

Chapter 11: Soul and Prana

One, Remembered (a continuation of the poem “The We”)

*And it came to pass
And the We cried for the loss of the selves,
And the selves knew of separateness,
And the selves forgot the vibrations of the We.*

*The selves became engulfed in illusion
And knew, for the first time, aloneness.*

*As the selves forgot, the We Desire arose
The selves clung to what was manifest
Attachment to the transient
Became the replacement for the We.*

*Once strong and brilliant,
Now only a dim memory,
Many parts of the We became dangerously dark.*

Definition of Soul

In our modern American culture we have lost the meaning of “soul.” We use “soul” and “spirit” interchangeably in our conversations, on book covers, and even in the sermons at church. I would like to clear up the confusion of what exactly your soul is and the purpose and benefit of having a soul.

If for example you sold your soul to the Devil as in the movie *Bedazzled*, the Devil (if there is such a thing) would not own you. You, and your essence and information are a human spirit. You would have sold the outer protective layer of your spirit to Satan.

Now, let’s look deeper now into what exactly is “soul” and what is its relationship to “spirit.”

Your soul provides the protection for your spirit and is the outer layer that contains your spirit during human incarnation.

There is a beautiful legend from the Ancient Gnostic tradition about the creation of human spirit and soul.

Creator God the Father, finding himself lonely, broke off part of himself and created his female half, Creator Goddess, the Mother.

God continued to create, and in his creation he made the human race.

Your Divine Human Blueprint – Soul and Prana

“I remember a time when time was not, when all that was, was what could not be, when who was what and I was We...”

Father God had put his attention on his creations, and now Mother God(dess) was becoming lonely also.

After a while the Mother Goddess noticed the children of Earth were losing their original brightness and light. The nature of a male is to create, as the nature of a female is to hold and nurture. Although Father God could continue to create, he could not bring the brightness back to his creation.

The Mother (Sophia), sensing human anguish, gave her life to the depths of matter and embracing each human spirit she became the sacred chalice that holds the light for every human. She became the *soul*, the protective womb, where our spirit is held and protected while we live out our physical incarnation.

Human spirit is essential, being in the form of a magnificent light body, vibrating at the frequency of our particular energetic signature. Human spirit animates the physical body; without the human spirit, our body would not survive.

Spirit is Essential to Human Life (a continued section of the poem “The We”)

*And the mother,
The magnificent soul of the We,
Encompassed each part,
Ensuring each tiny flicker would not extinguish
But would remain enshrined in her great love.*

*She became the holder of the flame,
She whose womb is the gateway to all the worlds,
Gave with abandon.*

*She became separate;
To each flame her womb became a soul.
And so it was.*

*As a lamp holds the light,
So it is that the soul holds the spirit.*

She held the parts of the We

*And, though we knew separateness,
We could also feel the GreatMother
Whose memory of the great We
Became permanently protected
In the vibrations of the soul,
Though many dangers*

Your Divine Human Blueprint – Soul and Prana

*Threatened to extinguish the We,
Now clad in its new pelvic armor,
It was again safe.*

*And so it was that the Great Mother
Gave to all, and lost her being to save the We.*

*The We was grateful to the Mother,
And again remembered the time of no time
When all that was was We.
And so it was.*

Several years back, I received a very sad phone call from a lady in Scotland. Her thirty-four-year-old son had mysteriously passed away a few weeks prior to the call, and her pain was unbearable. She called me with the hope of getting some answers and connecting one last time with her son to say good-bye.

In our research we discovered that he had been working with a high tech sound and light show. While setting up for a big event, he had experienced an accident with the lasers. He tripped over some equipment and severed the silver cord that attached him as spirit to his body. This left him completely unattached to his body. When he went to bed and fell asleep, he floated out of his body, as he had done many times before. However, without an attachment to his body, he could not find his way back into his body when morning came. After several days, even though he had no physical ailments, he just died. Without human spirit there is no human life.

