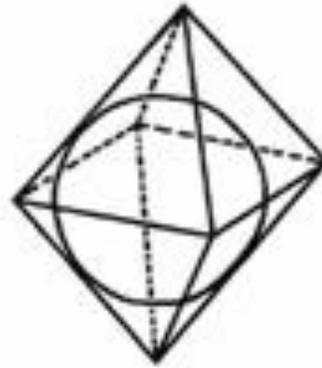
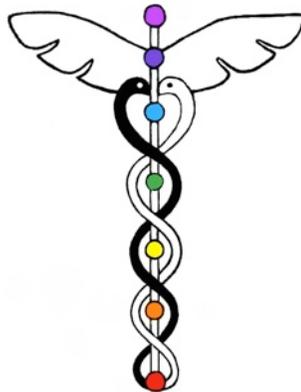




Breath of the Eternal

Ascension Reiki- 6th Degree

(The Soul)



Right Purpose/Right Reason

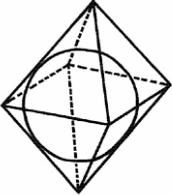
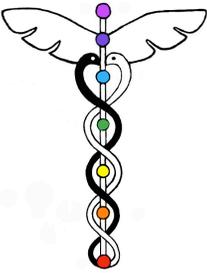
Uma/Brahman

It is far better to be engaged in one's own purpose though performed imperfectly than to be engaged in the performance of another's purpose perfectly. (Krishna- Bhagavad Gita- ch. 3:35)

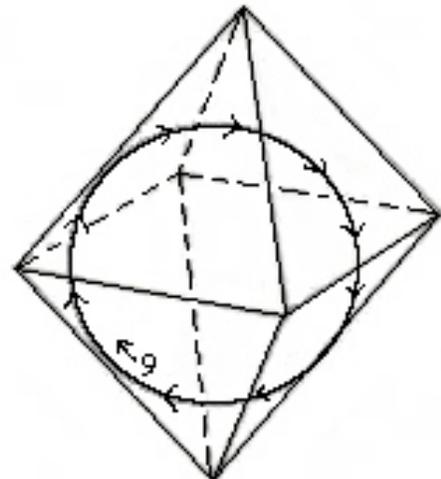
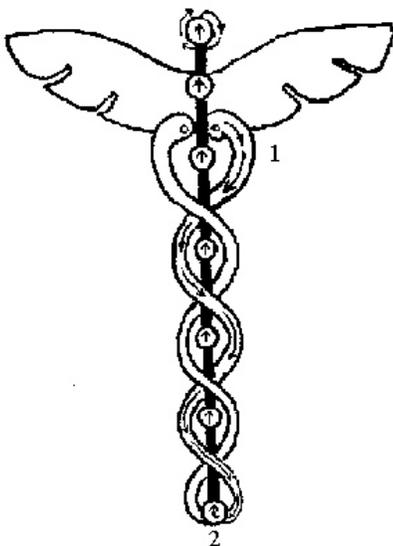
One with Brahman, with God, and beyond grief and desire your soul is in peace. Your Soul's Love is One for all Creation and your Soul has supreme Love for me.

By Love and devotion and purpose One knows me in truth, who I AM and what I AM. And when one knows Me in truth One enters into My Being. (Krishna- Bhagavad Gita ch.18:54-55)

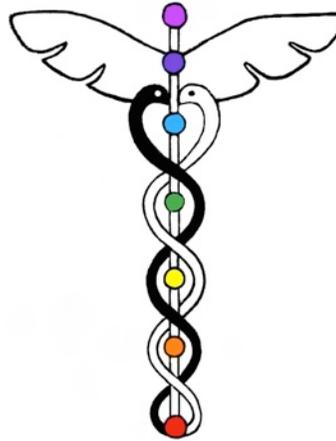
The Symbols of the Soul

	<p>This symbol is the Symbol of the Ascended Masters, Uma and Brahman, The Soul of Our Transcendental Creator.</p> <p>Uma and Brahman are the Ascended Masters associated with the third chakra above the head in the Transcendental Creator.</p> <hr/> <p style="text-align: center;">(Above)</p> <p style="text-align: center;">Uma and Brahman Service Abundance The Soul Clear White Light 3rd Chakra Above the Head The Heart Chakra on the Conceptual Vessel</p> <hr/>
	<p style="text-align: center;">(Below)</p> <p style="text-align: center;">Spirit of Love Yellow Ray Breath of the Eternal The Chakra System The Respiratory System The Third Chakra on the Spine The Sense of Smell- Nose-Feet Adrenal Glands</p>

