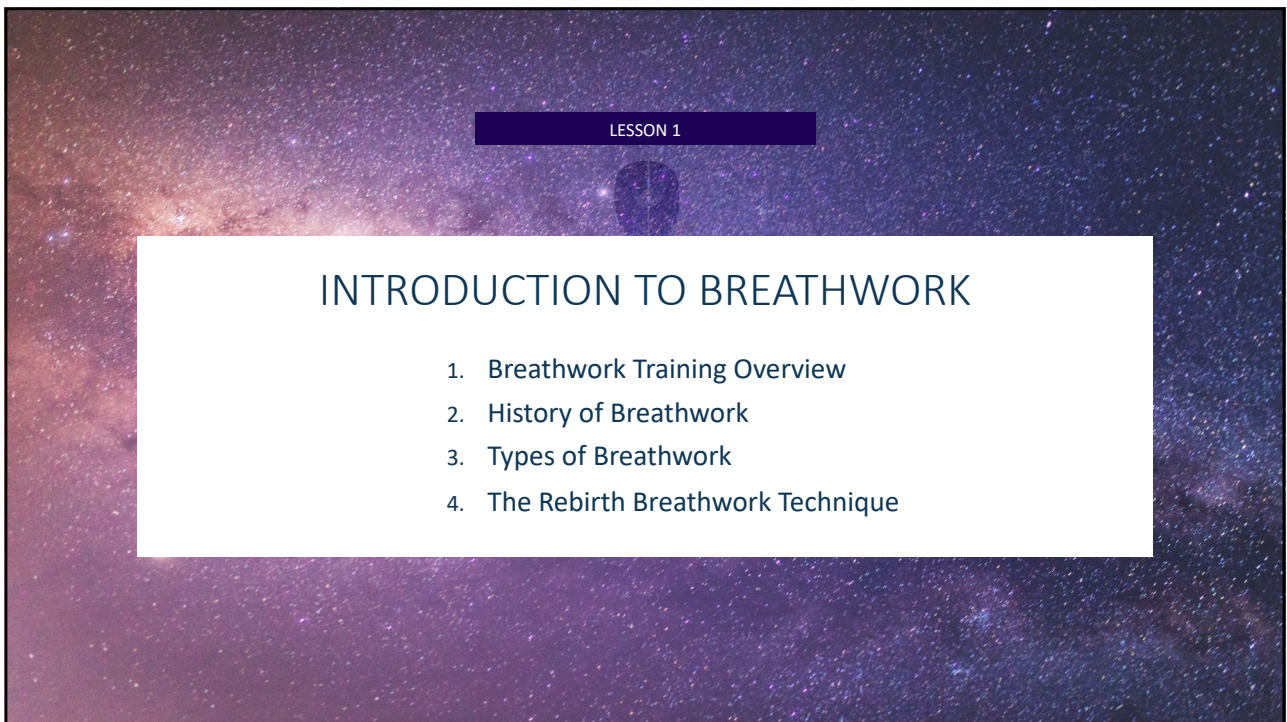
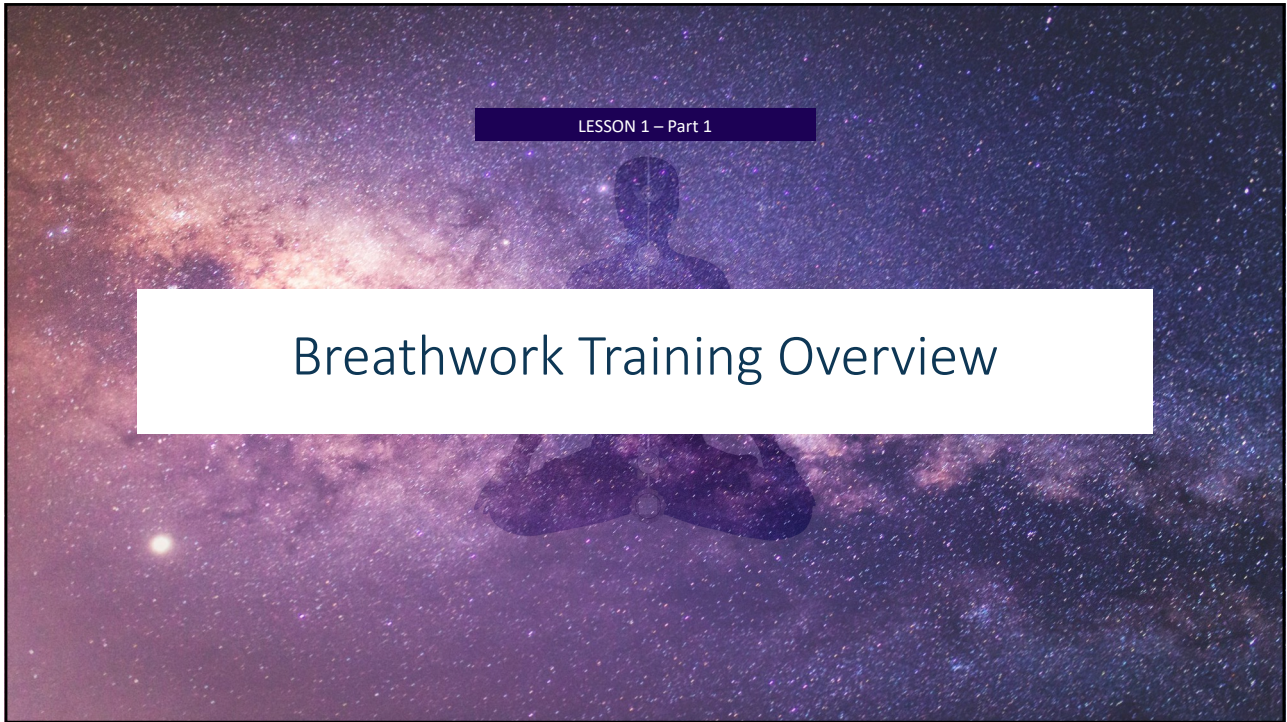


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5



The Healing Power of Breath

“In ancient and preindustrial societies, the breath has played a very important role in cosmology, mythology and philosophy, as well as in ritual and spiritual practices.

