

SOUL LIGHT - Thirty One
BREATHE

A few months ago I offered readers two mantras:

I AM LOVE
AND LOVE IS ALL I NEED TO GIVE
TO ALL I MEET
AND ALL I DO

And also.....

I AM SPIRIT
AND ONLY MY SPIRIT IS REAL

I AM SPIRIT
AND MY SPIRIT IS JOYOUS LOVE

I AM SPIRIT
NOTHING ELSE.... NOTHING LESS.

Many people have written and told me they have gained much benefit from using them. Some made them into posters. Others taped them and listened to them with musical backgrounds.....

This fortnight I'd like to offer you another mantra I call BREATHE!

Simply make yourself comfortable.....close your eyes.....and then slowly breath IN and OUT.

On the out-breath repeat out loudE GOES OUT (in other words, ego goes out.....)

On the in-breath repeat out loud.....GOD COMES IN

After a few minutes change the mantra from your external voice to an internal voice. Be silent, yet continue the chant within....keeping focused on your slow breath and the meaning (for you) of the words you intone.....

Visualise all egoic thoughts and feelings leaving you; and the Divine Presence completely embracing and filling you.

Keep this up for just 10 minutes, preferably early mornings (but evenings are OK, too). Try to do it every day.

After a couple of weeks you will notice your frustrations and angers have been modified; your irritations and annoyances have declined; your intolerances and rigidity have weakened. You will also realize that your co-operative nature has grown, your care and concern for others has widened, your love and compassion has deepened and your sense of wellness and oneness has expanded significantly. Keep up this mantra, with focused attention and intention, and you will soon enjoy significant behavioural and social benefits!

Please write and let me know how it affects you personally.

E-GOES OUT.....
GOD COMES IN.....
E-GOES OUT.....
GOD COMES IN.....
E-GOES OUT.....
GOD COMES IN.....

Be at peace in Spirit,

Love and Blessings,

Les