Drawing the Symbols of the Soul



The Spirit of Love



Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the riches of fare. Give ear and come to me; hear me, that your soul may live. I will make an everlasting covenant with you. (Bible- Isaiah ch. 55:1-3)

The highest motive is to be like water: water is essential to all life, yet it does not demand a fee or proclaim its importance. Rather, it flows humbly to the lowest level, and in so doing it is much like Tao.

In the home the truly wise Love the humble earth, the foundation on which the home is built; in the heart they Love what is genuine; in friendship they are compassionate; in words they are sincere; in government they foster peace and good will; in business they work with quiet efficiency. Serenity is the goal of Tao; through it nothing is lost. (The Book of the Tao- 8th. Sutra).

The world says: "Tao is great but seems so foolish!" It seems foolish because it is great. If it did not seem so foolish it would have long since lost its value. I have three treasures. Guard them and keep them safe! The first is Love without which nothing is possible. The second is moderation which is to know the Mystic Balance. The third is humility, to know that you have come from nothing and that you return to nothing. Without these there is no Hope. Love conquers all. There is no defense against it. Tao arms with Love those it would protect. (The Book of the Tao- 67th Sutra)

Now, Rabbi Barachia of the synagogue of Nazareth was aid to Miriam in the teaching of her son. One morning after service in the synagogue the rabbi said to Yeshua as he sat in silent thought, Which is the greatest of the Ten Commands?

And Yeshua said, I do not see a greatest of the Ten Commands. I see a golden cord that runs through all the Ten Commands that binds them fast and makes them one. This cord is Love, and it belongs to every word of all the Ten Commands.

If one is full of Love he can do nothing else than worship God; for God is Love. If one is full of Love he cannot kill; he cannot falsely testify; he cannot covet; can do naught but honor God and man. If one is full of Love he does not need commands of any kind.

And Rabbi Barachia said, Your words are seasoned with the salt of wisdom that is from above. Who is the teacher who has opened up this truth to you?

And Yeshua said, I do not know that any teacher opens up this truth for me. It seems to me that truth was never shut; that it was always opened up, for truth is one and it is everywhere. And if we open up the windows of our minds the truth will enter in and make herself at home; for truth can find her way through any crevice, any window, any open door.

The rabbi said, What hand is strong enough to open up the windows and the doors of mind so truth can enter in?

And Yeshua said, It seems to me that Love, the golden cord that binds the Ten Commands in one, is strong enough to open any human door so that truth can enter in and cause the heart to understand. (Aquarian Gospel ch. 17:1-12)

Do everything in Love. (Bible- 1 Co. ch. 16:14)

You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you Love those who Love you, what reward will you get? Are not even the tax collectors

doing that? And if you greet only your brothers, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. (Yeshua- Bible- Matthew ch. 5:43-48)

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. (Yeshua- Bible- Mark ch. 2:12)

Great is that yogi (disciple, student) who seeks to be with Brahman (God the One), greater than those who mortify the body, greater than the learned, greater than the doers of good works: Therefore, son of God, become a yogi. He gives me all his heart, he worships me in Faith and Love: that yogi, above every other, I call my very own. [Krishna- The Bhagavad Gita (Song of God) ch. 6:46-4]

If one offers Me with Love and true devotion a leaf, a flower, fruit, or water I will accept it. That gift is Love, his heart's dedication. Whatever your action, all that you eat, all that you offer and give away as well as whatever you vow to the work of the spirit: o son of God, should be done as an offering unto Me. Thus you will free yourself from both the good and the evil effects of your actions. Offer up everything to me. If your heart is united with Me, you will be set free from karma even in this life, and come to me at the last. I envy no one, nor am I partial to anyone. I am equal to all. But whoever renders service unto Me in devotion is a friend, is in Me, and I am a friend to him. (Krishna- The Bhagavad Gita -ch. 9:26-29)

Prayer is the medium of miracles. It is a means of communication of the created with the Creator. Through prayer Love is received, and through miracles, Love is expressed. (A Course in Miracles text p.1)

Make a habit of practicing meditation, and do not let your mind be distracted. In this way you will come finally to the Lord, who is the light giver, the highest of the high. He is all-knowing God, Lord of the emperors, Ageless, subtler far than mind's in most subtlety, universal sustainer, shining sunlike, self- luminous.