Various breathing techniques have been used since time immemorial for religious and healing purposes.

Since the earliest times, virtually every major psychospiritual system seeking to comprehend human nature has viewed breath as a crucial link between nature, the human body, the psyche and the spirit.”

Stan Groff - *The Way of the Psychonaut* p357

6

Breath
Air
Energy of Life

Ancient India	- <i>Prana</i>
Chinese	- <i>Chi</i>
Japan	- <i>Ki</i>
Ancient Greece	- <i>Pneuma</i>
Hebrew	- <i>Ruach</i>
Latin	- <i>Spiritus</i>
Hawaiian	- <i>Ha & Mana</i>
Dr. Willum Reich	- Orgone Energy

7

The theme of rebirth was important in alchemical theory; the spiritual rebirth of the alchemist after the killing of his old self, and the rebirth of the base metal after the alchemist had “killed” it by stripping it of its qualities.

The Bath of Rebirth from the 16th century *Splendor Solis* of Salomon Trismosin

Man, Myth & Magic Vol 1 p54
BPC Publishing Ltd 1970



Top left The theme of rebirth was important in alchemical theory: the spiritual rebirth of the alchemist after the killing of his old self, and the rebirth of the base metal after the alchemist had ‘killed’ it by stripping it of its qualities. The Bath of Rebirth, from the 16th century *Splendor Solis* of Salomon Trismosin

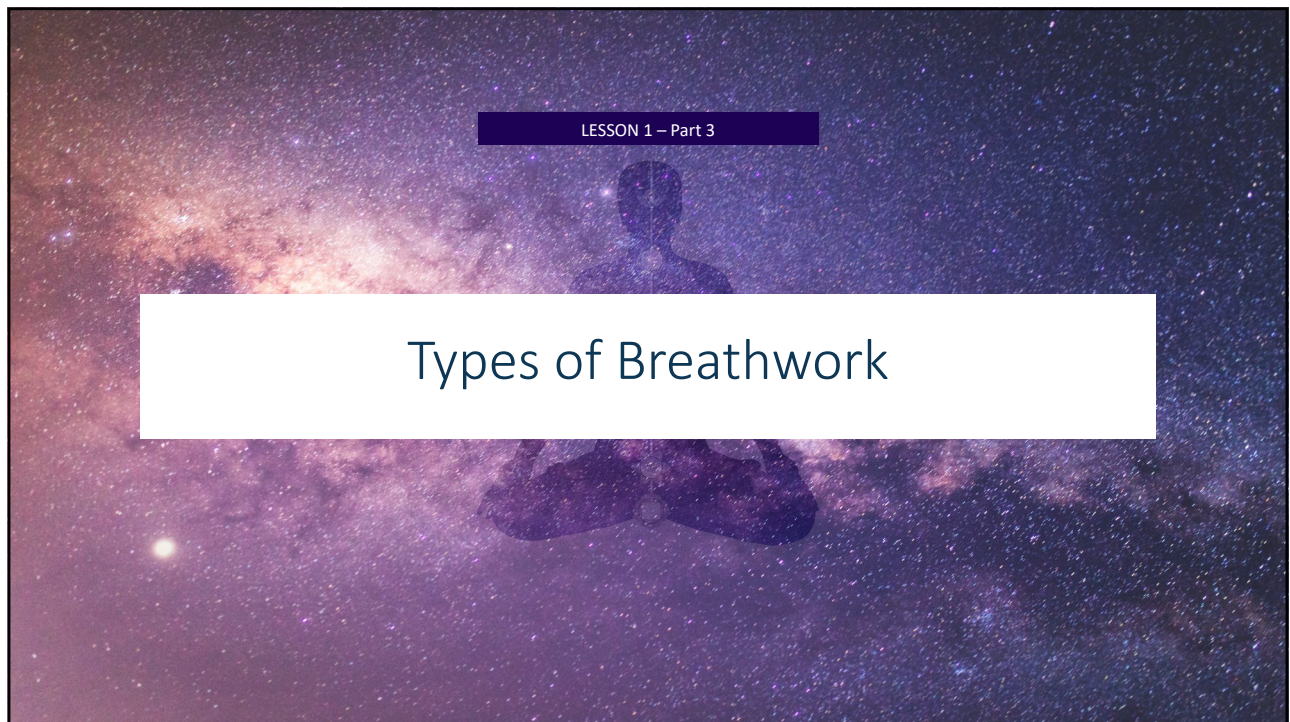
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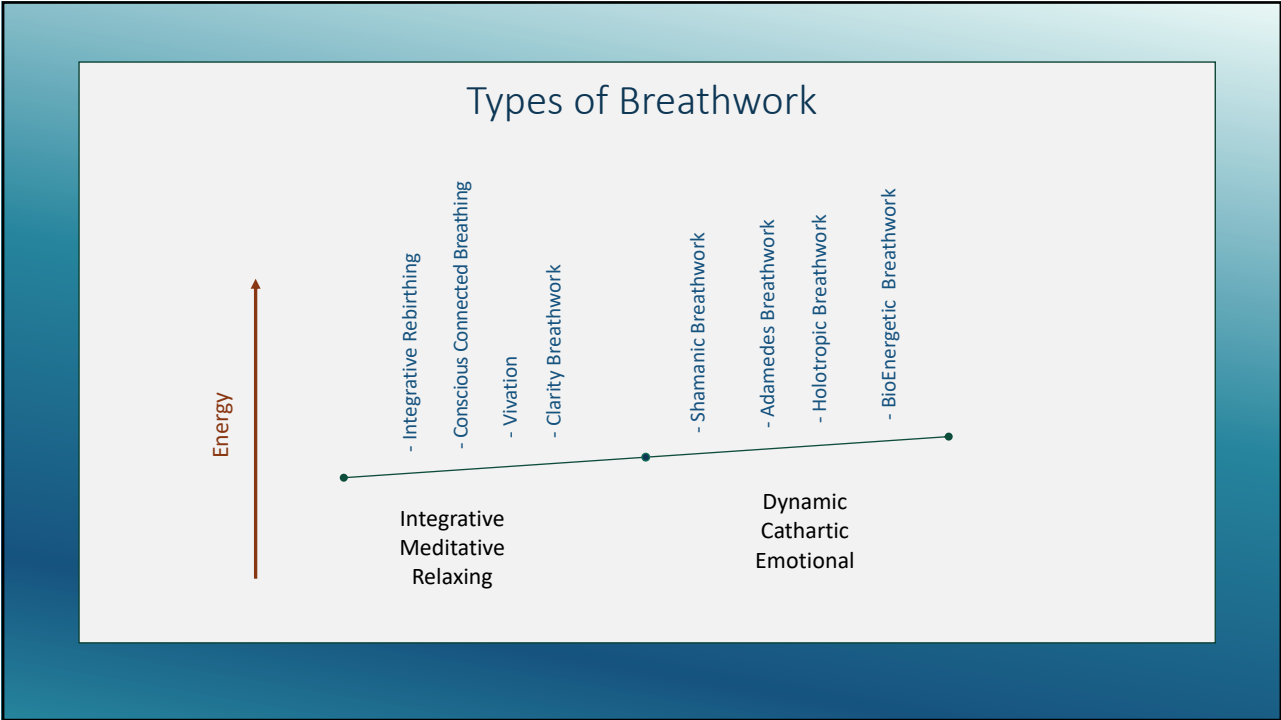
The Power of Breath

