



Level 1: Breath-O-Matics – a Breath Consciousness short course

Breathing correctly is not only important for living longer but also to have a good mood and keep performing at your best. Let us look at the benefits of deep breathing and why you should make it part of your everyday living.

1. Breathing Detoxifies and Releases Toxins

Your body is designed to release 70% of its toxins through breathing. If you are not breathing effectively, you are not properly ridding your body of its toxins i.e. other systems in your body must work overtime which could eventually lead to illness. When you exhale air from your body you release carbon dioxide that has been passed through from your bloodstream into your lungs. Carbon dioxide is a natural waste of your body's metabolism.

2. Breathing Releases Tension

Think how your body feels when you are tense, angry, scared or stressed. It constricts. Your muscles get tight and your breathing becomes shallow. When your breathing is shallow you are not getting the amount of oxygen that your body needs.

3. Breathing Relaxes the Mind/Body and Brings Clarity

Oxygenation of the brain reducing excessive anxiety levels. Paying attention to your breathing. Breathe slowly, deeply and purposefully into your body. Notice any places that are tight and breathe into them. As you relax your body, you may find that the breathing brings clarity and insights to you as well.

4. Breathing Relieves Emotional Problems

Breathing will help clear uneasy feelings out of your body.

5. Breathing Relieves Pain.

You may not realize its connection to how you think, feel and experience life. For example, what happens to your breathing when you anticipate pain? You probably hold your breath. Yet studies show that breathing into your pain helps to ease it.

6. Breathing Massages Your Organs

The movements of the diaphragm during the deep breathing exercise massages the stomach, small intestine, liver and pancreas. The upper movement of the diaphragm also massages the heart. When you inhale air your diaphragm descends and your abdomen will expand. By this action you massage vital organs and improves circulation in them. Controlled breathing also strengthens and tones your abdominal muscles.

7. Breathing Increases Muscle

Breathing is the oxygenation process to all of the cells in your body. With the supply of oxygen to the brain this increases the muscles in your body.

8. Breathing Strengthens the Immune System

Oxygen travels through your bloodstream by attaching to hemoglobin in your red blood cells. This in turn then enriches your body to metabolize nutrients and vitamins.

9. Breathing Improves Posture

Good breathing techniques over a sustained period of time will encourage good posture. Bad body posture will result of incorrect breathing so this is such an important process by getting your posture right from early on you will see great benefits.

10. Breathing Improves Quality of the Blood

Deep breathing removes all the carbon-dioxide and increases oxygen in the blood and thus increases blood quality.

11. Breathing Increases Digestion and Assimilation of food.

The digestive organs such as the stomach receive more oxygen, and hence operates more efficiently. The digestion is further enhanced by the fact that the food is oxygenated more.

12. Breathing Improves the Nervous System

The brain, spinal cord and nerves receive increased oxygenation and are more nourished. This improves the health of the whole body, since the nervous system communicates to all parts of the body.

13. Breathing Strengthen the Lungs

As you breathe deeply the lung become healthy and powerful, a good insurance against respiratory problems.

14. Proper Breathing makes the Heart Stronger.

Breathing exercises reduce the workload on the heart in two ways. Firstly, deep breathing leads to more efficient lungs, which means more oxygen, is brought into contact with blood sent to the lungs by the heart. So, the heart doesn't have to work as hard to deliver oxygen to the tissues. Secondly, deep breathing leads to a greater pressure differential in the lungs, which leads to an increase in the circulation, thus resting the heart a little.

15. Proper Breathing assists in Weight Control.

If you are overweight, the extra oxygen burns up the excess fat more efficiently. If you are underweight, the extra oxygen feeds the starving tissues and glands.

16. Breathing Boosts Energy levels and Improves Stamina

17. Breathing Improves Cellular Regeneration

18. Breathing Elevates Moods

Breathing increase pleasure-inducing neurochemicals in the brain to elevate moods and combat physical pain.

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Lesson 1 cont'd

How to Breathe properly?

In order to breathe properly you need to breathe deeply through your nose into your abdomen, not just your chest. Breathing exercises should be deep, slow, rhythmic, and through the nose, not through the mouth. The

most important parts of deep breathing has to be regulating your breaths three to four seconds in, and three to four seconds out.

CONSCIOUS DEEP BREATHING

The art of Conscious Deep Breathing begins with an awareness of what the breath is doing. To do this one must become an inner-world explorer. Develop enough curiosity with how breath works and allow yourself to wander around inside your being to observe the way in which breath functions and benefits you.