What fashion His form has, who shall conceive of it? He dwells beyond delusion, the dark of Maya (duality). On him meditate always, for then at the last hour of going hence from his body he will be strong in the strength of this yoga (Union with God), faithfully followed: the mind is firm, and the heart so full, it hardly holds its Love. [Krishna- The Bhagavad Gita (Song of God) 8:8-10]

When man has reached the place where he has Faith in God, in nature and himself, he knows the Word of power; his word is balm for every wound, is cure for all the ills of life. The healer is the man who can inspire Faith. The tongue may speak to human ears, but souls are reached by souls that speak to souls. He is the forceful man whose soul is large, and who can enter into souls, inspiring Hope in those who have no Hope, and Faith in those who have no Faith in God, in nature, nor in man.

A thousand things produce inharmony and make men sick; a thousand things may tune the harpsichord, and make men well. The virtue from the hand of breath may heal a thousand more; but Love is queen. Thought, reinforced by Love, is God's great sovereign balm. Yeshua bowed his head in recognition of the wisdom of this master soul, and went his way. (Udraka- Aquarian Gospel ch. 23:13-26)

To Love is to know Me, My innermost nature, the truth that I AM: through this knowledge he enters at once into My being. All that he does is offered before Me in utter surrender: My grace is upon him, he finds the eternal, the place unchanging. Mentally resign all your action to Me. Regard Me as your dearest Loved one. Know me to be your only refuge. Be united always in heart and consciousness with Me. United with Me, you shall overcome all difficulties by grace. (Krishna- Bhagavad Gita, Ch. 18:55)

Perfect Love casts out fear. If fear exists, then there is not perfect Love. But, only perfect Love exists. If there is fear It produces a state that does not exist. (A Course In Miracles- text p.12)

There is no order of difficulty in miracles. One is not "harder" or "bigger" than another. They are all the same. All expressions of Love are Maximal. Miracles occur naturally as expressions of Love. The real miracle is the Love that inspires them. In this sense everything that comes from Love is a miracle. A Course in Miracles text p.1)

"Christ will lift the sons and daughters of the human race, yea, every one of them, from darkness and from graves of carnal things, to light and everlasting life." (Yeshua- Aquarian Gospel ch. 178:25)

Perhaps you think that different kinds of Love are possible. Perhaps you think there is a kind of Love for this, a kind of Love for that; a way of Loving one, another way of Loving still another. Love is one. It has no separate parts and no degrees; no kinds nor levels, no divergences and no distinctions. It is like itself, unchanged throughout. It never alters with a person or a circumstance. It is the Heart of God, and also of His Son.

Love's meaning is obscure to anyone who thinks that Love can change. He does not see that changing Love must be impossible. And thus he thinks that he can Love at times, and hate at other times. He also thinks that Love can be bestowed on one, and yet remain itself although it is withheld from others. To believe these things of Love is not to understand it. If it could make such distinctions, it

would have to judge between the righteous and the sinner, and perceive the Son of God in separate parts. Love cannot judge. As it is one itself, it looks on all as one. Its meaning lies in oneness. And it must elude the mind that thinks of it as partial or in part. There is no Love but God's, and all of Love is His. There is no other principle that rules where Love is not. Love is a law without an opposite. Its wholeness is the power holding everything as one, the link between the Father and the Son which holds them both forever as the same. (A Course In Miracles- workbook lesson 127)

Though I speak with the tongues of men and of angels, but have not Love, I am sounding brass or a tinkling cymbal. Though I tell what is to come, and know all secrets, and all wisdom; and though I have Faith so strong as the storm which lifts mountains from their seat, but have not Love, I am nothing.

And though I bestow all my goods to feed the poor, and give all my fire that I have received from my Father, but have not Love, I am in no wise profited.

