



CONTINUING FLUX

Spiritual Exercise: Anima-Tech Infinity Breathing



Sacred Transformational Breathing

"Everything that exists above and below also exists within you. And everything breathes; when you realize this, you will also understand the Art of Peace. Those who practice it (the infinity breathing) know that warriors are the protectors of Mother Nature, and every breath we are putting inside ourselves contains the sun and moon, heaven and earth, the high tide and low tide, spring and winter, summer and fall.

All the learning of man can be summed up in how to breathe consciously. Each time you do this, you share in the powerful energy that sustains Creation. "

~ Paulo Coelho

The Infinity Breathing and the Binary Sequence

The symbol of the infinite ∞ , or the lemniscates, is a vibration signature. It is a translation of a geometric pattern of light. This geometric bit is generated as a flow of tranquility, or point of tranquility, brought forth from the Heart Essence of the Supreme Creator where all was perfect. This perfection, however, was self-contained within the Great Void; it is a referential idea, for many this point is known as the Zero Point; from there it expands, creating and permeating the unmanifested and manifested Universes with plenitude of thoughts and matter, essential elements of manifestation. The lemniscate is also a Light configuration used widely by the Elohins.

The Elohins are powerful designers; they are consciousnesses that execute the building structures and forms from which the "drama" of creation is able to unfold. They are responsible for the creation of





higher structures such as planets and solar systems. Tradition says that they are consciousness that already reached the ninth initiation of creation. The Elohins utilize the Lemniscate to project the entire spectrum of the cycles of evolution forward. Elohins are known to be the Pillars of Creation.

The Infinity Breathing which is generated inside of the mind-heart of all that is, but magnifies itself in all directions, in different dimensions, especially on the worlds of duality, where the duo-polarity represent the worlds of manifestation.

The Binary System

It is important to note that the binary system can be perceived in everything in nature, including inside of the process of cellular division and also in high-tech computer languages.

During this practice, one inevitably activates the fourth, the fifth, the sixth, the seventh chakras along with the infinite portal, the eighth chakra; therefore connecting the points of Light on multiple chakras comprising the totality of the spiritual entity in question, the Presence I AM.

Technically, it will not matter if the various Schools of Knowledge and Healing profess the existence of 12, 36 or 50 chakras, one needs to intentionally request that the appropriate chakras to be activated, harmonized and unified with the system of multiple bodies¹, characteristic of our

¹ The multiple bodies are the physical body, the ethereal body, the astral body, the mental body and the spiritual body. The system of bodies expresses the multidimensional nature of our

multidimensionality. Archangel Michael suggests that one should practice this method first inserting the infinite energy through the breathing in each and every chakra individually, through the meditation of the **Crystalline Spheres** of high consciousness taught through Rona Herman. We suggest you to breathe in (inhale) a sphere of Light and then superimpose the infinity sign over each sphere/ chakra to assist in accelerating the process of releasing impacted, discordant energy configurations as you strive to reclaim the gifts of self-mastery. The process of clearing, harmonizing and balancing the seven major chakras of the physical body results in an important initiation process called THE OPENING OF THE SEVEN SEALS OF GOD-CONSCIOUSNESS.

The benefits of opening the threshold of infinity breathing using the Meditation "Point of Tranquility" are countless. The reason is that your Galactic Chakras are naturally aligned with your physical vessel, when one increases the flow of prana, and engages in the revitalization of the body; one starts accelerating the process of rebuilding our Bodies of Light, building Antahkarana and better connecting to our I AM Presence.

Progressively, this builds our protective sheath of Light so we will be fully protected from negative influences of the lower dimensions and we are allowed to exist as

human existence. We are who we are in different levels, any attempt to limit or to label any human life is just a narrow minded attempt to limit the infinite and unlimited possibilities of the Universal Mind.



an observer of the unfolding drama in the third and fourth dimensions.

But this is not all. Beyond this; we increased our Light quotient to design, create and expand more and more unconditional Love / Light to Earth, humanity and all sentient beings. In doing so, we reach of level of consciousness expansion in which we are permitted to meet the graduates Beings of Light in Higher kingdoms and log into multiple realities of time- space continuous.

