

Welcome to the April 2010 Breath and Breathing Report.

Namaste Everyone!

I am writing to you from Moscow. We've only been here for a few days, but I've already lost count of how many people have come for sessions. My organizers are working me like a dog! And I love it. Look, my tail is wagging!

Again today it happened. And now others are beginning to feel it too. No matter how distracted or tired or unmotivated or uninspired I feel, when we gather and begin, it is as if a switch is hit. Suddenly there is this amazing influx of energy: and the teachings just come through, proving that whenever people gather for the purpose of enlightenment or awakening, enlightened masters and awakened beings from across the universe join us, bringing their light, love and inspiration. This work is so easy and such fun!

From here, we take the "miracle of thought, breath and touch" to Almaty, Irkutsk, Ufa, Vilnius, Moscow, Saint Petersburg, Tyumen, Urbino, and Paris, between now and July 6. Anyone who is ready to master the Art and Science of Breathwork is invited to join us on the tour. Visit www.breathmastery.com/seminars.htm for schedule and contact details.

All along the way, for two hours a day, I am committed to being on the internet.

I am tuning into the markets, and becoming a master trader. In a way, we are learning to create money out of thin air! It's a very powerful spiritual process, because the market acts as a mirror, reflecting back to us what we hold inside. It requires that we be very Zen-like in our technical analysis and in training our reticular activating system to recognize and execute consistently profitable trades, in absolute alignment with divine right order and the highest good.

Trading requires that we clear away any psychological, emotional, or energetic blocks, and any family patterns or ancestral imprints that prevent us from expressing our full potential. It requires that we embody elegance, integrity, intuition, keen observation and clarity, regarding the rules we follow and the choices we make and the actions we take. It also requires impeccable money management, risk control, and tax optimization.

The inevitable outcome is that we will create in excess of six figures within the next two years. My purpose is to manifest financial abundance, in order to support and uplift my family, myself, and my community. If you are interested in more information, or if you already feel drawn to join our trading group, visit: www.christosavatartrading.com.

I recently received these two quotes, which are quite fitting:

"People who don't hear the music think that the dancers are crazy!"

If no one is laughing at your dream, then your dream just isn't big enough!"

At the seminars, I am encouraging us all to follow the advice of Paul Lowe:

Stop holding... ideas, beliefs, desire, likes, dislikes, etc. Share and respond honestly. Don't edit yourself. If you do, you destroy the purity. You become not real. Not holding isn't exactly the same as letting go. The mind's basic program is survival. We have to move beyond that...going beyond what the mind is comfortable with.

Be unconditional. Observe your personality, behavior, censoring, posturing, rehearsing, resisting, hiding, judging, etc. Be vulnerable, Everyone has things that they hide, even from themselves. That is what needs to be said. Often there are no words... so say what words come out around what is there. Don't waste time/energy trying to find the right words, worrying how to present it so that people will not judge you. Don't worry about embarrassment. Reveal yourself to yourself. Don't protect yourself from yourself.

When you are ready to be totally vulnerable and share everything that is real and actual in the moment, life opens up within us, and we become part of the divine flow. You are the most valuable thing on the planet to you. When you find yourself, you will be free. Once you are free, everything happens for you. You vibrate differently, and the world changes.

Invest in yourself. Get free! When you say yes, the universe helps you. Be more awake, more real—whatever that is in the moment—and you will start to feel the blessing. There is a natural divine flow, and it is always takes us toward maximum potential. But when you are in that flow, you never know where it is going to take you next!

Be present unconditionally, with no against-ness of any kind. Be grateful for the depth of each moment...and drink every last drop. When you really see an aspect of yourself clearly with no judgment, you are at the door to balance and harmony and peace and freedom. Without judgment, there is no reason to avoid or hide or defend or edit...

And Now For This Month's Rambling Insights, Realizations and Reminders:

Our physical reality is a result of our thoughts and beliefs up to this point. The world, in a way, is just an illusion, the culmination of everyone's thoughts and beliefs. All problems in the world are created by our own and the collective consciousness, or unconsciousness. The outer world, and everyone in it, is just a mirror of our inner world.

We are all interconnected. We are everything, and everything is us. What happens in us affects the entire universe! The whole universe is within us. It's hard to explain, because words cannot describe ultimate reality. But through spiritual breathing, we can feel this connection to every living thing.

We connect with each other most deeply when we are in touch with that universal connection. The more we clear our attachment to the mind, the easier it is to experience that connection. There is no separation until we identify with the mind, or look out at the world through the mind. The illusion of separation is the result of the ego and mind. In fact, the ego and the mind are virtually one and the same.