Love is patient, Love is kind. Love is not envious, works not evil, knows not pride; is not rude, neither selfish; is slow to anger, imagines no mischief; rejoices not in injustice, but delights in justice. Love defends all, Love believes all, Love Hopes all, Love bears all; never exhausts itself; but as for tongues they shall cease, and, as for knowledge, it shall vanish away. For we have truth in part, and error in part, but when the fullness of perfection is come, that which is in part shall be blotted out.

When a man was a child he spoke as a child, understood as a child, thought as a child; but when he became a man he put away childish things. For now we see through a glass and through dark sayings. Now we know in part, but when we are come before the face of God, we shall not know in part, but even as we are taught by him. And now remain these three: Faith and Hope and Love; but the greatest of these is Love. (Yeshua- The Essene Gospel of Peace p.19-20 and Bible 1st. Cor. ch. 13)

Yeshua stood and cried, saying, If any man thirst, let him come unto me, and drink. He that believeth on me, as the scripture hath said, out of his belly (third chakra) shall flow rivers of living water. (Jesus- Bible- Jn. 7:37-38)

Bhakti Yoga- 6th Degree

Bhakti Yoga- Union with God through Service

From: The Upanishads

Once the gods won a victory over the demons, and though they had done so only through the power of Brahman, they were exceedingly vain. They thought to themselves, "It was we who beat our enemies, and the glory is ours."

Brahman saw their vanity and appeared before them. But they did not recognize him. Then the other gods said to the god of fire: "Fire, find out for us who this mysterious spirit is."

"Yes," said the god of fire, and approached the spirit. The spirit said to him: "Who are you?"

"I am the god of fire. As a matter of fact, I am very widely known."

"And what power do you wield?"

"I can burn anything on earth."

"Burn this," said the spirit, placing a straw before him.

The god of fire fell upon it with all his might, but could not consume it. So he ran back to the other gods, and said: "I cannot discover who this mysterious spirit is."

Then said the other gods to the god of wind: "Wind, you find out for us who he is."

"Yes," said the God of wind. "As a matter of fact, I am very widely known. I fly swiftly through the heavens."

"And what power do you wield?"

"I can blow away anything of earth."

"Blow this away," said the spirit, placing a straw before him.

The god of wind fell upon it with all his might, but was unable to move it. So he ran back to the other gods, and said: "I cannot discover who this mysterious spirit is."

"Yes," said Indra, and drew nigh to the spirit. But the spirit vanished, and in his place stood Uma, God the Mother, well adorned and of exceeding beauty. Beholding her, Indra asked: "Who was the spirit that appeared to us?"

"That," answered Uma, "was Brahman. Through him it was, not of yourselves, that you attained your victory and your glory."

Thus did the god of fire, and the god of wind and Indra come to recognize Brahman.

This is the truth of Brahman in relation to nature: whether in the flash of the lightning, or in the wink of the eyes, the power that is shown is the power of Brahman.

This is the truth of Brahman in relation to man: in the notions of the mind, the power that is shown is the power of Brahman. For this reason should a man meditate upon Brahman by day and by night.

Brahman is the adorable being in all beings. Meditate upon him as such. He who meditates upon him as such is honored by all other beings. (Kena Upanishad)

This Brahman, this Atman (self), deep hidden in all beings, is not revealed to all; but to the seers, pure in heart, concentrated in mind- to them is he revealed. (Katha Upanishad)

In one's own soul Brahman is realized clearly, as if seen in a mirror. (Katha Upanishad)

Man does not live by breath alone, but by him in whom is the power of breath. (Katha Upanishad)

Elibu taught; he said, In ancient times a people in the East were worshippers of God, the One, whom they called Brahm (Brahman). Their laws were just; they lived in peace; they saw the light within; they walked in wisdom's ways.

But priests with carnal aims arose, who changed the laws to suit the carnal mind; bound heavy burdens on the poor, and scorned the rules of right; and so the Brahms became corrupt.

In the darkness of the age a few great masters stood unmoved; they loved the name of Brahm; they were great beacon lights before the world. They preserved inviolate the wisdom of their Holy Brahm, and you may read this wisdom in their sacred books.

