



**BREATH**

**BEAUTIFUL**

THE ART OF RHYTHMIC BREATHING





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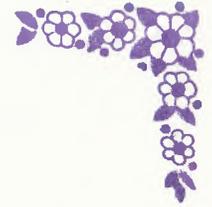


**THE ART OF RHYTHMIC BREATHING**

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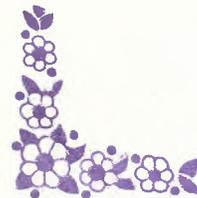
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## THE ACTIVITY OF THE HOLY BREATH

by Beloved Holy AEolus

Blessed and Holy Children of God, My Love for each of you is so very great - - - it is my privilege to assume the Office of Cosmic Holy Spirit for all the Planets under the specific direction of Beloved Helios and Vesta!

My beloved Son Paul, in Whom "I AM" well pleased, has a tremendous momentum of Pure Divine Love. You have heard Him make the statement on numerous occasions: "I AM" My Brother's Keeper. One Who can gather a momentum of that Quality is well equipped to fill the Office of Maha Chohan, which "I AM" presently vacating. Any Being Who is privileged to take the responsibility of dispensing the Breath of the Holy Spirit and be His Representative for a Planet must have the necessary qualification of being able to clothe every emanation from His Being with the Essence of Pure Divine Love, the cohesive Power of the Universe!

Now picturize as well as you are able, a glorious Pink Ray flowing from the Central Source of





Creation into My Being, where it receives the Gratitude from My Heart, clothing that Flaming Substance in Pure Humility. Now that Pink Ray flows on the Breath of the Cosmic Holy Spirit into the Being of Beloved Paul -- the Maha Chohan --- into His Inbreath. There It is humbly and prayerfully clothed in His Feeling of Pure Divine Love, and on the Outbreath, directed into all life on the Planet Earth. In the case of conscious chelas, it is their responsibility to receive this Flaming Pink Ray on their Inbreath, bless It, kneel before Its beneficence, and on the Outbreath dispense the benediction of the Breath and the Quality of Pure Divine Love on all life EVERYWHERE!

Before the return of the Holy Breath to the Heart of Creation, vast is Its journey throughout creation, before It returns in Its Pure State to the Origin of Its emanation, there to be energized and again dispensed, flowing along the Law of the Circle through the rhythmic pulsation of those Beings Who are aware of Its action!

You can now understand, or should, why We have repeatedly stressed the importance of the Rhythmic Breath, and how your lives would come



into greater harmony when you put into practice the Law of the Rhythmic Breath. None should be so foolish as to think that they have to be in an inert state so far as their daily activities are concerned to engage in this Service. However, before one embarks on his routine duties of the waking period, at least a short period of deep and rhythmic breathing should be engaged in, giving cognizance to the Flaming Pink Essence which comes into his being which is the clothing for the Crystalline Substance of the Holy Breath. Then allow the Holy Christ Self to take over and be the Directing Intelligence of your activities in the world of form. Remember part of the Life of the Beloved Paul, the Maha Chohan will be entering your being, and where the substance of His Life flows, there "I AM".

In remembering this simple exercise daily, you will quickly build a momentum of the dispensation of the Breath in a steady, unbroken, manner, and your Life will flow forth as a benediction to all life everywhere! Again, the Law of the Circle.

Ordinarily I do not request My chelas to do anything for Me Personally, but I shall deviate from that rule in this instance. "I AM" going to ask

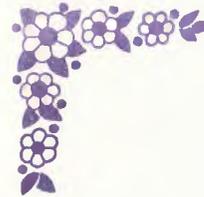




that you send your Love to the Beloved Paul, for it is no small promotion to be elevated to the Office of Maha Chohan, and I know He will appreciate your blessing. I have travelled this same way, and I KNOW whereof I speak. In sending your Love to Him, you are also blessing My Being, and for this I shall be eternally grateful!

Now enfolding you in My Love, the Essence of Pure Pink Light, I say - - Oh Father—Mother God, Creator of ALL there is, clothe each of these chelas in the Flame of Thy Illumination, so that each shall quickly Ascend the Path on the Ladder of Light into Thy Heart, "I AM"

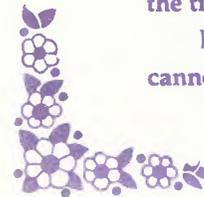
AEolus, Messenger of  
The Father-Mother God



## LESSON ONE

When we come to the realization that to breathe means to live and by breathing properly we correct any condition within our physical body, the wise chela will apply the instruction herein given. This physical body is the Temple of the Living God, and by learning to breathe evenly and to direct the breath we can raise the vibratory action of the body. In so doing we enliven each cell, clearing away the effluvia which we have allowed to form. The majority of mankind has become so heavy with this self created effluvia that they feel sluggish and tired most of the time. The Beloved Maha Chohan is desirous that His student body become aware of the importance of correct breathing, therefore, we have included in this little booklet important exercises which we know will assist in the improvement of the physical, etheric, mental and emotional bodies of each one who will take the time to practice them.

Do not become discouraged if at first you cannot master these breaths. Keep at it - - for





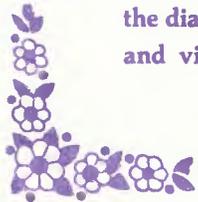
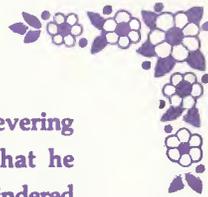
practice makes perfect, and the result of persevering will please the student when he realizes that he feels lighter in his physical body, free and unhindered in his thinking. He will experience a more joyous outlook, and emotionally he will be calmer, more serene in dealing with the situations that arise daily in the lives of all.

