



*The Reverence for Life University— the University of **YOU!***

The Reverence for Life University has been in formation for a very long time—at least during the lifetime of Desmond Green, our friend who has understood Breath Consciousness until the rest of us arrived. However, a formal proposal was written by Dr. Skadberg in 2008 to create the Jamaican RFLU—this proposal can be accessed at www.globalbreathconsciousnessinstitute.com

The foundations of the RFLU have been written. We make these books available for FREE download because we know the coming Age of Experientialism is based upon the principle of Sharing. Our books can be downloaded from the following Web sites:

www.breathosphere.com www.breatheconsciously.com
www.themoodschannel.com


We recommend the E-books “Global Citizenship Passport” (includes The Practice) and “Trust Your Breath” to start. Also, join us at Facebook and the Reverence for Life Fellowship and radio program at www.awakenedradio.net

Thank You Desmond Green & Dawn Vaz-Green!



The Reverence for Life University

*“LIFE is the only true treasure,
reaching beyond all limits or measure.”
~ Desmond D. Green*

 *The University of
YOU!*





The Reverence for Life University

WANTS YOU ~

To discover the treasure that you already are!

Our experiences so far have been very important to learn about our creative powers. A great deal of our focus has been external—seeing, sensing, working, doing, creating and sharing.

All of this has contributed greatly to our worldly experience and understanding.

The Reverence for Life University (RFLU) is introducing a “skill-set” that will provide the way that you can become the true architect/orchestrator of your life, your creation and your experience.

The foundation of this skill-set (The Practice) is Conscious Deep Breathing which is a physical/mechanical action and process to make sure your body and mind are getting adequate fuel to operate at maximum efficiency and capacity.

Shallow breathing starves us and tends to cause people to feel insecure and unsatisfied—the two basic needs living in this world as a human being.

Where can You Join the RFLU?

We are in the process of acquiring our Reverence for Life University main campus here in the Quad Cities (Rock Island, IL) and in various locations around the globe including Jamaica. Currently you can meet the President, Andy Skadberg, Ph.D. by visiting the QC Collective in The District in downtown Rock Island, Illinois. 1700 2nd Ave. Suite 3.

What if someone shared the most valuable gift in the world with you?

What would you do?

YOU! Are the most important gift you can discover!

Practice Makes Perfect!

Many have heard this saying. *The Practice* as shared by Desmond D. Green is the first set of tools (skill-sets) that provides the way that will, when practiced with some dedication, totally transform ones life.

Of course *Your Practice will be yours*. You will have your own unique application. However the suggestions of *The Practice* have been distilled from lifetimes of research, spiritual study and personal experience.

Each suggestion is very important for the most success in your personal process. Make the *The Practice* your own.

Here are the **Core and Supplementary Principles**

- Conscious Deep Breathing - Self talk
- Healthy nutrition - Exercise - Vision
- Unconditional self acceptance - A spirit of generosity
- Trust - Awareness - Integrity
- Sensory attunement - Challenging belief systems