- It is both voluntary and involuntary
- One of the fastest way of increasing energy in your body
- It supplies both O₂ and prana/chi
- It is both physical and metaphysical – a bridge to meditation.

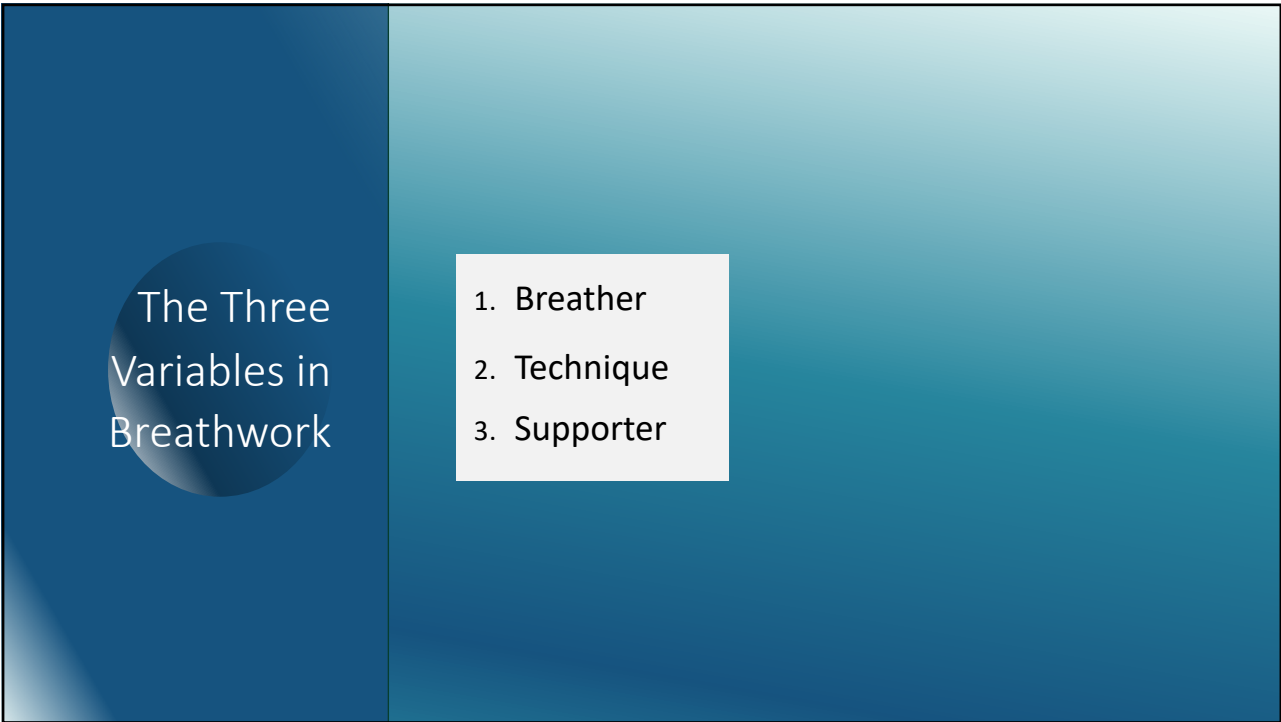