In Chaldea, a pious Brahm named Terah lived in Ur; his son was so devoted to the Brahmnic Faith that he was called A-Brahm; and he was set apart to be the father of the Hebrew race. And records of his life and works and of his sons, and of the tribes of Israel, are well preserved in Jewish sacred books. (Aquarian Gospel 10:1-6&15)

If you gain the whole world and loose your soul what have you gained? (Bible- Matthew 16:26)

Working With Ki

The food we eat, the water we drink, the air we breathe and the earth we walk on are charged with Ki. Ki is not the physical energy of nutrients, oxygen or magnetic currents but the subtle life force energy within them.

Ki is not limited to just the external forces but also composes the life essence in all the fields; the fields of the Body, the Mind, the Soul, the Spirit, the Will and the Higher Self and Sacred Heart. Ki is the essence of life in the external world and the internal dimensions of all life. Ki is in us, all around us, and omnipresent.

As we breathe, Ki or Prana from every level flows in and through us. Breath is a prana pump and if we breathe completely with Love and the intent to heal much more Ki flows into and through us. This brings greater health and healing to ourselves and others. Breath is an essential tool used to increase the flow of the Reiki current in and through us for hands on healing, distant healing and passing of attunements.

The Complete Breath

Learning the complete yogic breath is easy but it does take practice. The complete breath is sometimes called the full yogic breath. The complete breath uses the whole respiratory system not just part of it. Always breathe in and out through your nose. The complete breath is not forced or done with great force, just steadily and completely.

Stand or sit erect. Breathe in and fill the bottom part of the lungs which expands the diaphragm downward. The downward movement of the diaphragm exerts a gentle pressure on the abdominal organs. This gentle downward pressure on the abdominal organs pushes forward the abdomen area just below the navel and in the general belly area. This part of the complete breath is sometimes called the kidney breath. If you place your hands on your lower back in the kidney area you will feel your hands move outward when you complete this part of the breath properly.

The second part of the complete breath is the filling the middle part of the lungs. Filling the middle part of the lungs pushes outward the lower ribs, breastbone and chest. When the middle part of the lungs is full you will notice fullness in your center just at the solar plexus.

The third part of the complete breath fills the upper part of the lungs. As you fill the upper part of the lungs the upper chest expands and lifts. This also lifts the shoulders slightly. You will feel the breath rise up to about midway between the collar bone and the solar plexus.

The exhaling of the complete breath is simply breathing out and letting your lungs return to their relaxed position.

It takes a little practice to make the complete breath flow smoothly through the three stages. In a short while you will be able to breathe completely from your lower abdomen to your collarbone in a smooth uniform movement. This is not a forceful breath but just a gentle normal breathing of the complete breath.

As your consciousness of Love merges into the complete breath, become aware of the Prana coming in with your breath and flowing out through your hands. This becomes a steady stream of Ki directed by the Reiki Source for hands on healing, distant healing and the passing of attunements.

Once you have mastered the complete breath you can begin integrating many other forms of Yoga into this most basic foundation. The integration of other forms of yoga into the complete breath greatly increases the flow of and understanding of the Reiki Current.

Direct Experience

In Japa Yoga we work with the names of God which represent the highest ideals. These ideals are only concepts until they are experienced in some way personally. We already know that when we breathe in the complete breath that we bring in Ki or life energy into and through our being. In this way we experience Ki for ourselves.

