

8 COMPONENTS OF HEART BREATHING

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'8 Components of Heart Breathing' provides everything needed to start practicing Heart Breathing for spiritual expansion and physical well-being.

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TIMELESS MINDFULNESS

BESTIAL-CELESTIAL HUMANS

Heart Breathing is meant to be modified to fit individual needs. For example, 'integrating the body with movement' does not have to be with the Five Tibetan Rites — it can be whatever works for you, and changed as you do. Key Phrases can be applied per the examples given, or may be re-worded to fit your style. Self inquiry, conscious breathing, key phrases and toning are the core elements, and the 'quality of daily actions' is the evidence, of a Heart Breathing practice.

If you see value in Heart Breathing, please spread the word.

See the Heart Breathing Contents page on the Whole Human web site and blog for amplified understanding of the components, including a 'How To' of Heart Breathing.

<http://www.wholehuman.emanatepresence.com/>

1. WHAT I AM - Self Inquiry for Deepening Awareness

Say or think, **What is now?**

Pause, and feel the question.

Say or think, **What is now is all that is.**

Pause, and feel the words.

Say or think, **I am grateful for what is now.**

Pause, and feel the words.

Say or think, **Who am I?**

Pause, and feel the words.

Say or think, **I am what is now.**

Pause, and feel the words.

Say or think, **Who I am observes what is.**

Pause, and feel the words.

Say or think, **I am grateful for who I am.**

Pause, and feel the words.

Say or think, **What am I?**

Pause, and feel the words.

Say or think, **What I am is all that is.**

Pause, and feel the words.

Say or think, **I am grateful for what I am.**

Pause, and feel the words.

...

Pure consciousness embedded in an infinite field of potentiality, the original source, the one being, the undifferentiated, the absolute.

The unmoved mover moves, and motion and stillness begin.

Motion, time, the manifest, all that is perceived by the senses, governed by natural laws.

Stillness, the un-manifest, the no-thing, the PMF, the void.

On earth, a human experiment, an opportunity for souls to experience mortality and free will.

Souls, individuated spheres of immortal consciousness.

Souls evolving over human experience, and then re-integrating into the one being for the evolution of the whole.

Free will, the choice to live in harmony or not with the natural laws.

Free will to serve or not for the good of the whole.

Earth, a holographic projection, perceived over limited senses, real and sacred to its inhabitants.

Human perception processed by a controlled hallucination of the brain.

Who I am, an identity fabricated by the brain.

What I am, a pure vessel of the one being, a process not of the brain, to which 'who I am' willingly yields.

What I am, integrating with who I am and returning to the source.

And next? Healthy community, based on universal conduct to which each individual willingly adjusts.

Heart Breathing: I am a pure vessel of the one being. I choose to live from what I am.

[Links in the online blog post amplify understanding.]

2. CONSCIOUS BREATHING

Conscious Breathing

Heart Space Breathing/Heart Breathing is simple and requires nothing but attention and intention to practice. The full practice includes 8 components. Touching on the 2nd, 3rd and 4th components, here is an example of conscious breathing:

1. Attention is on breathing.

With eyes open or closed, move your attention to your breath.

Observe your breathing without changing it.

2. Feel the light in the heart space while keeping attention on the breath.

Now move your attention to the heart space in the center of your chest while remaining aware of your breathing. The heart space is silent.

Feel the light you are, while your attention is on the heart space. Feel the warmth of your light. This is not using imagination - generally, when attention is placed on the heart center with the intention of feeling it, the qualities observed are warmth and light.

Adjust your body posture as needed to fill your lungs. Breathe normally and without forcing, and keep your attention there.

3. Do deep breathing while feeling the heart space.

Now breathe deeply, filling first the diaphragm, all the way to the top of the lungs. Exhale as slowly as possible. Feel the light and warmth of the heart space as you breathe deeply.

4. Add words.

Now add key phrases by thinking or speaking them while deep breathing. Continue to feel the heart space.

5. Chant 'long A' and 'long O'.

Now tone on the out-breath, while deep breathing, alternating:

'Long A' - the vowel sound of 'space'

'Long O' - the vowel sound of 'source'

Continue to feel the light and warmth of the heart space.

6. Send heart energy.

Now breathe naturally. Feel the heart space and send that energy wherever your intuitive feeling draws your attention.