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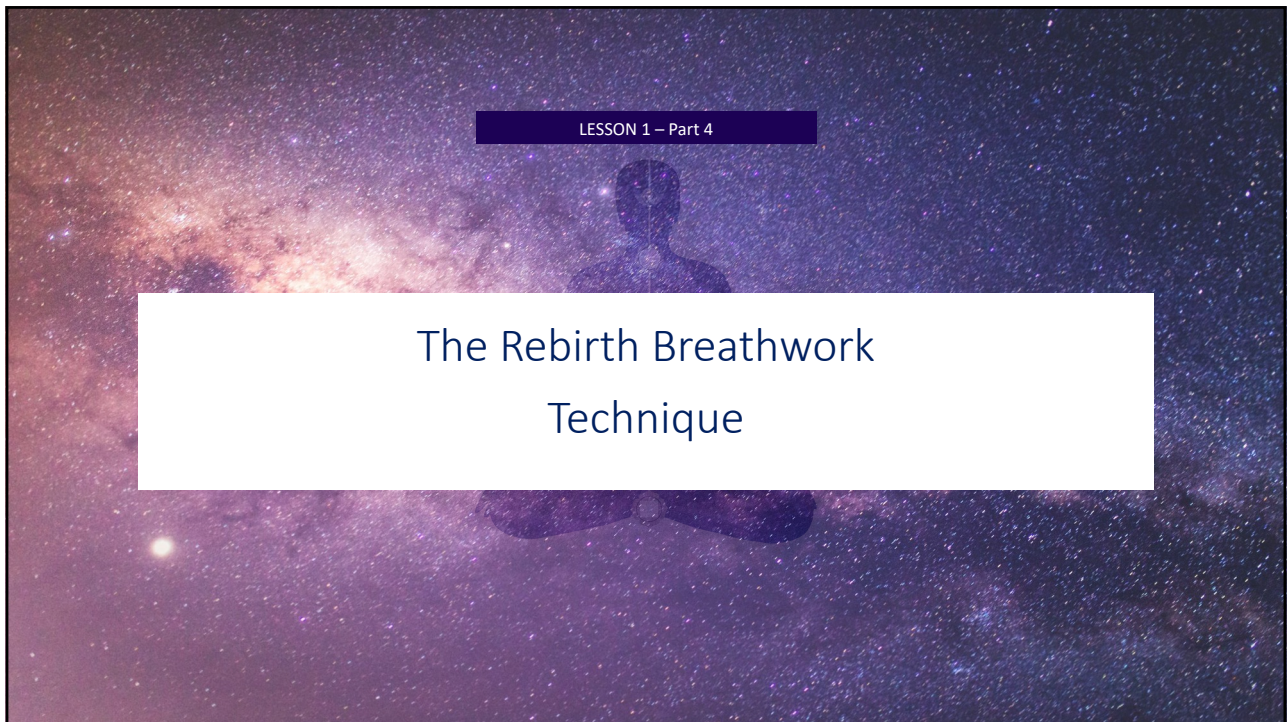
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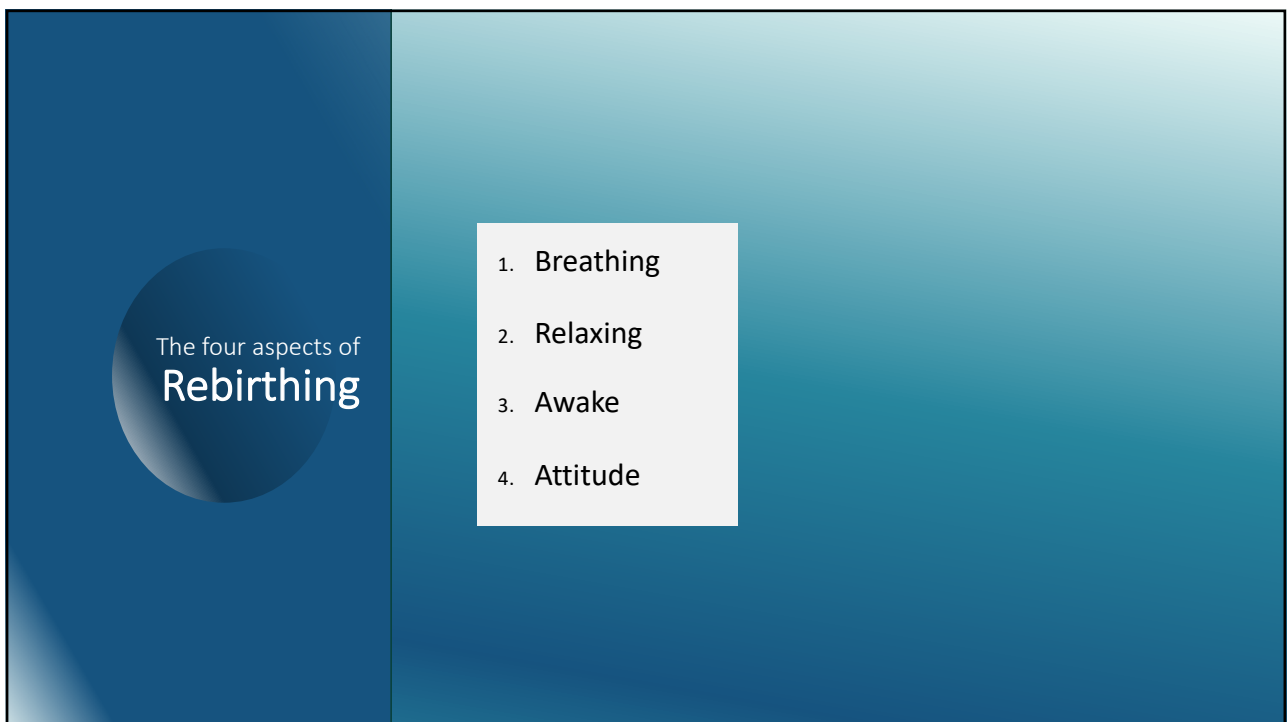