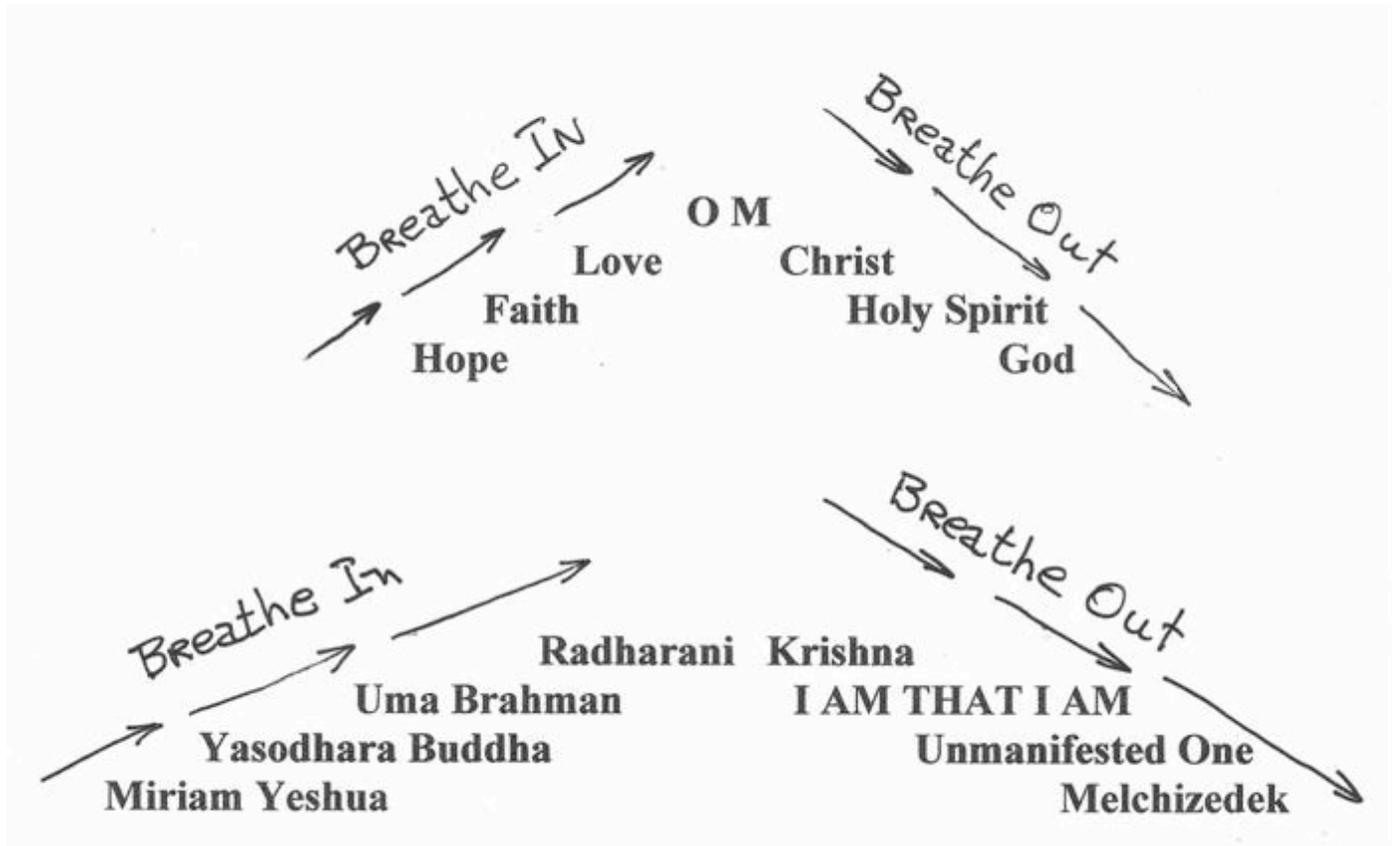
When we work with the Names of God and the complete breath we breathe in the Ki energy associated with the Elohim and the Personalities of the Godhead. As we breathe out we are of service by sending that energy to all Beings, all Creatures Great and Small and all Creation. As we work with the breath and the Names of God, we gradually begin to transcend the Names of God into the Energy and Light which they are. With the breath this energy is transferred into and through our being. In this way we can experience directly for ourselves, their Love which is beyond belief systems.

What is a belief system? For many years people in some parts of the world believed the world was flat. But through direct experience the truth was revealed. The earth is a sphere. This is not to say that belief systems cannot be correct and are all wrong. It only means that without direct experience the truth cannot be known. Without direct experience the truth that might be contained in any belief system is simply a belief. For example, enlightenment is not a belief system but the direct experience of truth itself.

