

Just take a good deep breath
and allow a natural divine process to take place.
That's the greatest spiritual teaching of all.

~ Adamus ~

ENTER

on the CC homepage january 2, 2019

THE BREATH OF ALLOWING

'before we do anything else though, anything else, let's take a good deep breath – how about a quantum breath – into allowing.

perhaps the most sacred gift you could give to yourself is just allow.

this journey is natural. it's going to happen. by taking a deep breath and allowing, you allow yourself. you allow the divine, the master, all of you to be here. not scattered in pieces somewhere else. not the divinity out in some godforsaken heaven somewhere. but when you take a deep breath and allow, you let it all be here. there's no real mystery in any of this, other than when the human gets involved and starts tinkering around with a very natural process called realization. sooner or later, it'll happen to everybody who comes by way of earth.

what you've probably learned, noticed up until now is that when you get all involved in it, you try to figure it out, you try to work your realization, it's a real struggle. things fall apart. when you simply allow – I mean allowing your self, allowing your journey, allowing your experiences, allowing the master – when you allow, then there seems to be that synchronicity. everything just kind of falls into place and just kind of happens. and then, of course, the human freaks out, "oh! I've got to control. I've got to manage. I've got to dictate what's done." let's start this year out with a great big huge allowing.'

emergence 5, january 2019

,ascension, enlightenment, whatever you want to call it, is the most natural thing you will ever do. period. it's the most natural thing. you can sit right in those chairs and never do anything again, other than to breathe in your enlightenment. right now in this time of the grandest energies ever on earth, you can take a deep breath. you're going to become enlightened anyway, so why not just allow it?"

adamus, unleashed in sedona, 2012

THE BREATH OF RECEIVING

,the moment you take that BREATH OF RECEIVING, an amazing process starts. the process starts at a high consciousness level, a multidimensional, inner personal level that begins opening you up.

the moment you take that BREATH OF RECEIVING, you open yourself to all of the gifts that the physical earth, the

physical universe, the heavens and all of the dimensions have to offer.

you could simply make choices in your life and you could enjoy your life and watch how everything comes to you. it manifests.

this is not what you would call a theory. this is the way that consciousness and energy work. they have always worked this way and they will always work this way.

consciousness is divine. divine is the master, and the master sums up all of the energies to serve it. you are consciousness. you are the master. you take that BREATH OF RECEIVING.“

adamus, quantum leap 7, 2008

THE COMPASSIONATE BREATH OF LOVING SELF

„energy junk – gets caught in the lungs. some of the junk gets caught in the liquids, in the lower part of the lungs. breathing helps loosen it up. good. and I’m not talking about spending hours and hours a day on breathing. if you spend five minutes a day in conscious breathing, it’ll work miracles. ten minutes – it’d be phenomenal. just some conscious breathing. it’s not about how deeply you can breathe or how strong you can breathe or how long you can hold your breath. it should be like a river. it should flow. the gentle breath of compassion. when you breathe in, it should be the breath of loving yourself, and you don’t want to love yourself with a fist. you want to love it gently. gently bring it in, release. bring it in, release.“

freedom series 3, 2012

THE BREATH OF CREATION

'now it comes the time where we have a symphony together with the human, the master, the I AM, taking a deep breath together now, and simply letting out these rays of joy which are actually CREATION.this is CREATION.
KVII/14

TRUE CREATION. it's taking a deep breath into the I EXIST, I AM THAT I AM, feeling that within your being, the passion of existence and the knowingness that you continue on and on. you never go out of existence, you'll always exist. so it's taking a deep breath and feel into the I EXIST,and then letting that shine forth from the core of your being, not just your physical being, but your conscious being. letting that shine forth, letting it radiate out, coming in your physical being, coming in through and up through your mind, coming out through the womb all around you, coming out to the world, to the cosmos, not trying to inflict it on the world, but simply sharing your light, letting your light open up. that's CREATION.