Conscious deep breathing is the first of seven principles under-girding The Practice.

Breath is life.

You are living because you are breathing. A "shallow breathing practice" is the root of scarcity, greed, insecurity, anxiety, fear and the cause of all violence. The more diligently we practice the art of conscious deep breathing the easier it will be for us to achieve those goals which we set ourselves in life.

As we see our breath as spiritual fuel and RECOGNISE, ACCEPT, APPRECIATE and EMBRACE it, it becomes our lifeline to love happiness, health, wealth, inner peace and lasting security.

10 ideal occasions for practicing deep breathing

1. During heated conversations, to avert arguments
2. When stuck in bumper to bumper traffic
3. When awaiting news of an emergency nature
4. While waiting to address a public gathering
5. When facing the unknown
6. To diffuse boiling anger or pent up rage
7. When facing critical choices
8. When you want to create positive results
9. When you want to overcome haunting fears
10. WHEN YOU WANT TO FEEL CENTERED

Lesson 2

BREATH VIEWS

Behind every expression is its breath. Whatever I am looking at is its breath. The breath behind all manifestation is its essence, which is the infinite, universal LIFE supporting all life. It is infused in all life and expresses itself through all things, animate and inanimate.

To surrender to your breath is to give permission to the infinite wisdom, LIFE, to express through you. At this point, the little human gives way to his/her Universal nature. At the level of the Divine, life is an effortless, joyful, loving expression of itself.

The Divine has no problems, because it, by its very nature, is the solution. The Divine has no lack, because it is everything that was, is and will ever be created. The Divine sees only its overflowing abundance. The Divine cannot be lonely or unloved because its essence is love and It lives through all of its unique expressions. The Divine does not understand disease or illness because it is LIFE.

THIS IS WHO I AM. THIS IS WHO YOU ARE. THIS IS WHO WE ALL ARE; the Universal nature expressing through the individual; Experiencing itself in all of its myriad aspects and views. We never question our breaths, we

simply breathe. Where does it come from? Who keeps it going? The intelligence of the universe has each of us in place and will support each one according to his belief and trust in it. There is no other authority other than that of your breath. This is your connection to the SOURCE. This is your point of influence. This is your liberation from the illusion of poverty, disease, low self-esteem, loneliness, lack or limitation of any kind. Your Divinity envelopes everything you feel, think, see or touch. You are Divine breath in flesh; a full co-creator with the essence of YOUR SOURCE.

Lesson 3

YOUR BREATH BANK

Neither wealth nor poverty exists as realities. Both are illusionary states created in 3D for my experience; the experience of myself as a creator. Life simply IS its breath. It breathes its potential into every area of influence through my unique breath perspective and I have the joy or sorrow to name it what I WILL. But it is always AT MY WILL that everything that I see comes into being. Jesus said, 'nothing comes into being but by me.' And so it is with us. We breathe our potential into everything and everything we see springs from our breath based reality.

Think of your breath as your energy potential bank account. You draw on it every moment of every day and consciously or unconsciously spend it according to your thought/feeling/belief patterns of yesterday. The fact that on every breath intake you take in oxygen to supply vital nutrients to the body and exhale toxins is secondary.

The primary fact is that every intake contains latent possibilities for the unique creation of your world... persons, places, experiences and things. With every inhale you take in raw material for the creation of your masterpiece and on the exhale you give it its reality. With every exhale you authorize a formation, construction or destruction of magnificent proportion. IT can only exist by means of YOU, the creator. IT has no other life apart from the one you give it. It has no other meaning but the meaning that you ascribe to it.

Lesson 4

Creating thought/feeling/belief patterns

Creating new thought/feeling/belief patterns is as easy as taking your next breath. It is your next breath, fused with the energy of your desire that will create your new pattern...IF YOU DON'T BREAK THE MOLD.

What mould? The mould that you create as you send out your desire! To wonder, ponder, doubt, fear or even hope that a thing will or will not happen will break a positive mould every time.