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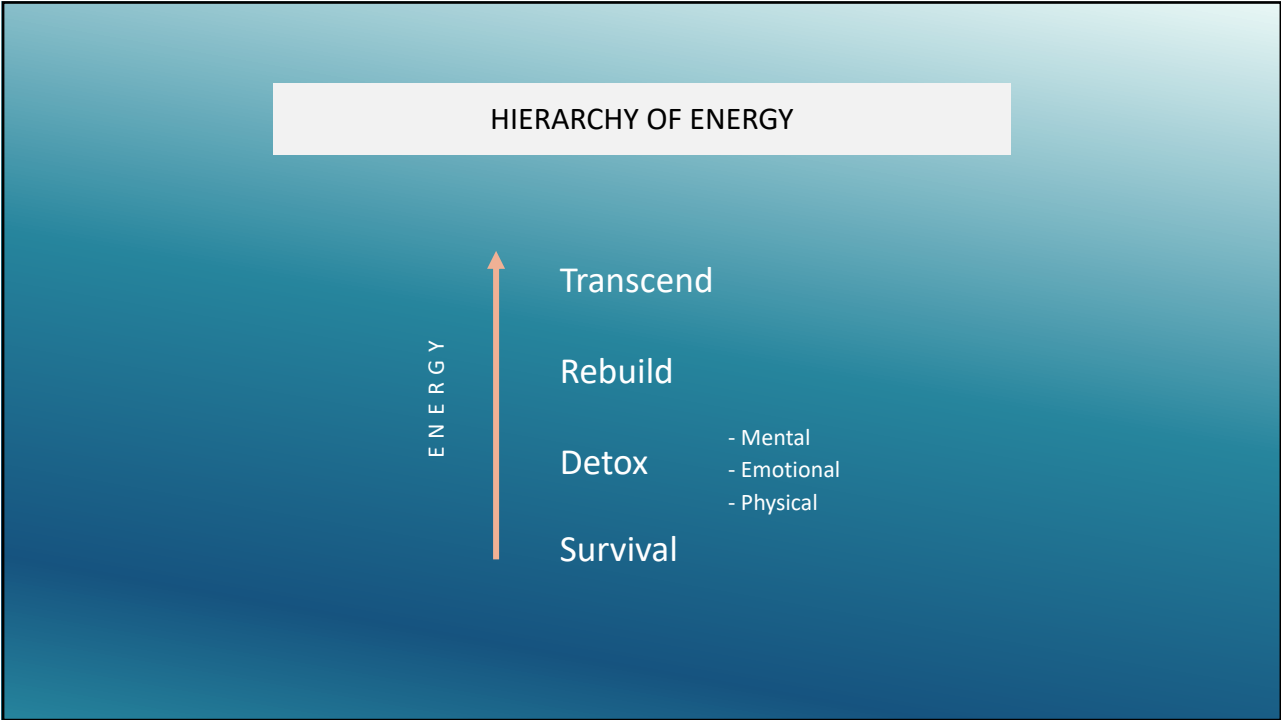
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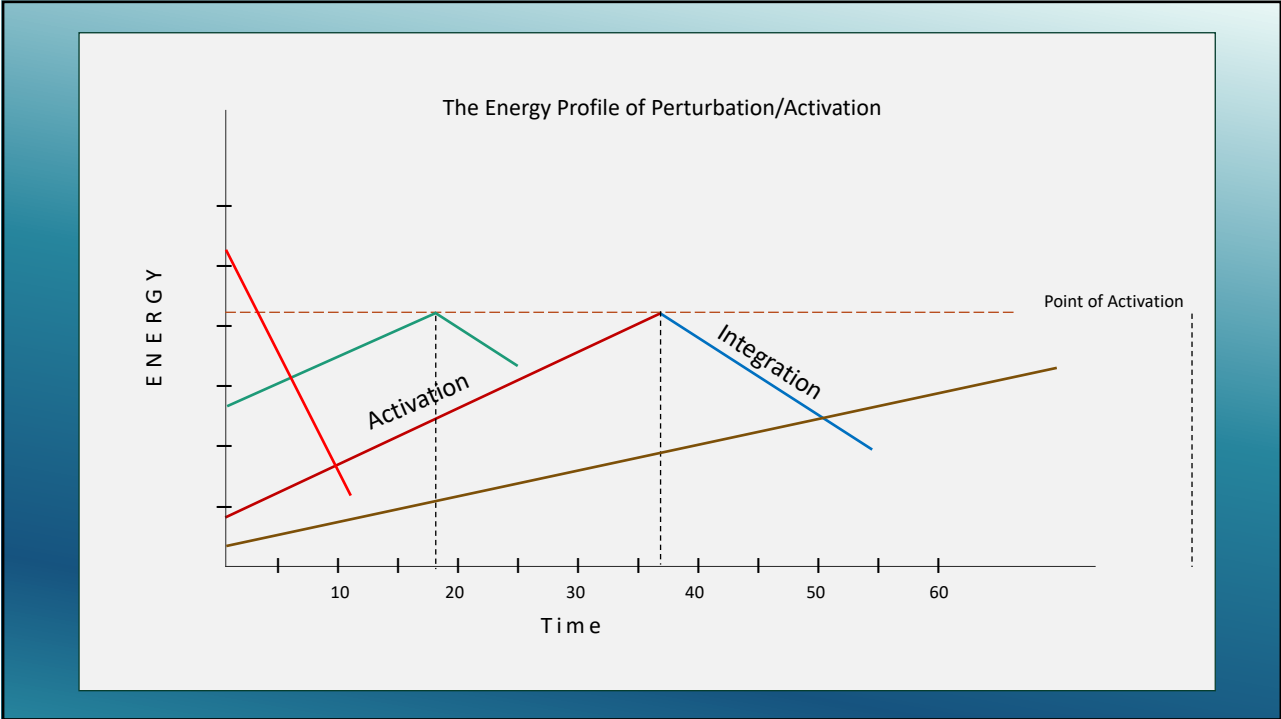
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