It is a good idea to set aside a special time for these exercises .They should be done at least twice a day.

The important thing to do before starting any breathing exercise is to empty the lungs of breath, from the mouth into an 'oo' sound and breath out heavily.

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Stand erect, feet together, arms relaxed resting at sides. As you begin the breath tense the arms and slowly inhale to the count of five raising the arms slowly over the head. As you inhale push the diaphragm out. Hold the breath for five counts and visualize a great white light pouring down



from your God Presence. Then slowly exhale to the count of five as your lower the arms again to the sides. Rest for the count of five. Repeat the breath seven times. Relax, then say the following decree with feeling:

*I thank you Father for my Life, for my physical body, the most wonderful instrument in the Universe. I now command that every cell, atom, glana, muscle, organ and function in my body accept the BLAZING LIGHT from My God Presence that heals, that raises and makes whole this Temple of the Living God, and I thank you for my pure, well balanced body.*





## LESSON TWO

Nearly everyone is desirous of feeling young. To be able to move in a beautiful rhythmic manner; to walk gracefully; to glow from inner joy and happiness can be attained by practicing the Breaths that we bring forth to you. It is the Beloved Maha Chohan's desire that we be shining examples, How *else* can we possibly assist others if we ourselves are not 'the Light that shineth in the darkness'.

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In this exercise we are making a decree for Youth. Visualize yourself doing something you have not done in years - - running up a hill - - dashing into the ocean, leaping with gay abandon. Feel the free buoyancy of youth.

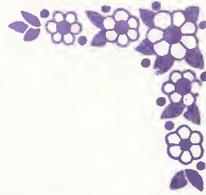
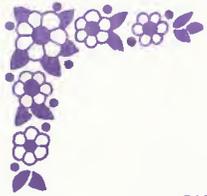
Stand with arms at sides. Take a slow deep breath to the count of four. Raise arms forward slowly over the head and back as far as you can moving your head back also so that your face is looking heavenward. Still holding this breath, bend



forward from the waist, touch the ground, come up reaching way back over the head. Exhale slowly, bring arms down to starting position. Do this Breath three times. Then decree with deep feeling: - - -

*"I AM" filled with the Light that revitalizes every part of my body. "I AM" filled with that glowing, glorious vibrant feeling of youth. "I AM" alive with the motivating power of action. "I AM" young, young, young, "I AM" ETERNAL YOUTH.*





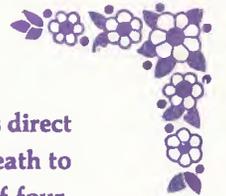
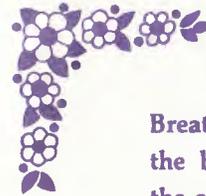
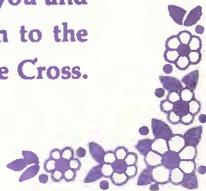
### LESSON THREE

We owe much to our Physical Sun and Those Great Beings Helios and Vesta Who reside therein. The Sun pours forth to all -- Light and Life-giving Substance. We, of course, are aware of the Sun, but we must also know that we can, by our attention, draw into our being, through love and gratitude, the beneficial Radiation which is Their pleasure to bestow upon all who live, move and have their being on this Earth Planet.

In the following breath, we ask that you face the Sun if possible -- if not visualize the Sun in your mind's eye. As you take the inbreath raise your arms out from your sides and up until you form a Cross, palms facing upward. This position symbolizes complete surrender to our Heavenly Father-Mother God.

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Standing straight, feet together. Visualize The Golden Rays of the Sun pouring toward you and into you as you take a deep, slow breath to the count of four, raising the arms to form the Cross.



Breathe these Rays into your heart -- that is direct the breath into the heart area. Hold the breath to the count of four -- Exhale to the count of four, lowering the arms and as you exhale feel the breath as Golden Light going out through every pore of your body. Rest to the count of four and repeat the breath seven times. Then decree: - -

*I AM"Light, "I AM" Light, "I AM" Light, I AM drawing into my being the Blessing and Love from Helios and Vesta. "I AM" absorbing this Light into every cell of my body. . . . "I AM" radiant with the Light. "I AM" filled with the Light,*

*"I AM" grateful, grateful, grateful to the Light and I love the Light.*



THE ART OF RHYTHMIC BREATHING

As we conclude this series of Breathing exercises, we ask you to kindly remember that rhythm is important in all lasting manifestation. As you breathe rhythmically, as counselled by Beloved AEolus and Beloved Paul, The Maha Chohan, there will be noticeable acceleration of your Spiritual Progress.

By continually using the Three Breaths given, and practicing them daily, you will, through perseverance draw the Light from the Heart of God into your every cell and atom, bringing about a state of excellent health, youthful vigor, clear thinking, and Wisdom from the Holy Spirit.

To accomplish this, we suggest your compliance with Beloved AEolus and Beloved Paul, The Maha Chohan request, through the Breathing Exercises as we have given them to you, and which have been released for your specific benefaction.

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*"I AM" the Breath of the Holy Spirit flowing through my being into the Great Cosmic breath which unifies all perfection - - - everywhere!!*