['BREATH' search results - scan page for content of interest]

3. KEY PHRASES

Thought and spoken during toning and throughout the day to meet specific circumstances, in the practice of Heart Breathing.

I am of the present moment.

I feel the heart space.

I act from loving kindness.

I trust the grand design

(and the grand designer, which is what I am within.)

I am that.

I choose the timeless.

I surrender to what simply is.

I serve the ground of being.

I am in love with love itself.

I embrace the unknown.

I relax into a still and quiet place.

All I know is what I feel.

I follow what I feel is true in this moment.

All there is, is the ground of being, and being an agent of unconditional love.

I choose what is.

I am grateful for what is.

What is now is all there is.

To remain neutral and non-entangled by exchanges of opinion:

I honor your perspective.

I acknowledge that is your reality.

I honor your perspective as I honor all perspectives as I honor life, and recognize every perspective for what it is — a perspective.

I am a constant sun, beaming unconditional love.

I am thankful for the opportunity to give unconditional love.

I live from what I am, not from who I am.

I am a pure vessel of the one being. I choose to live from what I am.

I am a sphere of conscious particle energy integrated with a human body.

4. EXPANDING AWARENESS-PERSPECTIVE - (e.g., Inter-species Communication)

The first Hermetic principle is 'Mentalism - "All is mind, the Universe is Mental."

What is the mentalism of the universe?

It can be expressed in various ways such as,
electro-magnetic spheres connected into larger spheres;
particle spheres pulsing with the electricity of life;
the medium of pure consciousness
embedded in an infinite field of potentiality (no-thing.)

The nothing is in the everything.

What is now is what is.

What is now is all that is.

Time is relative, timeless is Absolute.

The Absolute is in the relative (not referring to cousins.)

The boundless is in the bounded.

The undifferentiated is in the differentiated.

What is relative is within time and space.

What is Absolute is outside time and space.

Outside time is timeless.

What is outside space?

The undifferentiated, the Present Moment Frequency.

The PMF sings the music of the spheres,
the sonic geometric language of frequency and form.

Where awareness expands,

the electro-magnetic spheres of conscious particles gather and grow.

When a center of awareness (human) attracts the spheres, awareness expands.

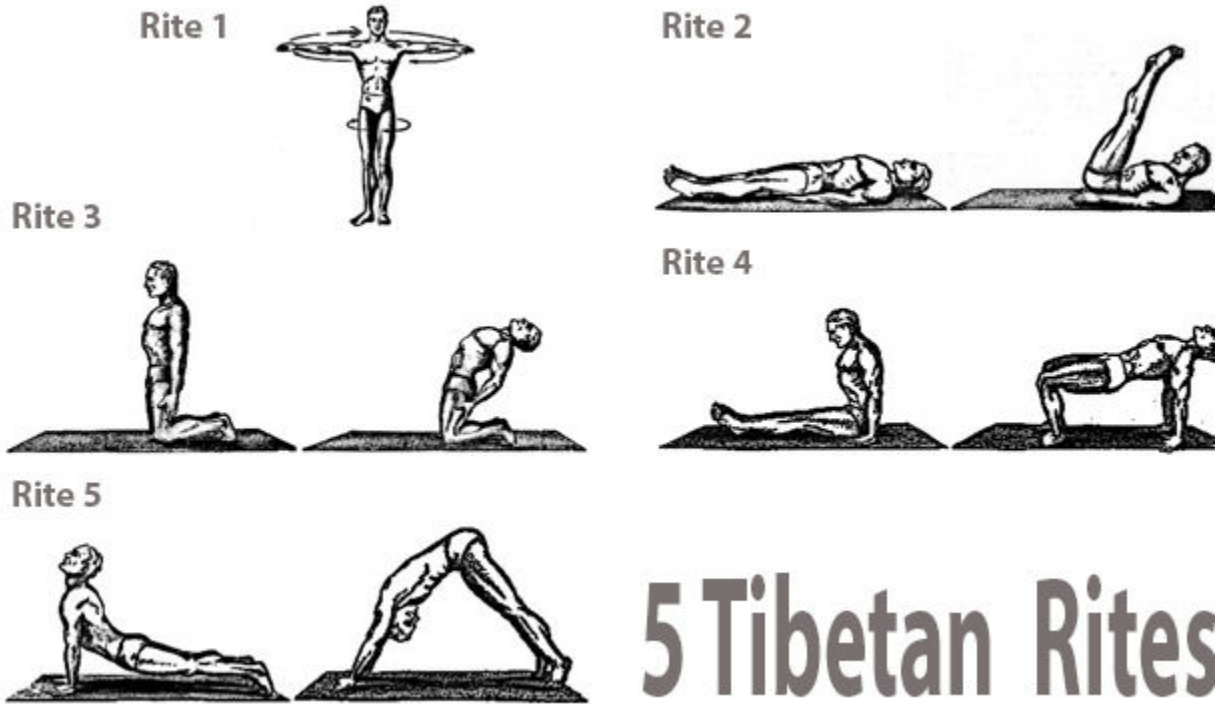
Humans who hear the music of the spheres
grow in awareness, grow into celestial humans.