With purpose, clarity and the full authority of a creator cast the die and let it be. None of your thoughts/feelings/beliefs can come back to you void. Your harvest will be exactly as you have sown. The universe has a precise blueprint. It cannot alter or change your design. It cannot play favourites because it doesn't care what you create. It only knows HOW TO create using your unique breath patterns, formation, construction or destruction of magnificent proportion. IT can only exist by means of YOU, the creator. IT has no other life apart from the one you give it. It has no other meaning but the meaning that you ascribe to it. Thought/feeling/belief patterns took time to set in and therefore may take time to be replaced. However, with undiluted clarity you can make changes which appear instantly. As a matter of fact all changes happen instantly but are perceived according to our thought/feeling/belief patterns about time and reality and about how long a thing should take.

Lesson 5

In this new energy of Breath Fusion everything is NOW.

Key words and phrases to note in your new creation: Knowing, Practice, Patience, Understanding, Clarity, Unconditional Self-Acceptance or Love, Forgiveness, Acceptance of what is, Willingness to change, Balance, Beauty, Trust yourself, integrity. Honestly explore your thoughts, feelings and beliefs. Own them. They are your creations. But change them if they don't serve you.

Breathe life into your finances, your relationships, your body, and your surroundings. Breathe peace into war, abundance into poverty, health into illness. Breathe life on the illusion of death. Breathe for those around you who have forgotten who they are. Spend your next breath wisely. Breath Fusion is your Kingdom of Heaven.

Level II: "Opening Up to Ourselves"

~ Andy Skadberg

God/Source/Love gave you a gift, even as you were in your mother's womb - your breath, before that you were sharing your breath with her.

God wants our appreciation for the gift of life. We can easily survive without our eyes, but not our breath. It is like a waveform, continually moving the Divine substance of consciousness, light and matter (all vibrations) in and out of your physical, spiritual being. To overlook and not appreciate this gift has created the ills of the world. But this is all for experience. To experience lack, confusion, poverty, fear and any sundry words, concepts, beliefs - but these are merely creations of shallow breathing thought, that are still, riding on the breath. As we come to the bottom of this barrel, you must relinquish old beliefs because the new consciousness program does not support that which, apparently, contradicts life.

Holding on to old battered and tattered luggage will not serve you and your new opportunities. To accelerate and facilitate your new "consciousness fitting" (that is occurring by Divine Decree) you can "grease the skids" by appreciating your breath. Thank God for it. Be happy as you go about your day, noticing. Noticing. Noticing. Your thoughts. Your loves. Your trees. Your hairs. Your bees (if they aren't dormant sleeping/breathing for the winter).

A great use of free-will, your power of choice, is to be grateful for that which gives you life - your breath. Want to test the theory? Stop breathing for 15 minutes and try to consider these ideas. Try to tell someone how breathing isn't important. Stop, notice and thank Your God for your breath, because it is what supplies you with life. Then, in acknowledging this first gift, first, all the rest of your gifts will come bombarding you in a way that will astound you. This awareness will make you invincible to any apparent threats. God has no threats for you. They are only the constructs of shallow breathing creatures which soon will be a thing of the past in this world. Be grateful. Take the first step of your new journey. You cannot take a new journey starting with a second step. Knowing that you are appreciative of your full endowment will empower you to create with Reverence for Life, the most fulfilling activity you will ever partake of. You will be able to use each breath to the fullest, launching your greatest Love creations back out to be enjoyed by everyone, including Your God, which has been anxiously awaiting you to show your full appreciation for this thing that has been so "in our face" that most of us have been missing it.

Be blessed, and get your free "Global Citizenship Passport" (1) book which will give you instructions on how to perfect your Breath Consciousness "skill-set" - it's just like riding a bike, you need to teach yourself how to do it to enjoy it to the fullest.

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Reaching Out - From With-In to Our Challenged Friends and Families – an individual en-strengthening and skills training endeavor (2).

A collaboration between the Reverence for Life University, Experience Co-Evolution Group, Vision Excelerator, Self-Management Institute, Global Innovative Solutions, The Moods Channel, and a consortium of organizations, businesses and individuals

Lesson 1

Vision and Intention

Create an Educational Resource & Technical Assistance Centre (hereafter Centre) that provides access to information and assistance to various marginalized populations with a focus on strengthening, skills and trades training, entrepreneurship and cooperative, community development.

This proposal describes the creation of an outreach strategy to offer services and assistance to various marginalized people who live in nearly every locale in the world. Our offerings are based on real world projects that have been implemented in various places. It builds off of the work of Dr. Andrew Skadberg in the area of regional/community revitalization (3) and Desmond & Dawn Green with individual empowerment and personal transformation. To see the transformation established on

The Practice and the Reverence for Life Foundation in the Jamaican prison system between 1995-2000 follow this link on the RFLU website (4).