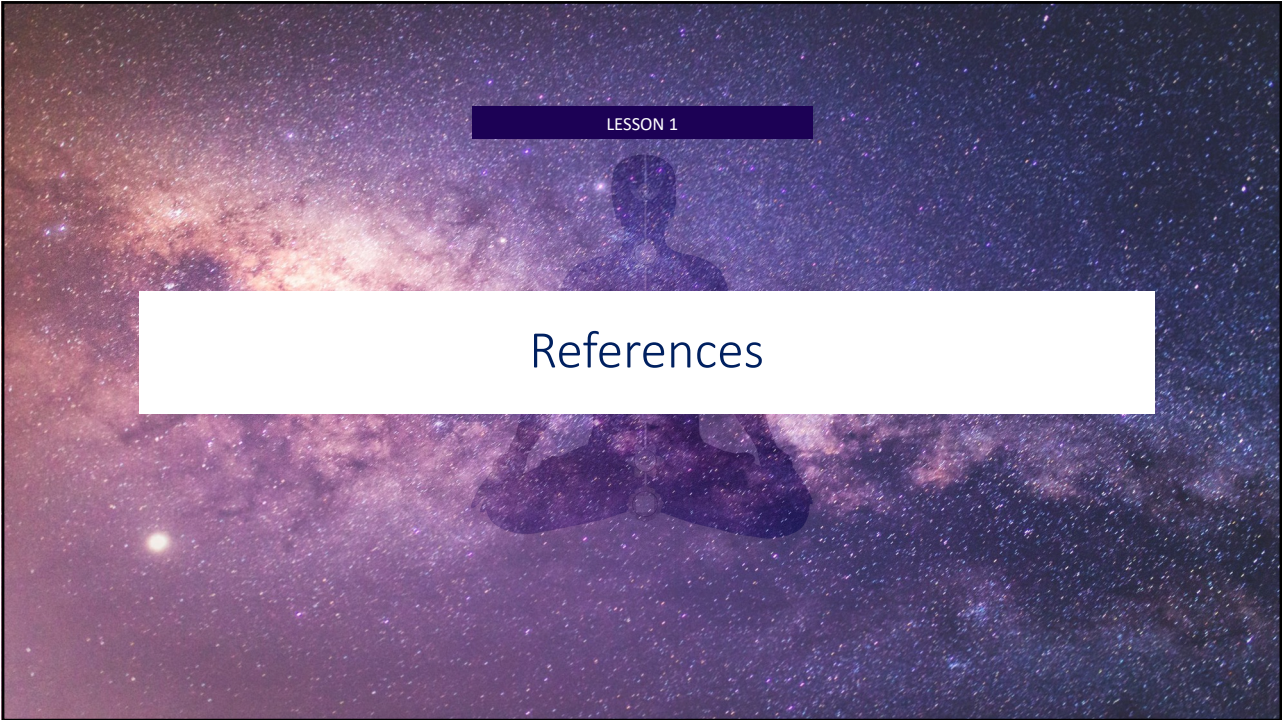
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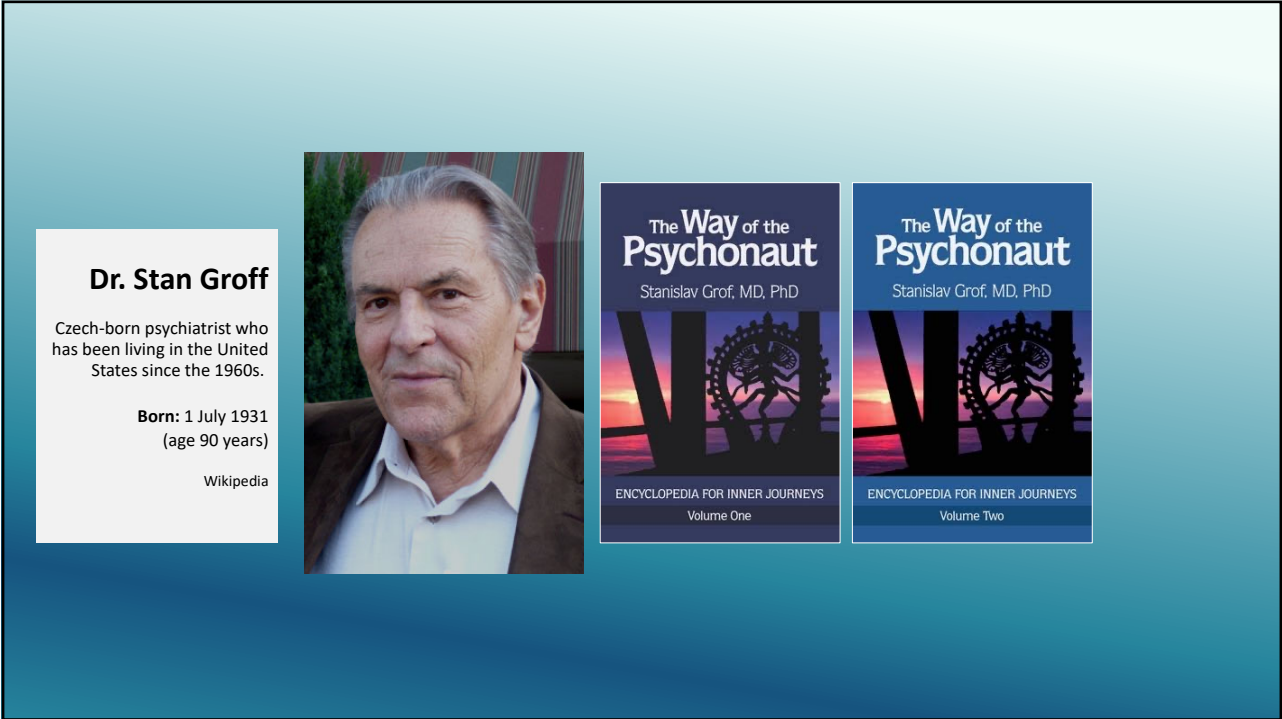
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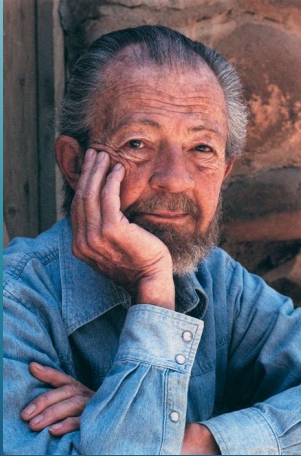


