy to the four lower bodies and to anchor it into the physical form, you will be building the balanced action of the caduceus - the intertwining of the Alpha and Omega spirals along the spine that are for the ultimate victory of the masculine and feminine polarity that raises the energies of the chakras, merges in the heart as the Christ and flowers in the Crown as the Buddhic enlightenment of the thousand - petaled lotus... I place my Electronic '*Presence*' with each one as the guardian of the Sacred Fire -'I AM' the guard during the period of your meditation on the fire breath and your exercise of integration through the Eighth Ray.....

DK'S breathing exercise is taken from chapter eight of Intermediate Studies of the Human Aura by DK. It builds on the foundation laid by Studies of the Human Aura by DK. It builds on the foundations laid by Kuthumi in the Studies of the Human Aura. It is a practical exercise for the purification and balancing of the four lower bodies by the light of God and the sacred fire breath of God. For maximum benefit from this Alpha - to - Omega breath meditation, give "*I AM' Light*" By Kuthumi three or nine times after DK's Breathing Exercise.