The Role of Soul

Contemplating the role of the soul, we can see that it directly correlates with the life-force of an individual. If the life-force is at twenty percent, the reading of the soul will match it and provide only twenty percent protection. The reason for a drop in the soul reading is a simple one: As an individual's life-force wanes, it is a trigger to the spirit to prepare to leave and re-enter to realm of spirit. The soul exists entirely to protect the light of human spirit while in a physical body. If the body is letting go, the spirit will naturally leave with ease as the protective chalice (soul) falls away.

Karen's story

When Karen contacted me, I was alarmed at her life-force reading. She was referred to me by her close friend, Darby, a business connection of mine. Her friend wanted to see if I could help in some way. Karen could no longer walk. Her body was filled with lots of extra fluid (edema), and she was afraid for her life. We spoke on the phone for some time and I urged her to see me immediately and not wait. She scheduled the first of many healings the next day.

Karen felt my urgency, but at the time I had not revealed the low reading of her life-force. Her two percent life-force and soul readings meant she would have passed away that week. I began the complex process of removing death energy and boosting her life-force at every juncture. Four months of intensive sessions restored her to her happy, playful self. She returned to life and enjoyed her family more than ever.

Lynn Ann's Story

Lynn Ann also came to me with a life-force and soul reading well below five percent. She too was days from her demise. She arrived at my doorstep with husband and an eleven-year-old daughter. Her husband got her to the sofa where she lay, having difficulty breathing. She was clearly in overwhelming pain. Lynn Ann was dying from seven infections in her colon.

Stanford doctors told her she was dying and had advised her to take steps to tie up loose ends.

The first day we worked together I removed eighteen inches of black (death) energy from her body. Over time, we rebuilt her systems and the damaged and sick organs. During the four months of her initial treatment, we cleared all of the infections. The true sign that she was well was reflected in a life-force reading consistently over ninety percent and soul readings returning to one hundred percent.

Prana

*Breathe on me Breath of God,
Fill me with life anew,
That I might love as thou has loved,
And do what thou wouldst do.*

From the Lutheran Hymnal

Breath represents life anew and provides for peak human expression, for where there is breath, there is life; where there is breath, there is peace; and where there is breath, there is vitality. Most important, where there is breath, there is love.

Prana provides birth for the spirit in the body. The breath of life, the first breath, is the action that “seals the deal,” so to speak, in the absolute connection of spirit to body. The concept of Prana existed long before the Yogic tradition gave it a name. The mechanism of Prana has existed since humans have been incarnating into physical bodies.

As an infant prepares to come into the world, he or she begins to establish a relationship to the mother. During the nine months of gestation, the infant

shares in the Prana of the mother's body. Upon a baby's entry into the world (birth), breath begins and thus Prana or the breath of life begins. This breath can heal the body. The magic and science of Prana have been deeply studied and developed through the practice of Pranayam, titled many ways from various traditions. A person can use breath to heal the body and restore vitality and health.

Prana is the spiritual aspect of breath while a person is living.

Nowadays, you might find simple Pranayam methods taught by Hatha and Tantric yoga teachers. The practice of breath is mostly taught from the sadhus' traditions of India. For thousands of years, sadhus have kept the yogic secrets of breath and vitality alive.

Three Pranayam Breathing Techniques

Practice 1: Slow, Conscious Breathing Ten-Count

- Find yourself in a comfortable seated position, either cross-legged or seated in a chair, spine erect, with feet on the floor.
- Allow your eyes to close. Imagine the air you are breathing in is infused with pink and Gold Energy (pink representing divine love and Gold representing divine vitality).
- Connect with the bottom of your spine and breathe deeply into the base of the spine for four counts.
- Hold the breath for sixteen counts and allow the fullness of the breath to supply a rich supply of oxygenated blood to the entire body.
- As you breathe out slowly for eight counts, breathe out any negativity or darkness.
- Continue this procedure for nine additional rounds.
- Completion breath: Breathe in deeply. Hold the breath for sixty counts, and feel the shifts that have taken place during your pranayam practice. Feel the new you, refreshed and revitalized.

