

BUDDHA BREATHING TECHNIQUE

for Personal & Planetary Well-Being

David Christopher Lewis

At the Hearts Center, we have practiced different techniques for breathing and meditation, all of which provide great benefits for our lives and the lives of those around us.

What are the benefits of practicing Buddha Breathing regularly? Consciously *breathing in* light, prana or chi strengthens the immune system, brings physical vitality and health, emotional well-being, mental clarity and spiritual upliftment.

- The practice of breathing meditation draws our attention to holding a powerful focus of love within ourselves, which we can offer wholeheartedly for the healing and wholeness of family, friends, colleagues and all others across the entire Earth. There are no limits to the expanse or the inclusiveness of our loving embrace.
- It reminds us to use the challenges we experience in our own lives to connect with the challenges others are experiencing, and to actively assist them through our focused intention to cope with and transform those challenges.
- We become powerful generators of love, light and joy for happiness and contentment across the planet.

BUDDHA BREATHING

In the Buddha Breathing Technique, you breathe in, hold, breathe out, and then restart the process by immediately breathing in again. It's much easier for

most of us. It also involves consciously *breathing in* light, prana, chi, and the virtues of God through the in-breath. You hold the breath for the same number of counts—whatever works for you. It could be four, six, eight, or more after you develop a greater ability to hold that light and the breath in your lungs.

At that point, you are absorbing all that light, all that chi, all that prana, and the virtues of God deep inside of you and in all of your cells—both the physical cells and the spiritual chakras and cells. Then you breathe out light and love and all these virtues into the universe.

Repeat this for a while to become saturated with God's light and love.

The second part of Buddha Breathing is that you consciously breathe in the darkness of the world. You have to do the first step, because you shouldn't start breathing in the darkness before you've built up a reservoir of energy of love,

light and virtue. Then breathe in the darkness that you are aware of around you. As you hold your breath, you are transmuting these challenging energies through the blazing love in your heart, in your being, and all that darkness is being transmuted into light. Then, when you breathe out after the hold time, you are breathing out light, breathing out the antithesis of that darkness again.

When you are exhaling, you are always emanating beauty and blessings, and then you go back to breathing in the challenging energies that you know people



are struggling with in their day-to-day lives. You process or transmute it during the holding part of the technique. Then, when you exhale, you are breathing out love and light again.

The third step is the same as the first—breathing in and holding the light and love. You are rich in spiritual joy and radiance and focus on the positive again. You always begin and end with this step. As a result, you have an opportunity to rise higher and be spiritually, mentally, emotionally, and physically stronger through this technique.

Most of us require simple rituals, such as daily meditation through stillness, pranic breathing, prayer, gentle exercises, and other mindfulness practices to feel our best and to meet life's challenges. Add the Buddha Breathing practices to yield great benefits to yourself and to all of life! ■

For more information on Buddha breathing and meditation, the ascended masters, and The Hearts Center Community, visit our website at HeartsCenter.org, or visit our Alchemy Exchange store, 130 N. 2nd Street in Livingston. (See the advertisement on this page.)

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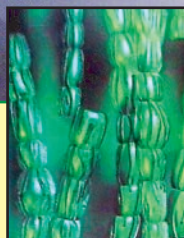
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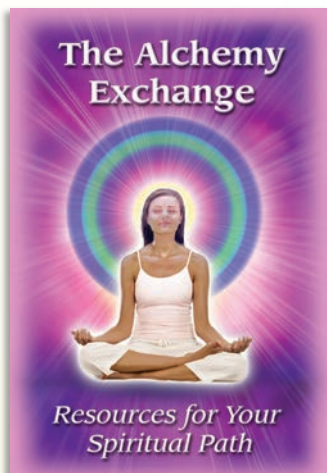
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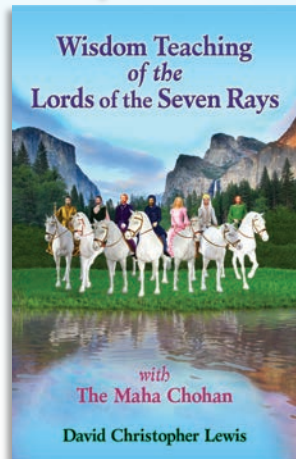
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