There are immense opportunities to reach out to various populations of people who have found themselves marginalized because of economic and past government approaches to serving people and communities.

Some of these groups include:

- *Veterans of War and disabled Vets
- *Individuals who have been incarcerated, and those who have been released
- *People who have experienced challenges with various addictions (drugs, alcohol, gambling)
- *Homeless populations
- *People of "minority" or other national descent
- *Native Americans
- *Single mothers and children

Working with these populations can seem to be quite challenging, however, innumerable examples exist about the power of individuals who have experienced overwhelming challenge and then overcame. People who reach "bottom" can often demonstrate incredible turn around in their lives and thus provide inspiration for others to follow.

One of the most phenomenal of these examples is with the work of Desmond Green in the Jamaica prison system. Desmond implemented a program called "The Practice" with the "worst" populations, those being individuals serving death sentences or life sentences. By sharing the powerful, yet simple principles outlined he was able to assist individuals to set themselves free, even while in prison. The success is shown in that

recidivism reduced from 90% to 30% between 1995 and 2000 and that prison violence was significantly reduced during those years.

Building off of the foundation of The Practice by Desmond Green, our group intends to provide a number of educational programs and instructions, utilizing a “learning by doing model” (experiential education), combined with common-sense community development solutions that will enable various populations, towns, villages and nations to transform their socio-economic conditions. Here are initial areas of emphasis:

- *Individual empowerment
- *Nature, environment, conservation, recreation
- *Trades, craftsmanship, agriculture, energy, transportation, innovation in construction
- *Arts, music, performing arts, media, creative endeavors
- *Entrepreneurship
- *Technology and Web based business and learning
- *Tourism and community development

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Lesson 2

Preparation for Re-Creation

I don't think it is any mistake that we call our leisure time recreation, “re-creation”. The way that we come to transform our lives is through fun, laughter, and enjoyment. We have become as adults to take things so seriously. But the Truth is that the pleasure of existence and experience is our greater purpose. The serious issues are just a story. A fabrication.

We have an opportunity to re-create the world. And we do that with our relationship with the “present”. Do you think it is just coincidence that these words that are used for these things? “Recreation”,

“Present”. And we are not supposed to spend the majority of our time serious, stodgy, and miserable to get a few moments of joy or a week or two per year of paid vacation. Jesus said we will BE in the new earth if we become like children again. This is partially what it means to be “born again”.

What if we could start all over again, creating the world of our dreams? Experience is a pointer, something to be learned from. Don't regret mistakes, take them as lessons learned.

No regrets! Guilt from past events is a prison.

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Lesson 3

Have Fun!!!!

Be like a child!

At that time the disciples came to Jesus, saying, “Who is the greatest in the kingdom of heaven?” And calling to him a child, he put him in the midst of them and said, “Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. Whoever humbles himself like this child is the greatest in the kingdom of heaven. Matthew 18:1

“Let me spring up from the ashes of your ignorance like the flame that burned brightly in the simplicity of your childhood. Look to the bible of love, my living presence in your heart, rather than to the wordy debates of little minds on the written word of old.” – Ken Carey, Starseed Transmissions.

“All who receive their impressions of the world as a small child receives them, without judgment, with love and acceptance, will receive my awareness. And all who receive me, receive as well, the consciousness of the one who sent me, the consciousness of the Creator himself. This is the greatest gift.”
Carey, Starseed Transmissions. p. 83

“I will come to you first with the consciousness of a child, for it is thus that you will learn again of your world. Whoever receives this child-consciousness for my sake, will receive he who has sent me later when the child is grown in spirit. Receive as little children and enter my life.”
Carey, Starseed Transmissions.

Lesson 4

Being vs Doing

This book* (5 see Vision book, reference below) gives a plethora of ideas that show different ways that we can come together and “Be the change you want to see in the world” (Mahatma Gandhi), but it starts with you.

This book is the result of experiential education. Extension education, which you will learn more about later in this book, has the motto “Learning by doing”. This is a wonderful idea and really is a better model for education than sitting in a classroom learning from books about obscure topics. But I had a realization while preparing this Prelude.

I think we have gotten the cart before the horse in much of our philosophies and understandings. Before we can “Do”, upon an adequate basis, we have to know who we are and how to “BE”. Thus, a new learning model might be “Being” then “Doing”.