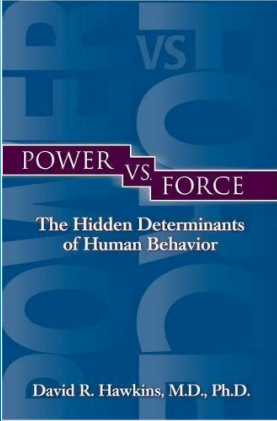
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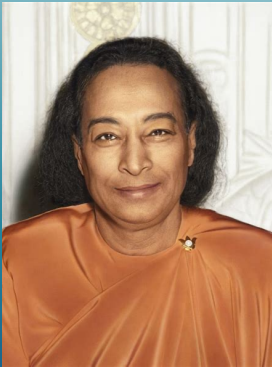
David R. Hawkins
Born: June 3, 1927
Died: September 19, 2012
Nationality: American
Occupation: Psychiatrist
Author

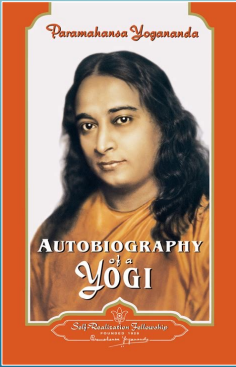




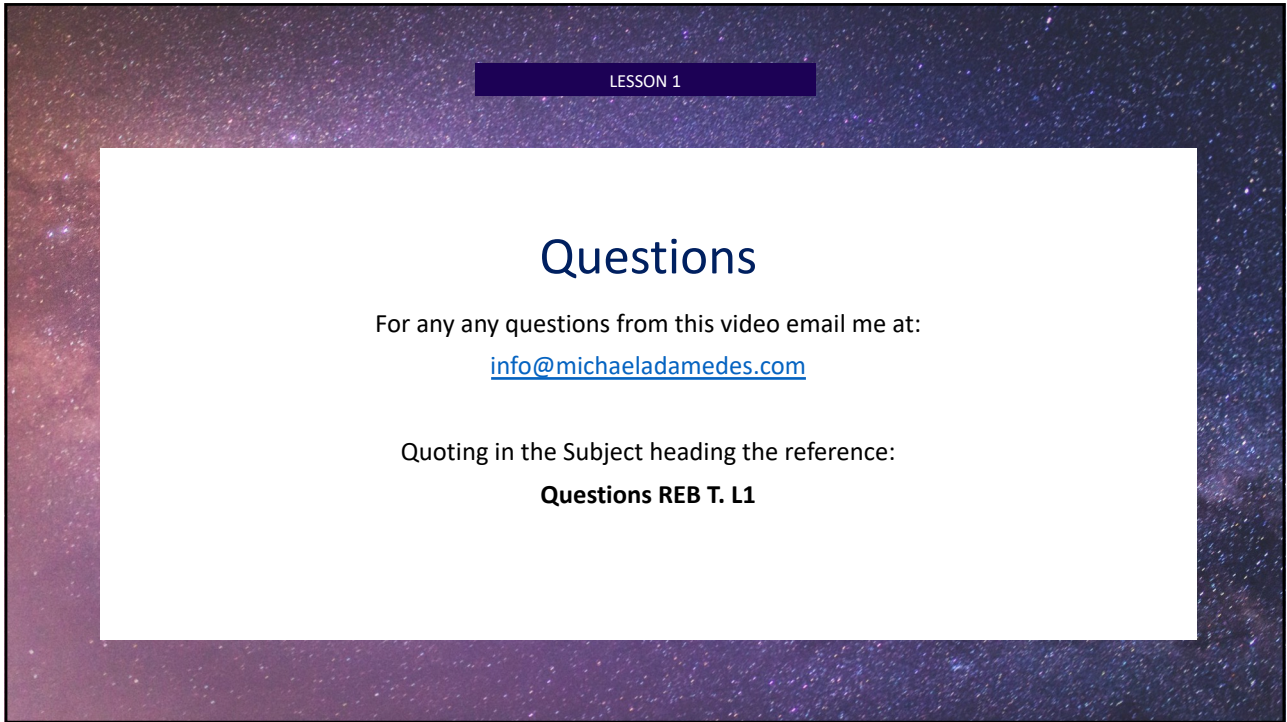
19

Paramahansa Yogananda
An Indian monk, yogi and guru who introduced millions to the teachings of meditation and Kriya Yoga. Who lived his last 32 years in America.
Born: Mukunda Lal Ghosh, January 5, 1893, Uttar Pradesh, India
Died: March 7, 1952, Los Angeles, California, United States
Nationality: Indian and American





20

A presentation slide with a dark, starry space background. At the top center, a dark purple rectangular box contains the text "LESSON 1" in white. Below this, a large white rectangular box is centered. Inside the white box, the word "Questions" is written in a large, dark blue font. Underneath, the text "For any any questions from this video email me at:" is followed by the email address "info@michaeladamedes.com" in blue. Further down, it says "Quoting in the Subject heading the reference:" followed by "Questions REB T. L1" in bold black text.