For an example of 'inter-species communication,'
see the Heartstone blog posts on the Whole Human site, which are an
'on-going conversation with cooperative networks of conscious particles
through the focal point of Heartstone.'

5. INTEGRATING THE BODY WITH MOVEMENT

The Five Tibetan Rites is a system of exercises reported to be more than 2,500 years old which were first publicized by Peter Kelder in a 1939 publication titled *The Eye of Revelation*. The Rites are said to be a form of Tibetan yoga similar to the yoga series that originated in India. - Wikipedia

The Five Tibetans, illustrated below, are one example of integrating the body with movement. There are two videos of instruction on the Meditative Life page.



5 Tibetan Rites

6. TONING to be the sound vibration

Heart Breathing includes toning long 'A' and long 'O'.

I first became aware of toning A-O in a dream, and months later had this realization:

A - O = Alpha - Omega

Alpha - Omega = Beginning - End

Beginning - End = Mover - Unmoved

Mover - Unmoved = Motion - Stillness

Motion - Stillness = Beginning of Time - Ending of Time

Beginning of Time - Ending of Time = Temporal - Timeless

Time begins with motion. Time ends with stillness.

Motion is the end of stillness. Stillness is the end of motion.

Alpha and Omega are the first and last letters of the Greek alphabet, and a title of Christ and God in the Book of Revelation. This pair of letters are used as Christian symbols, and are often combined with the Cross, Chi-rho, or other Christian symbols. - Wikipedia

Toning with Deep Breathing – Suggestions

Breathe deeply and tone very slowly a long A, followed by a deep slow breath and toning long O.

Feel the energy of the toning throughout your body, up the spine, in every cell – the heart energy of A and the present moment frequency of O, or the Alpha and Omega. Oftentimes deeper insights come during this 'practice' as well. Keep a journal of insights and experiences, and share them!

7. QUALITY OF DAILY ACTIONS

On this plane of existence, all is relative and a matter of degree. The degree to which a person is effectively practicing Heart Breathing can be discerned by the quality of their daily actions. Though we live in a world of apparent relativity, it is permeated by the qualities of the Absolute, which are blocked from being experiential by conditioning. Without making it a mission or objective, as a natural happening, Heart Breathing brings those qualities into the daily life experience of the practitioner.

Though evidence may present itself from 'outside,' such as in comments from one's friends or associates, the true meter of 'progress' is within. Only you know if your life is changing in a direction you choose.

From the perspective of Heart Breathing, its effectiveness can be noted in such things as increased inner peace and equanimity and a greater measure of unconditional love in daily actions. The 'greater measure' might begin as gentle response over harsh reaction, acceptance over resistance, integration over divisiveness, letting go over holding onto or defending, unselfish over self-centered acts, giving over taking, strength over weakness of character — all in proper balance and application.

Until this section is further developed, suggested reading includes posts regarding the Greek term, *philotimo* and 'A Simple Philosophy' with Whole Human notes at the end.

8. WRITING (E.G., KEEPING A JOURNAL) AND SHARING

Also to be developed further, component #8 is again tailored to the practitioner. Essentially it is to use writing as a tool for growing in self-awareness by keeping a journal or expressing your experience over whatever platform works for you.

If you choose social networking as a platform for expression of your Heart Breathing experience, beware of the impact negative comments can have on you. When faced with one which could draw you into an exchange of opinion, try responding with 'I honor your perspective.'

If you see value in Heart Breathing, please spread the word.

