

Breath of Life

MMW - 5

4th Chakra - Diaphragm or Breath of Life Chakra

This chakra governs the diaphragm and conscious breath. Conscious breath is not only a developed diaphragm that can convert oxygen to sugar upon a biological level but is also an energy flow through the field in which the chi and fire are distributed as originating from the heart and soul region through the grid work, chakras, and subtle body of the form.

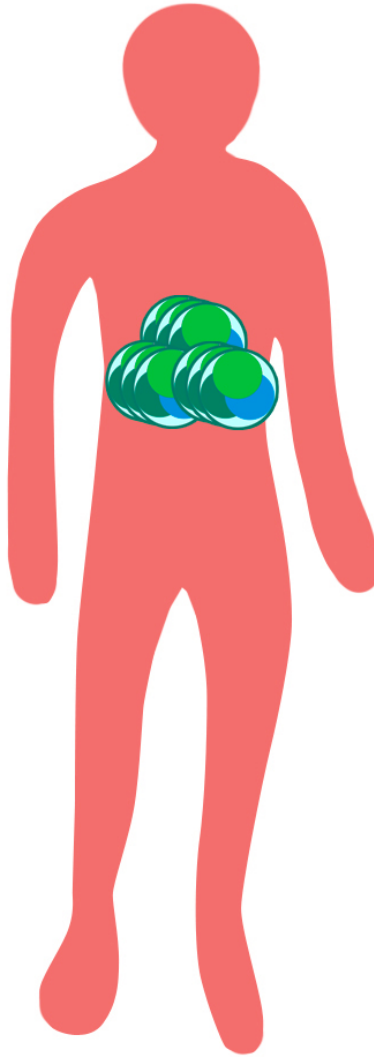
Creative Self Expression Nature: Active. The Symbols External, Breath of Life and Passion.

Lungs and Diaphragm Suggested Herbs: Feverfew, Comfrey, Bloodroot, Oregon Grape Root, Passionflower, and Shepherd's Purse.

The above herbs will assist in clearing the lungs of phlegm and toxic mucous from ascension. Many colds or chest conditions are really toxins leaving the bronchioles or chest via the lungs. Ascension also requires learning "Conscious Breath." See diagram below for front view of breath of life chakras developed by 3,000 segments.

BREATH OF LIFE

FRONT VIEW



3 BREATH OF LIFE CHAKRAS DEVELOPED IN FRONT
AND 3 IN THE BACK (by 3,000 segments)