We’ve somehow gotten to the place where “doing” has taken the place of “being”. It’s kind of like running around in a hamster wheel. What are we really doing with all of this work we are doing? Have you ever thought about your work? Who benefits? Does it make you happy? Are there negative repercussions? Do you experience joy with your work? Do you feel alive?

Then the important question arises, how can you “BE” if you don’t know who or what you are? By the way, you are not your name, nor your job title, nor even a human – we made all this stuff up, these are just words, and you are more than a word, and even the ideas of these things are minuscule compared to who and what we really are.

We are limited by our thoughts. We can only go as high as our beliefs about ourselves allow. Our fears, thoughts, beliefs are like the walls of the building that we exist within. If we are to experience a new life, or re-create the world we have to start here.

Lesson 5

"Nurture your mind with great thoughts, for you will never go any higher than you think." Benjamin Disraeli 1804-1881, British Prime Minister

"I am not doing any work", thinks the man who is in harmony, who sees the truth. For in seeing or hearing, smelling or touching, in eating or walking, or sleeping, or breathing, in talking or grasping or relaxing, and even in opening or closing his eyes, he remembers: "It is the servants of my soul that are working", Bhagavad Gita 5: 8, 9.

Lesson 6

Know Thyself

Gnothi Seauton—"Know Thyself". These words were inscribed above the entrance to the temple of Apollo at Delphi, site of the sacred Oracle.

The first Thinking Rule from "When Love Guides Your Thoughts" (5) is "Know Thyself". This would merge nicely with Shakespeare's famous quote "To thine own self be true". But do we really know who and what we are? That is an important part of this process, as preparation for this book. We have to be willing to ask the big questions, and really desire to get the answers.

One, truth that is at least relative to this planet is that human beings are not a separate organism from the Earth. If you think this is the case consider this. If you went out in space, without a space suit or ship, how long do you think you would survive?

And it is up to each individual to go on this discovery process themselves. A few books to help in the process have been recommended to achieve that end, but these are just suggestions, there are innumerable sources that will help people find their way along this path. One way to describe this path is the pursuit of "Truth". The following provides an introduction to possibly the most important process that we could ever endeavor upon, to discover who and what we are, and to learn how to think.

"Only if you know who you are, your biases, etc., can you apply equal emphasis in an opposite direction when you know you are dealing with an area you tend to be biased in so that a balanced perspective can be attained. But this is only a temporary solution, you must rid yourself of all biases, prejudices, complexes, and emotionally immature motivations. You did not get the way you are in a single day, nor can you undo the person you are in a single day. Nevertheless you can get where you want to go much quicker if you know where you want to go and are not hindered by false conceptions of the world. Your life thinking up to now has been mostly haphazard and undirected. Start directing your thoughts toward the person you wish to be and you will see as the years pass you have become that person. You are what you think. The cumulative effort is great but the rewards are even greater. I say with the greatest intensity of my being that it is well worth the effort to know thyself."

Skadberg, When Love Guides Your Thoughts p. 25

Thinking Rule #1. To think correctly the first step is to KNOW THYSELF.

Lesson 7

The Truth

"It is the author's very careful observation that only if the Will has as its desire to see the truth above all, can the intelligence of man be used properly."(6)

After this, and this applies to this book because I have claimed many of the ideas to be based on "common sense", we move into the area of how we begin to live this process of seeking the truth.

“The above explains the phenomena of common sense. Common sense is intellectually understood by all but the most dense. Yet very few are able to use that common sense because they must make it seep through the subconscious or change the Will in order for it to have any effect. This occurs when a man has chosen as his Will to know the truth above all. Then to understand common sense and apply such is child’s play. To quit smoking can be done overnight, but only if the Will is properly oriented.”

“The Will and ego can be compared to a shark which knowing what it wants will stop at nothing to get it. It has no sophisticated reasoning powers, only crude desire. The sad part of all of this is that if the Will would allow itself to be ruled by the intellect it would in fact get much more gratification than otherwise.

It really is in the best interest of the Will to submit to discipline and order so that the whole body can enjoy the benefits of stopping harmful habits. By acting upon common sense and from the higher perspective of restraint, now new possibilities arise heretofore that were not able to be seen. But alas, the Will requires great efforts to tame, but the rewards of such are also great.

Assignment - Desmond add assignment here

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Lesson 8

Thinking Rule #2. Unless the Will has as its most important desire the desire to know truth above all, then all observances will have as the prime motive the self-gratification of the Will, which always leads to distortions of facts.”