TIMELESS MINDFULNESS (Whole Human Blog Post)

When I am in love with what I am, which is Everything (no exceptions), and detached from who I am, which is nothing, I live as a whole human. The Everything, the timeless inner landscape, is accessed through the temporal inner landscape.

The temporal inner landscape includes the conditioned mind, thoughts and emotions.

The timeless inner landscape is the rich land of the authentic nature, the greater self, the unmoved mover, the One Being, the Christ consciousness, the PMF (Present Moment Frequency) and the 'constant sun beaming unconditional love.' These are what – not who – I am. In the timeless inner landscape, there is no personality, there are no preferences.

In the timeless inner landscape, Everything is one in consciousness. In the temporal inner landscape, there is only a consciousness of separation.

When the temporal inner landscape is contracted, such as by triggered emotions or an imbalance of mental activity without feeling, a barrier is made which prevents access to the timeless inner landscape.

When the temporal is in an open, expanded state, it becomes a bridge to the timeless.

Inner landscape work consists of being acutely aware of one's inner state and making many tiny choices over the day, choosing the timeless over the temporal.

“What prevents connection is contraction. What causes contraction is resistance. What underlies resistance is often anxiety. What generates anxiety, some say, is the primitive brain.”

For example, in the instant of feeling a contracting thought or emotion, the question may be asked within, 'Is that temporal or timeless? I choose timeless.' It may require some willpower to let go of the contraction, and the process may be difficult at times for the conditioned mind, but it is simple.

The dance between temporal and timeless, in harmony and balance, blossoms into qualities such as compassion, wisdom and equanimity. In the timeless there is inner peace and bliss beyond anything the personality can achieve. One's temporal work, both within and in 'outer' action, then becomes a play.

HEARTSTONE 009 excerpt

Gary R Smith

Heartstone, how does one serve the One Being?

Heartstone

By not trying to make it happen. By making your felt connection with the Whole Net your highest priority. When this is authentic, it also provides motivation for letting go of whatever contracts you, of whatever distances your experience from felt connection and impedes the flow. Such commitment will serve you as fully as you serve it.

This means in daily life, starting now, that you return focus to the breath and note your body/mind state. If the breath is fast and shallow and/or the body is tight — use HSB toning until you feel your breath deepening and the tightness release.

It means returning attention to the key phrases.

It means being keenly aware of when you contract, and in that moment, letting go of expectation or whatever hinders, and allowing yourself to expand.

It means setting aside times of going deeper into the practice of HSB, listening to body wisdom and intuition and following impulses coming from the Whole Net, such as deep relaxation and surrender, deep breathing and toning with key phrases, and feeling the particle plane as a harmonious whole in your everyday life.

BESTIAL-CELESTIAL HUMANS

A great division is coming upon humanity, until there are two types of human — the bestial and the celestial.

'Bestial' here refers to any mindset/behavior originating from the separated ego or conditioned mind. It is characterized by all that contracts a person inside such as fear, resistance, reaction, guilt, shame, judgment. It is not a derogatory term, and can be viewed by the celestial only with compassion, neutrality and integration, never with condescendence, superiority or divisiveness. It does not refer to animal beasts, but to emotions and behaviors which often arise from the primitive brain. The celestial recognizes the bestial within first, and does not point out the bestial in another except when there is agreement to mirror each other. Each of us has our own work to do.

I see the greater polarization of humanity coming, recognize it as a matter of degree, and realize that in wholeness there are no degrees.

After touching upon ancient wisdom teachings such as the Tao to Ching and 7 Hermetic Principles, I am musing upon the question: 'What are the most universal human principles which can be applied in daily life and assist in the shift to a higher consciousness, from the bestial to the celestial human?'

Sonic geometry pre-dates Hermeticism and all ancient wisdom, and the earth itself. If the water is purest at the mouth of the river, and wisdom is the purest at its source, truth seekers must learn to listen to the direct transmissions of the language of frequency and form. Heart Breathing is an evolving practice which supports the capacity to receive direct transmissions from the original source.

From the Hermetic principles:

Polarity – 'Everything is dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half truths; all paradoxes may be reconciled.' The fact that all paradoxes may be reconciled clearly indicates that all paradoxes are a part of the whole. - James Renford Powell, DUALITY VS. POLARITY

<http://www.wholehuman.emanatepresence.com/new-blog-posts/bestial-celestial-humans>