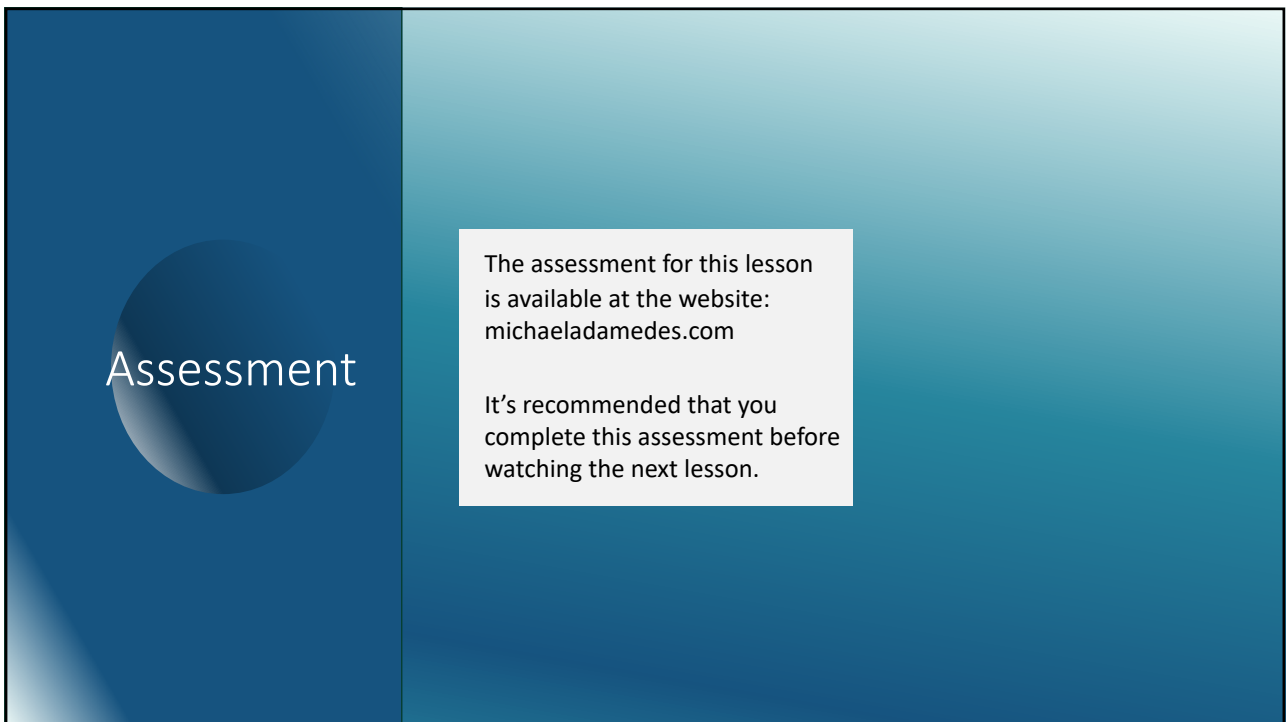
LESSON 1

Questions

For any any questions from this video email me at:
info@michaeladamedes.com

Quoting in the Subject heading the reference:
Questions REB T. L1

21

A presentation slide with a blue gradient background. On the left side, there is a dark blue vertical rectangle containing a white circle. The word "Assessment" is written in white across the circle. To the right of this rectangle, a white rectangular box contains two paragraphs of text. The first paragraph states that the assessment is available at michaeladamedes.com. The second paragraph recommends completing the assessment before watching the next lesson.

Assessment

The assessment for this lesson is available at the website:
michaeladamedes.com

It's recommended that you complete this assessment before watching the next lesson.

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Next Lesson

LESSON 2

Core Techniques

1. Activation & Integration

2. Techniques for Activation

3. Techniques for Integration

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LESSON 1

COMPLETION

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