Thoughts are creative. The universe has a way of giving us exactly what we believe to be true or possible. And so we need to let go of any beliefs that hold us back from living a magnificent and miraculous life. We need to examine all our beliefs and choose to hold only those that serve to expand our life, letting go of those that feel limiting or negative.

Have you noticed that there are people who just seem to light up a room when they walk into it? There are people who stand out in a crowd because they radiate a certain quality of energy. You can be sure that they have a very positive and strong self image and are running some very positive internal self dialogue programs.

Our positive inner dialogue helps elevate others around us even when we are not saying or doing anything, other than thinking positive thoughts about ourselves! Because energy just radiates and flows out and touches others. This is why this self loving inner dialogue is so very important in making a better world.

It's vital that we see the perfection in every moment. How we view the present moment is very important. Every moment holds promise. Any moment can be a turning point for the rest of your life. But some people are afraid of seeing perfection in a situation that is not of their liking. They think that seeing perfection means not changing it. But seeing the perfection does not mean keeping the situation static. It means seeing perfection in the moment, in yourself, and in exactly where you are in your development, right now.

Suffering is caused by the mind turning against itself. Every imperfection, or perception of imperfection, is created by the mind. Awareness allows us get outside of our mind and observe it in action. When we identify with the body, we are inside our mind looking out. And the separation between everything appears to be obvious and self-evident. But we always have the choice to see through this illusion, and create a different reality. We can live in this world and choose not to live in the illusion created by everyone else.

Being positive and loving and cheerful on the outside is not enough. It is our inner dialogue that either elevates or diminishes the loving energy that we radiate to others. Negative inner self-talk, self-directed judgment and fear, depletes our energy and results in a downward spiral of our external reality.

Likes attract likes. The more we love ourselves, the more we love others, and the more others love us. Since we are all connected, the more I love myself, the more others love themselves. When we are filled with love, love is the only thing that we can attract.

There is a difference between being loving (doing things) and being love. Being loving means giving love to others whether you have any for yourself or not. It means giving what you yourself may or may not even have to give. This type of giving can be draining. Then we turn to others to replenish our love. If we don't get it, then we stop being loving.

Being love, on the other hand, means unconditionally loving ourselves so much that it overflows from us, and anyone and everyone becomes the recipient of our love. The more

we love ourselves, the more it flows out to others. It is as if we are nothing but a vessel, a channel through which love can enter the world.

When I am being love, I don't need people to behave in any certain way in order for them to deserve my love. They automatically get my love as a result of me loving myself. So to stop being love, means to stop loving myself. And no one or nothing has the power to stop me from being love, or loving myself.

Every part of us is magnificent: our ego, our mind, our intellect, our body, our spirit, our soul. Each of us is perfect, beautiful, and unique creation of this universe. Every part of us is beautiful and perfect. There is nothing to let go of, nothing to forgive, nothing to attain. We already are everything we need. We make living so complicated. But it's not.

If a religion makes you feel lesser than God, then you have either you misinterpreted it, or it's not doing a good job of teaching you the truth. If a guru or a teacher or a master makes you feel that you are not yet enlightened, and still have more to learn, release, or let go of, before getting there, then they are not doing a good job of teaching you who you are, or you are misinterpreting their teaching.

Most of our suffering comes from feeling "less than." We are not less than anything or anyone. We are whole and complete! The only thing we need to learn is that we already ARE what we are seeking to attain! The thing is to express our uniqueness. That's why we are made the way we are, and that's why we are here in the physical world!

With Love and thanks to all, and for all,

Dan

PS: I recently found these bits of wisdom from J. Krishnamurti, in an old study file:

"To find the real, all the mind-made activities need to stop. The concept of reality must disappear before reality itself can be experienced. The real can only come into being when the mind is still. The mind becomes quiet when the agitator, the thinker, ceases. When the mind is still, the indescribable reality comes into being. You cannot invite it. To invite it is to know it, and what is known is not real. The mind must be simple, unburdened of ideas and belief. For reality to come into being, do not seek it, but understand the causes that agitate the mind and heart. When the creator of problems ceases, then there is tranquility. In that tranquility, the blessing of the real comes."

"When you call yourself an Indian or a Muslim or a Christian or a Jew or an American or anything else, you are being violent. Do you see why it is violent? It is because you are separating yourself from the rest of mankind. When you separate yourself by belief, by nationality, by tradition, it breeds violence. And so a man who seeks to understand violence cannot belong to any country, any religion, or any political party. He is concerned with the total understanding of mankind."