

BREATHING GOD'S PURE SOURCE OXYGEN

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The Rhythmic Holy Breath is very simple. Begin by stating the opening invocation. Then exhale and repeat the Rhythmic Holy Breath **seven times**. This Breath consists of four steps: the Inbreath, then hold the Breath in as it is assimilated, then Exhale as the Breath is expanded, and then hold the Breath out as it is projected to the rest of the World. With each of the steps affirm within the silence of your Heart the corresponding affirmation which is listed below.

I AM my I AM Presence and I AM One with the I AM Presence of ALL Humanity. As One Voice, One Breath, One Heartbeat, and One Energy, Vibration, and Consciousness of Pure Divine Love I consciously BREATHE the most intensified frequencies of God's Pure Source Oxygen from the very Core of Creation.

The Rhythmic Holy Breath (Begin by Exhaling)

As I Inbreathe, I affirm within my Heart:

I AM INBREATHING GOD'S PURE SOURCE OXYGEN.

As I Hold the Breath in, I affirm within my Heart:

I AM ASSIMILATING GOD'S PURE SOURCE OXYGEN.

As I Exhale, I affirm within my Heart:

I AM EXPANDING GOD'S PURE SOURCE OXYGEN

As I Hold the Breath out, I affirm within my Heart:

I AM PROJECTING GOD'S PURE SOURCE OXYGEN.

(REPEAT THE RHYTHMIC HOLY BREATH SEVEN TIMES)