Skadberg, “When Love Guides Your Thoughts”

Another truth, beyond being connected to Mother Earth, we are a collective being. The extent of this really boggles the mind. But for our purposes, and for the context of this book, this relates to humans on this world. In our current status, the following quote points to our collective state of being, but then also points to the only true solution to our dilemma.

“Mankind is like an intelligent beast spiritually undeveloped. Because the intelligence is not balanced by LOVE insanity prevails.”

Skadberg, “When Love Guides Your Thoughts”

Coping with insanity only requires one thing.

“The only really sure way to avoid insanity is to cultivate your LOVE. LOVE in its deeper sense. Related to love you have for a child, a puppy, or flower, or magnificent sunset, remember a time in your life when you were filled with your highest ever aspirations, or your greatest happiness, a moment when life was most wonderful when you were like superman because of your happiness, think of these when you seem defeated. There is no failure, there is only learning, correcting miscalculations. Believe like Abraham Lincoln “I will work, and when I am ready, my time will come.” There is not one of you who cannot make the world better in some way.”

Skadberg, “When Love Guides Your Thoughts”

“He who sees that all work, everywhere, is only the work of nature; and that the Spirit watches this work—he sees the truth.”

Bhagavad Gita 13: 29.

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Lesson 9

Tap into the Now!

Our lives, and thus the world, change when we step outside of the past and avoid venturing into the future where we really have no business. We live now. We can take all of the lessons learned, from our past experiences, without the drama, trauma, and emotional baggage and they can help guide us, to learn from our "mistakes", which really don't exist except to lead us away from the experiences that we might want to avoid. It happens on an individual and collective basis. But we have to share the joy with others. The Now is where we exist and can tap into the power behind All That Is.

"The most important, the primordial relationship in your life is your relationship with the Now, or rather with whatever form the Now takes, that is to say, what is or what happens. If your relationship with the Now is dysfunctional, that dysfunction will be reflected in every relationship and every situation you encounter."
Tolle, The New Earth p. 200

"It has been said: "Stillness is the language God speaks, and everything else is a bad translation." Stillness is really another word for space. Becoming conscious of stillness whenever we encounter it in our lives will connect us with the formless and timeless dimension within ourselves, that which is beyond thought, beyond ego. It may be the stillness that pervades the world of nature, or the stillness in your room in the early hours of the morning, or the silent gap between sounds. Stillness has no form—that is why through thinking we cannot become aware of it. Thought is form. Being aware of stillness means to be still. To be still is to be conscious without thought."
Tolle, A New Earth p. 256

Lesson 10

Daily Regimen Adapt to You!!!!

Breath Consciously, Deeply, Appreciatingly: all day, as often as possible

Earth Grounding: 20 minutes per day with bare feet or body on Earth

Solar Appreciation: feeling connection to sun, soak up energy/love, and spend time in sunlight - as much as possible

Track Your Thoughts by being aware of Your Feelings: ongoing/continuous, to best of ability

Dedicate as much time as you can to those things that bring you joy

- loved ones, time in nature, inspiring pursuits
- creating your vision, following your passion, experiencing bliss
- working for the life and world of your dreams

Concluding Thoughts

You cannot expect evidence for some future event or creation, now. The creation will show up in its own time. Physical creation with the "old program" has had limitations and constraints. These programs are coming to an end.

Investing your time, energy, thoughts and feelings into someone else's game will result in dis-harmony. Bhagavad Gita 3:35: And do thy duty, even if it be humble, rather than another's, even if it be great. To die in one's duty is life: to live in another's is death. The only true purpose is to: "work for the world". You are being guided, supported and loved beyond what you can comprehend with the old programs. They are being replaced. You can Trust the Process.

Post in courses

Level III - THE PRACTICE (7)

The Practice defines a body and process of core principles that when applied set the stage for life affirming demonstrations. The value of these core principles have all been well documented. For the most part the principles are presented with focus on their applications scripting new behaviour patterns for productive living.

Conscious Deep Breathing

All the movements of the body and within the body are continuously taking place due to the mild, slow burning taking place in the body. Any action of the body or in the body directly affects both blood circulation and breathing. This burning is a result of breathing and blood circulation. This ensures adequate oxygen supply for movements and is a critical necessity for creative thought processes and rational thinking.

Conscious deep breathing helps to burn away disempowering thought patterns.