KVII/17

THE BREATH OF JOY

'creation is not a force. to understand this, begin practising the simply BREATH OF JOY. take a deep breath and as you let it out, as you exhale, feel the JOY in that breath. JOY doesn't mean that something has to be good or bad.

you might have what you call a negative thought or feeling as you're breathing out. ah, that can be JOYFUL. it truly can be JOYFUL, it doesn't have to be good or bad. let yourself breathe in and as you're breathing out, feel that radiance coming forth, that JOY that you're in existence. that you are aware, that you are alive. that will give you understanding that creation is not a force. you're not trying to push on anything, to break through anything. you're simply radiating, letting forth, that is what creation is like. breathe out, as creation, as JOY.

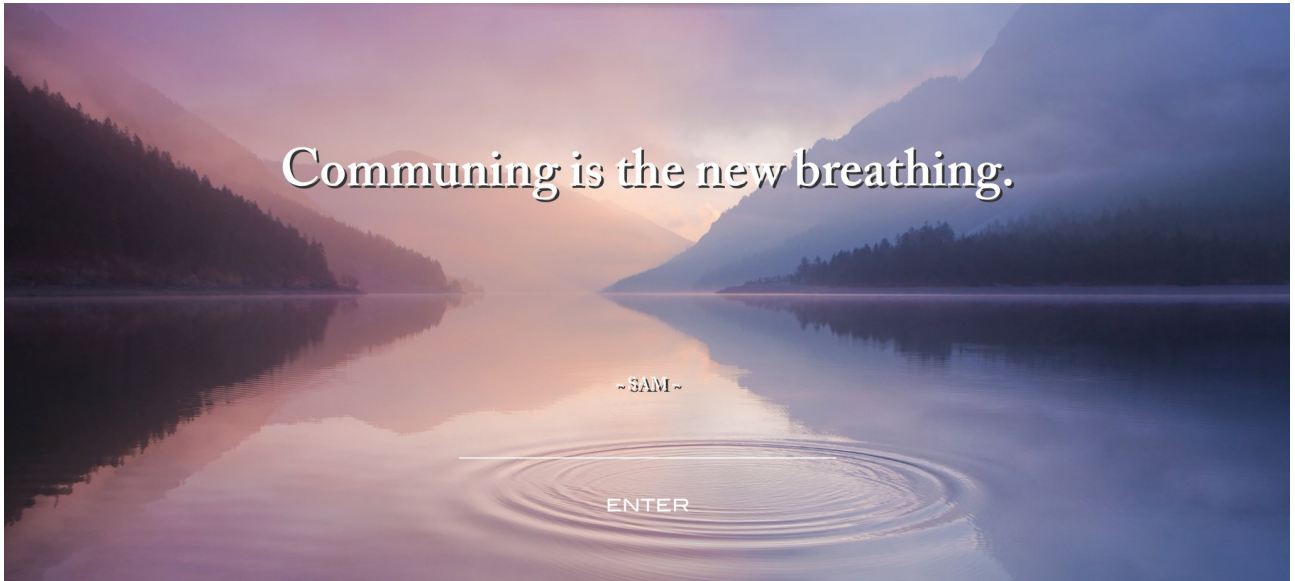
KVII/13

THE BREATH OF COMMUNICATION

'I read adamus' words and I said, "yes, energy is just COMMUNICATION. that's all it is.... every energy sings. it doesn't have to be a living thing like a bird or a snake. the air all around you right now is singing, communicating. listen for a moment. everything communicates.

to me communing, hearing the energies, as they sing, in service to you; communing, letting my heart sing back without having to say a word, without having to think a thought, this is the new breath. COMMUNING IS THE NEW BREATH.

energies are singing, they're communicating, they're from spirit. they're saying, "I AM THAT I AM, YOU ARE THAT YOU ARE." they're singing saying, " I exist, I am energy. I exist because of you.



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