The Breaths of the Elohim

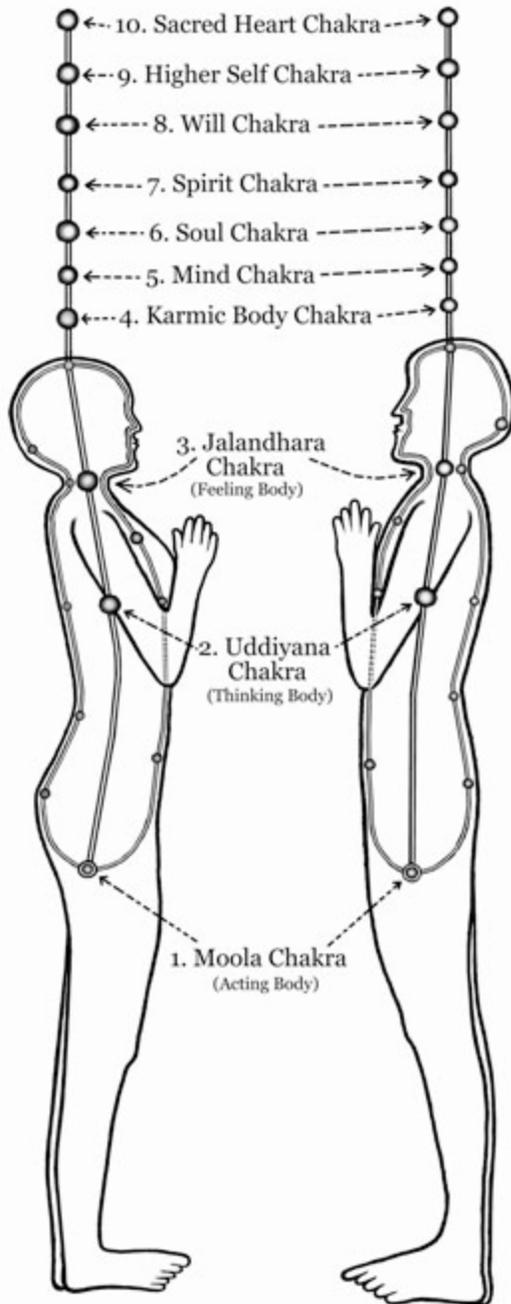
The Two Breaths of the Elohim are Breaths that helps us become One With Our Creator. They are great breaths for meditation, prayer and Reiki.

These breaths are very easy. As you breathe in and out say the names of the Seven Spirits Silently or say the names of the Ascended Masters Silently. This is a very easy and very gentle. Through this practice direct experience with the Elohim and the Ascended Masters begins.



Bhakti Yoga- 6th Degree

Bhakti Yoga- Union with God through Service



The God Centers and Reiki Energy

The Chakras of God dwell within us. We are His/Her creation. We are Heavenly Beings! The manifestation of these energy centers within us are meant to be used as a tool to connect to the God that dwells within us all. Connecting with our One Creator through these energy centers helps us bring Healing, Peace, Abundance, Joy, Love and Happiness to ourselves and the world around us.

The God Centers or Chakras within us are centers of High Conductivity and Low Resistance. These qualities enable Life Energy to easily flow in and out through them. Chakras help us to be sensitive to and easily work with energy in the outside world as well as energy from within us. Our Creator, through the attunement process opens the chakras as well as all the other parts of our subtle anatomy to allow more Life Energy to flow through us. This greater flow of Life Energy is also guided by our Creator and is always working for the highest good of all.

There are twelve main chakras within the body and seven above the head. The Seven Chakras in the back body are part of the Governing Vessel (Sushumna) along the spine and The Five Chakras in the front body are part of the Conceptual Vessel (Hara Line) which extends up the center of the front of the body. The Governing Vessel and Conceptual Vessel are connected together at the root and crown chakras. The root and crown chakras of each share the same space but have different functions.

As the Governing and Conceptual vessels come together at the crown chakra they merge into one chord that goes out the top of the head. This chord is sometimes called the astral tube because it is hollow and allows energy to flow through it. This chord between the crown chakra and the first chakra above the head is called "The Antahkarana" or "Rainbow Bridge". The chord then extends upward connecting the seven chakras above the head.

Life Force Energy, is sometimes called Ki, Qi, Chi, Prana or Kundalini Energy. Life Energy is most familiar to us as Love. Love is the energy within everything in the external world and internal world. It is the supporting energy of all Life.

Love flows from Our Creator into and through the Main Central Chord and Meridian System, down through the Chakras, through our auras,

pranas and Physical Body Systems and Senses empowering us with life as we know it in the material world. Love is always flowing through us, sustaining us and giving us Life. The choices we make with our free will determine how much of our Creator's Love we experience; and how open our subtle anatomy is to the flow of this Love through us to others.

The Feet and the Soul