Conscious deep breathing helps you to stay emotionally grounded and rids the body of toxic wastes. It is also an effective way of reducing stress of any kind.

Core Principles

Conscious Deep Breathing

Self Talk

Healthy Nutrition

Exercise

Unconditional Self-Acceptance

Vision

A Spirit of Generosity

Supplementary Principles

- **Trust**
 - **Awareness**
 - **Integrity**
 - **Sensory Attunement**
 - **Challenging Belief Systems**
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Lesson 1

Self Talk

Self Talk is all internal messages that we feed ourselves by way of words, thoughts, emotions and feelings that build our unique belief systems which in turn define who we are. These messages that we feed ourselves daily determine how we experience our lives. They are critical to every aspect and every experience of daily living.

Messaging creates changes and maintains ALL belief systems through constant repetition.

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Lesson 2

Healthy Nutrition

Poor eating habits, especially in young people, result in low academic performances, hyperactivity, irrational behavior and an inability to make beneficial choices for their lives.

Lesson 3

Exercise

- Exercise reduces depression, anxiety and low self-esteem
 - Improves mental and emotional well-being
 - Builds and maintains healthy muscles, bones, and joints
 - Enhances work, recreation, and sport performance
 - Exercise burns excess energy that comes from anxiety or nervousness
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Lesson 4

Unconditional Self-Acceptance

- Transforms difficult emotions into sources of strength
 - Heightens self-aware
 - Harmonizes and heals the dysfunctional psyche
 - Positively colours every single aspect of life and living
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Lesson 5

Vision

- Strategize a vision and purpose for your life
 - Learn to depend on your creative instincts every day
 - Discover new levels of happiness, fulfilment and effectiveness for your life.
 - Live your purpose, by choice and not by chance.
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Lesson 6

A Spirit of Generosity

Learning the qualities of noble-mindedness and the prospering power of generosity

Lesson 7

SUPPLIMENTARY PRINCIPLES:

Trust

Trust is a vital element of our daily practice. It is by accepting ourselves and the rest of our universe as our only reality and support. Learning to trust yourself completely gives you the foundation to stand and interact with the rest of life from a position of strength.

By trusting ourselves implicitly we establish the basis from which all of our needs are met.

Lesson 8

Awareness

Trust leads to the most vital aspect in our journey of consciousness and to the conscious realization of ourselves as physical spirits. Most importantly, it reveals the entire universe as a physical spirit driven process.

We can now begin to feel, see, taste, smell and hear ourselves as integral aspects of our whole universe. We are able to accept all of life as extensions of ourselves.

As our awareness increases we feel more secure in every aspect of our lives and in our relationships with others.

Lesson 9

Integrity

- Be true to yourself
- Be honest with yourself
- Take responsibility for your words, thoughts, feelings, emotions and actions

Lesson 10

Sensory Attunement

Irrational behavior often stems from shallow breathing, lack of intuitive attunement and a damaged social network. Likewise attitudinal disorders consist of conflicting messages in the individual's structure of values and beliefs and a distrust of the SELF as an authentic source.

Lesson 11

Challenging Belief Systems

- Challenging beliefs back to their source
- All beliefs carry a corresponding negative or positive energy attractor pattern
- In order to change any belief system it is necessary to identify their source and their empowering or disempowering effects.

- 1) <http://www.reverenceforlifeuniversity.com>
- 2) <http://www.experiencecoevolutiongroup.com/reaching-out.php>
- 3) Dr. Skadberg's regional development websites (www.ruralinnovationinstitute.com, www.visionexcelsator.com, www.experiencecoevolutiongroup.com, www.globalinnovativesolutions.com)
- 4) <http://www.globalbreathconsciousnessinstitute.com/rfl-prison-reform.php>
- 5) Vision: We ARE Re-Creating the World, a Resource Manual "tool-box" for Revitalization and Empowerment Through Grass-roots Strategies and Environmental Awareness." Andrew Skadberg, Ph.D. Downloadable e-book. (<http://www.ruralinnovationinstitute.com/visionrecreatetheworld.php>)
- 6) When Love Guides Your Thoughts, compiled by Andrew N. Skadberg, Ph.D. Downloadable e-book. (<http://www.ruralinnovationinstitute.com/resources/WhenLoveGuidesYourThoughtsAndrewSkadbergPhD.pdf>)
- 7) <http://www.globalbreathconsciousnessinstitute.com/thepractice.php>