The Crystalline Spheres of High Consciousness

Preparation

Before you start this process, look for a place where you can be alone and calm, where you will not be disturbed. Know in

your heart that the ultimate goal of ascension and self-realization is to contribute into the evolutionary process of the planet, its sentient beings and consciousness as ONE.

Affirm: *“I ask for my highest good, the most benevolent outcome for all humanity, the Earth and all Creation.”*

By doing this self-affirmation, you align your will with the Divine Will of our Father/Mother God. Then you commit to spend however much time you decided that seems appropriate to BREATHING IN LIGHT AND BREATHING OUT LOVE.

Note that this is not the same Buddhist process of Tonglen ², because instead of

² In the practice, one visualizes taking onto oneself the suffering of others on the in-breath, and on the out-breath giving happiness and



breathing suffering, processing it through the temple of the heart and releasing compassion, which is the process done with Tonglen, the sacred breathing only anchors the adamantine energy of creation and life through your Crystalline spheres (chakras).

This is the process that will speed up your ability to access the full Metatronic Light of this universe which contains the Adamantine Particles of Creator's Light made available to those who have stepped onto the path of self –realization and expansion of consciousness.

Seven spheres of consciousness with one crystalline sphere of Light Divine I Am Presence that anchors the infinity breath at each center or chakra:

Envision one crystal ball of bright radiant light, flowing down from your I AM Presence (Soul Star) through your central channel and anchoring on your root chakra.

Breathe three times, the symbol of infinity within this chakra. Feel the warmth of this divine light permeating all the organs and glands related to this chakra. You may even visualize little short circuits, as the blockages, emotions or energy obstructions enter in contact with the crystalline sphere.

Now, move the ball to the next chakra and repeat the process successively until the seventh chakra.

Do not forget to breathe deeply, and slowly. The deep and complete breathing procedure massages and attunes the internal organs and the abdominal muscles.

success to all sentient beings. As such it is training in altruism.

Once you have concluded this exercise, give yourself a sequence of three breaths of Infinity - this becomes your flow of life. (This process may be performed with or without personal affirmations).

As workers of Light and World Servers, the learning of this specific technique of Infinity Breathing can assist us in firing our connection with the binary system of cosmic creation through the activation of our region of solar power: throat chakra, the thymus gland and our solar plexus.

This quick activation should only be attempted after a few practices in the breathing through your entire system of chakras, particularly including the lower chakras, because they are the ones that can ground and anchor the high stream of energies that are going to start flowing freely through your energetic matrix.

When activating your solar power, start with the infinity symbol, and then activate the binary sequence thought rhythmic breathing. Start with two consecutive breaths, pause; double to four breaths, pause; double to eight breaths, pause and so forth. Do these until you reach 512 breaths. You can always expand this exercise to 1024, 2048, 4096.

A good trick is monitoring your time, not your breaths. If you know you will spend 30 minutes doing 256 breaths, you know that it will take an hour to reach 512. After you develop a rhythm, everything gets easier.



Suggested Affirmations for Your Practice

First Chakra: *I am accessing and integrating the power of Unity with Earth and with abundance*

Second Chakra: *I am accessing and integrating the power of passion with my higher self and my intentions are to create, joy, peace and prosperity to enjoy and share.*

Third Chakra: *I am accessing and integrating the center of my personal power, controlling my emotions, I master my intentions and I affirm clean boundaries.*

Fourth Chakra: *I now activate my emotional and my power centers, and I decided to only receive and project the energies of pure love and light. I consciously open my heart to the Divine flow of Spirit.*

Fifth Chakra: *I am accessing my center of power to intend by the power of communicating and expressing myself with truthfulness, integrity and discernment.*

Sixth Chakra: *I am accessing and integrating the power of my intuitive mind, clear perception and I receive the inner wisdom from my higher self.*

Seventh Chakra: *I am accessing and integrating my spiritual power and I connect with My Divine Presence I AM, my center of enlightenment, inspiration and Wisdom.*

Eight Chakra or your Soul Star: *I am connected and aligned with my Rainbow Bridge for the Oneness in consciousness. I consciously transform all dissonant frequencies and vibrations that have entered my energy field while I advance to a place beyond the Laws of Karma where only Grace and perfection exists.*

AND SO IT IS, Om Shanti Aum

I AM that I AM