

The Breath of the Soul: From the Ground Up by Adam Gainsburg

Being that a large majority of my work is focused on facilitating and catalyzing a direct, pragmatic awakening of ourselves as a Soul consciousness, you might imagine how jazzed I feel about the Breath of the Soul practice. Though I didn't know it when the Practice first made itself known to me, it has proven itself to be a reliable and powerful method for tapping us into the very architecture of our consciousness. How can I say something so bold? Let's see...

As a human being, you participate and unconsciously agree to be at the influence of a multitude of energetic forces, like gravity, your own desire, electromagnetism, your unconscious drives, stomach hunger, magnetic attraction to others, etc. You will find that the most powerful forces we are 'at the effect of' will always be those that emanate out of you, rather than those that are imposed on you. This is true because those that live within you are the same laws and drives that govern the universe.

One of these forces is most useful for understanding the dynamics at work in the Breath of the Soul. This force creates our entire reality of *Interior vs. Exterior*; it is responsible for that polarity as a reality for you. For example, what you feel inside of you actually energetically lives inside of you (running through your physical and non-physical energy pathways), yet how you communicate those feelings to others and how your feelings influence others rely on very different energetic 'pathways' or laws. Verbalizing your feelings to a friend relies on the air molecules *outside* your body and their understanding the language you're using relies on the development of their brain's language centers. This notion of spatial reality differences is at the core of the Breath of the Soul.

From a ground-up view, the Breath Practice is wonderful at strengthening your relationship with your Exterior because it shows you how everything inside of you is able or unable to relate with everything outside of you. The Practice avoids the traps of intellectualizing and over-analyzing what's really going on and elegantly reveals what's *actually* happening within and comprising your relationship with aspects of your beingness. For example, if you discover in a Breath session that you feel very uncomfortable with the space *behind* you (which is one of the six basic spheres we work with at the Basic level) than you have effectively uncovered a tremendously valuable piece of information: there is something about your inner relationship with the facets of your consciousness symbolized by the outer space *behind* you (in the *posterior* sphere) that is atrophied, obstructed or shut down. You would then be guided how to make new contact with and come to own those parts of you.

Now, because the trigger for this awareness is still quite general – you've only identified a general location – the space behind you – rather than, say, identifying a specific trauma from your childhood (in the past) – you have at your disposal the ability to examine any aspect of your life which in some way pertains to your spatial relationship with *behind* or *back* or *past*.

A Breath of the Soul facilitator knows how to utilize the Practice in any of its core functions: as a diagnostic tool, as a healing modality, and as a catalyst for expanded consciousness.

For a list of facilitators, a schedule of upcoming classes and further information, please visit: www.Soulsign.com/breathofthesoul.