

## **TAO of Mayan Healing 7**

### **Exercises to become a portal**

#### **Breath as Spirit**



**Commonly when you think of your breath ...what is your image of it?**

**Do you see your breath as being a part of you, or separate from you?**

**Do you view your breath as one complete motion that just happens?**

**Do you think of the breath as life force energy?**

**Have you tried different methods and rhythms of breathing?**

**How long can you hold your breath?**

**Have you experimented with the moment between your breaths?**

All of the ancient cultures have left us information about our breath and the importance of our rhythm in our practice of breathing. Slowing down your breathing consciously also slows your heart rate and pulse rate. A yogi or Buddha could stop their breathing while in a state of meditation which they describe as transcendence.

Deepak Chopra calls the moment between the breaths your connection to spirit or your higher self. The moment between the breaths is your pulse out of your normal reality opening your pathways to spiritual connection as we blink out of this reality. The same thing happens with blinking your eyes. You have heard of the expression, "in the blink of an eye" everything changed.

This lesson involves conscious breathing and the presence and integration of polarities through the simplicity of "being conscious" of our breaths. Let us call it the Divine Breath that gives life to all creation, the unseen essence of solar energy. Its essence is the movement of Spirit as it penetrates into form to enliven, purify and inspire. You are the form and conduit for this energy. You receive the gift of life simply by taking conscious breaths.



In the Mayan teachings IK is the name of the wind, of spirit, and of the breaths, all interwoven and expressed as the T for Tree, which turns the air into the life force oxygen that we breath. So as you breath, connect to the wind, to the trees, to spirit and consciously ask for inspiration and guidance to come with the energy that you take into your physical body with each life giving breath.

## **IK also teaches us the concept of PRESENCE.**

Presence is the expression of our being in the now moment and a creator of intimacy. From the simplicity of being present, your true identity emerges. Presence is being open, aware, and in the now.

Can you remember a time when someone looked deeply in your eyes, and acknowledged your being with their full presence? How does that experience feel? When you are acknowledged by another soul the experience takes you to the highest level of human intimacy and opens the window of your soul. Bringing your awareness fully into the present moment allows everything else in reality to fall away.

### **Exercise in Awareness** (Designed for a class setting)

Choose a partner and sit facing each other in a comfortable position. Put your hands together, palms touching and place your focus of attention on your partners' right eye.

Focus all of your attention into that persons' right eye, trying not to blink or become distracted. Enjoy what comes to your vision while you go deeper into the experience. Take some deep breaths to allow the change of focus to begin. Allow your minds to go empty of thought, just concentrate all your energy into the focus on the eye.

Your breathing becomes slower and shallower as you move into a space of oneness with this person. The energies are merging now and you are beginning to feel the oneness of your connection. There is no division between your hands as they meld into one hand. As you focus your attention on their eye you will notice the changes in their face as the energy shifts and overlays are presented. These are a few of the lifetimes held in cell memory that you both shared. Allow the changes to keep shifting while you stay focused on their right eye. If you try to change focus and look at the face you will lose the impressions. Keep the focus, and you will enjoy the experience of melding your energy with another in the oneness of being.

### **Balancing the polarities in your physical body**

Another gift that is experienced through the wind and breath is the integration and balance of the polarities within you. The universe does a dance of the magnetic and electrical forces creating a polarity of positive and negative uniting as the electromagnetic force that we have discussed. In your form you also have the male and female aspects that need to be honored and understood for their differences in order to feel the harmonic resonance and balance.

### **How do you accomplish this?**

In your meditations perceive the right side of your bodies as the male aspect and the left side of your bodies as the female aspect. Observe the qualities of each as they relate to

your life experience. Look at the issues in your life from both aspects so you can draw on the strengths in your various relationships.

Look at the fears, strengths and potentials of the male/female aspects to learn how they relate to your actual experience.

### **Activating your power lines**

When you get into a situation that you need the strength related to the male aspect, close your eyes and ask for the spirit energy to activate your right side at the shoulder entrance spin point. This is your power meridian that reaches all the way to your foot.

When you are in a situation where you need the strength and the compassion of your female aspect, close your eyes and ask for the spirit energy to activate the left at the shoulder entrance spin point. This is your strength line that reaches all the way to your foot.

The ideal situation is to have the power and strength meridians activated to work in unison and balance in each encounter. You can accomplish this by crossing your arms over your heart chakra and putting your fingers on the spin points of each shoulder and ask for the energies of power and strength be sent to work with compassion from the heart to express your energy.

Many of us stay out of balance, as we do not know that all energy is available to us in the purest form of our being, when we have clarity in our requests. This energy helps us to explore the sacred magnetism of both our attractions and their opposites.

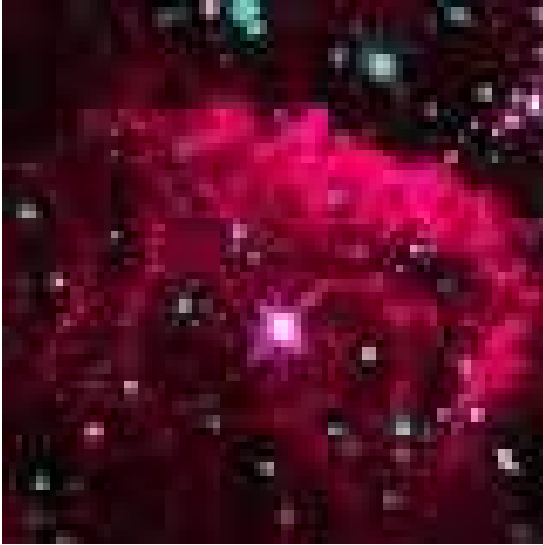
The number two represents polarity of the energy forces that the Universe is composed of. A lot of people misunderstand polarity balance. They look at everything as good and evil, black and white, and deny their shadow sides. This universe is composed of love energy based on magnetism for attraction and electric properties for creation which are classified as opposites. Polarity is balancing the effects of these energies so that they work in harmonic resonance in all areas of our life.

When you still get a charge that angers you or puts you in fear of something the energies are out of balance and issues are clogging your meridians. Ask for the energy to clear the issues so that you can remain clear and open.

### **Creative Meditation**

( You can record this in your own voice and play it back on a tape recorder for a meditation that is personal and effective)

If you wish to work with this polarity in your own energy patterns, close your eyes, and visualize a black, deep dark all encompassing sky. Now picture a pinpoint of white light in the center of that velvety blackness. Now allow that white compressed dot of white to explode into many tiny dots of white light, covering the blackness like stars. Next, bring the white light dots into a spiral form, like our Milky Way Galaxy.



Focus on the center of that spiral, and bring it down to your crown. As it comes spiraling closer it becomes a translucent white light spiral that contains all the colors. This spiral holds the luminous frequencies that come to our earth plane to refresh, renew, energize and inform us as we continue on our earth walk each day.

Ask this energy to deposit all the information that you need from the Universe into your cellular level to expand your awareness and growth each day. Ask that you be able to feel this energy come into your crown chakra and flow through your body activating the cells for growth and understanding.

Now turn that white spiral of energy into a ball of gold light and move it through your body, cleaning out all the old issues from your head to your toes. Bless the energy that was sent for your growth and send the ball of gold light back out through your crown into the original spiral to be transformed and transmuted into creative energy that can come back to you for health and activation.

Now come back into your bodies and look at this beautiful white light that has illuminated your being from the inside out. Look at the translucence of the colors and bring them back with you into your conscious state. Keep that smile on your face and open your eyes. Yes! We are wondrous rainbow beings created as light, from the light of creation.