Ta tas tuo ~ So be it!

Practice 2: Alternate Nostril Breathing

- Find yourself in a comfortable seated position, either cross-legged or seated in a chair, spine erect, with feet on the floor.
- Allow your eyes to close.

Your Divine Human Blueprint – Soul and Prana

- Imagine the air you are breathing in is infused with pink and Gold Energy (pink representing divine love and Gold representing divine vitality). With your right hand up to your nose, press the right thumb against the right nostril.
- Bend the index and middle finger in towards the palm.
- Place the ring finger and pinkie against the left nostril.
- Began by pressing the thumb against the right nostril and breathing in four counts through open left nostril.
- Close both nostrils, hold the breath deep in the lungs for sixteen counts.
- Exhale through the right nostril eight counts.
- Breathe in through the right nostril four counts, holding the left nostril closed.
- Close both nostrils holding in breath for sixteen counts, allowing oxygen to flow through the body.
- Release the left nostril and breathe out for eight counts.
- Repeat this practice for an additional nine cycles
Completion breath: Breathe in deeply and feel the shifts that have taken place during your Pranic practice. Feel the new you, refreshed and revitalized.

The benefit of these practices is that the right and left brains are now beautifully balanced.

Om Shanti, Shanti, Shantihi ~ Om Peace, Peace, Peace

Practice 3: Kabala Bhati Breathing

- Find yourself in a comfortable seated position, either cross-legged or seated in a chair, spine erect, with feet on the floor.
- Allow your eyes to close.
- Imagine the air you are breathing in is infused with pink and Gold Energy (pink representing divine love and Gold representing divine vitality).
- Take in a deep cleansing breath through the nose and breathe out through the mouth. Hold and release.
- Breathe in short bursts, pumping the navel.
- Rapidly breathe in and out.

Your Divine Human Blueprint – Soul and Prana

- With each exhalation, physically pump the belly inwards with the muscles in the abdomen.
- The responding inhalation relaxes the belly outwards. Continue with sixty consecutive breaths pumping the navel in and outwards. As you complete each breath cycle, focus on the seed syllables: *Sat Nam ~ truth is my name*
- Completion breath:

Step 1: Upon the sixtieth exhalation, breathe in deeply and exhale slowly.

Step 2: Breathe in deeply filling the lungs all the way down to the diaphragm, imagining your breath going into the pelvic cradle. While your body is bathed with a rich supply of oxygenated blood, feel the shifts that have taken place during your Pranic practice. This supports energy and vitality.

Repeat this process for two additional cycles.

Namaste ~ The God in me honors the God in you.

“Soul” relates to life-force while “prana” relates to breath, and both are a vital force for the existence of human life. To have the experience of vibrant health and life-force of a hundred percent, to have the joy of deep breathing into your very core with oxygen and life-force feeding and nourishing all of us, that is human and is amazing.

If your vital energy is waning and life-force is low, you can use our Miraculous Healing technique of pumping Gold into your life-force and soul. This will give you some relief until you are able to identify the cause of the low reading, which is typically an illness or serious health problem.

As I always say, “It ain’t over till it’s over,” and “It ain’t over till we say so!” I say it just that way. Death isn’t something we should tip toe around, but rather, put some silliness into the pictures and start breaking up those death patterns, making room for life! Your Miracle Starts Today! Choose life!

Morning Sun (1995)

*I am the morning sun
I break open the dark egg of night
I shine through the longest day
I die with the end of light.*

*A faithful friend, I am
Each day I’m born again*

Your Divine Human Blueprint – Soul and Prana

*I encourage you on and brighten your way
Depend on me every dawn.*

*I am the soul-or panel of life;
I wrap you in a blanket of love;
My fires scorch fiercely on high;
Down here, I am gentle as a dove.*