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Breathing in Silence

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Time governs not only planetary movements but also the cycles of human life. The movement of time in the individual life is linked with a cycle of vata-pitta-kapha. Ayurveda teaches that there are three important milestones in the human lifetime: childhood, adulthood and old age. Childhood is the time of kapha, and children may suffer many kapha disorders such as lung congestion, cough, cold and mucus secretions. Adulthood encompasses the years from sixteen to fifty. This period is the time of pitta when the individual is active and full of vitality. Old age is the time of vata. In old age, disorders will include vata ailments, such as breathlessness, arthritis, loss of memory, wrinkles and varieties of diseases.

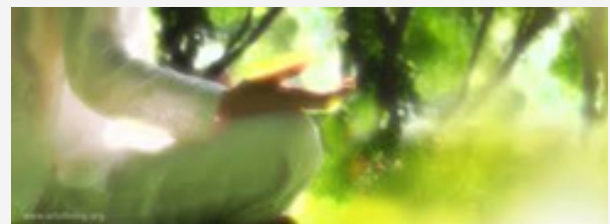
“De-stress yourself. Chronic stress increases the levels of cortisol, a hormone secreted by your adrenal gland. Along with depression and anxiety, this can have a harmful affect on your heart. Stress hormones may spike your cholesterol level, increase blood pressure, and promote heart disease. So, fight stress with a heart-healthy diet, regular exercise, deep breathing when something upsets you, and relaxation techniques [1].”

From the time of physical birth until physical death, the body is engaged in a continuous struggle against the aging process. Because continuous breakdown of the bodily tissues and organs at the cellular level causes worsening and degeneration. It is at the cellular level that rejuvenation must take place.

“Kapha maintains longevity on the cellular level. Pitta governs digestion and nutrition. Vata, which is closely related to pranic life energy, governs all life functions [2].”

Prana is the life energy that performs respiration, oxygenation and circulation. It also governs all the motor and sensory functions. Natural intelligence of the body is expressed spontaneously through

prana. For example, if a child has a deficiency of iron or calcium, the body’s natural intelligence, governed by prana, will lead the child to eat mud which is a source of these minerals. The seat of prana is in the head and prana governs all higher cerebral activities. The functions of mind, memory, thought and emotions are all under the control of prana. The physiological functioning of the heart is also governed by prana. From the heart prana enters the blood. Thus controls oxygenation in vital organs, plasma, blood, muscles, fat, bone, nerve and reproductive organs (Figure).



Figure

“The skin of the body also breathes. Did you know that? Actually, the skin is the second system of breathing. Your skin actually expands and contracts with each breath that you take. The lungs are for breathing the gross air, and the skin is for breathing the subtle air element [3].”

Rejuvenation must take place on the physical, mental and spiritual levels. Before starting the physical rejuvenation program, the body must be cleansed. Just as dirty cloth will not take the right colour when it is dyed, so the body will not profit from rejuvenation until it has first been cleaned from inside. A rejuvenating herb, taken orally, passes through the stomach, small intestine and large intestine before entering the bloodstream. All these physiological

pathways must be purified in order for the herb to reach the deeper bodily tissues where the rejuvenation process begins.

Divine energy heals, prevents sickness, purifies and rejuvenates soul, heart, mind, and body, transforms relationships and finances, increases intelligence, and brings success in every aspect of life.

To transform all life is to: boost energy, stamina, vitality, and immunity, heal the spiritual, mental, emotional, and physical bodies, prevent all sickness, transform all kind of relationships, transform finance and business, rejuvenate soul, heart, mind, and body, brings success to all aspects of life, etc.

The lungs help to transform the Divine energy into "inner energy". Divine energy is formed by fresh air inhaled by the lungs together with the raw food essence sent by the spleen. Energy is sent up by the spleen to the larynx, where it gathers to influence speech and give strength to the voice. It promotes the function of the lungs and nourishes all organs, systems, tissues, and every part of the body.

Mental rejuvenation involves calming the mind. A quiet, meditative mind also helps to maintain longevity. Therefore, is good to learn to "witness" all mental activities, thoughts and emotions, remaining detached from the experience. Promote mental peace. We should learn to be in the world but not of the world. With this approach, we observe attachments to determine which of them creates stress. A life without attachment and stress is the happiest, healthiest and the most peaceful one. Such a life creates natural longevity. According to Ayurveda, death is a friend of man. The body dies: however, there is no death of the individual consciousness (soul): it is eternal.

Dr. and Master Zhi is teaching us:

"I have the power to create soul healing miracles to transform all of my life.

The physical body includes every system, every organ, every cell, four extremities, and more. Sicknesses in the physical body include pain, inflammation, infection, cysts, stones, tumours, cancer, and much more. The cause of all sicknesses is soul mind body blockages. Soul sets, negative attitudes, negative beliefs, ego, attachments, and more. Body blockages are energy and matter blockages. The Source mantra "Tao Guang Zha Shan" can remove all kinds of blockages. You should create soul healing miracles just by chanting this one mantra [4]."

To attain freedom, discipline is required. The Ayurvedic foundations of discipline are a careful diet and a balanced way of living. Discipline of the body, mind and spirit is gained through pursuit of such traditional practices as yoga, pranayama and tantra. Such practices will bring man spiritual and physical freedom.

The practice of yoga, which is a spiritual science of life, is very important, natural, preventive measure to ensure good health. Ayurveda and yoga are sister sciences. Ayurveda is the science of

the body and only when the body has become fit is the individual considered ready to study the spiritual science of yoga.

The yogic practices described by the father of yoga, Patanjali, are very useful in maintaining good health, happiness and longevity. Patanjali described the right limbs of yoga and yogic practices. These are the natural regulation of the nervous system: discipline, cleansing, postures, concentration, contemplation, the awakening of awareness, and the state of perfect equilibrium.

Yoga brings man to the natural state of tranquillity which is equilibrium. Thus, yogic exercises have both preventive and curative value. Yogic practices help to bring natural order and balance to the neurohormones and the metabolism. Yoga improves the endocrine metabolism and thus provide strengthening against stress. Yogic practices for the treatment of stress and stress-related disorders.

Yoga is the science of union with the Ultimate being/Divine. Ayurveda is the science of living, of daily life. When yogis perform certain postures and follow certain disciplines, they open up and move energies that have accumulated and stagnated in the energy centers. Yogis may temporarily suffer physical and psychological disorders because in the course of yogic cleansing of the mind, body and consciousness, disease-producing toxins are released.

"We are all born with a vital energy life force. In its microcosm, it can be understood on an atomic level in terms of the cellular structure, as the very essence and core of our existence. This chapter presents a discussion of how this natural energy becomes encapsulated within us and appears to be turned off. The specific energy areas discussed are related to basic human needs and emotions [5]."

Dr. and Master Zhi Gang Sha named the Divine energy, vibration "The Source Field". According to the Master there is inner soul "qi" energy and outer soul.

"The Source Field" carries the jing qi shen of The Source that can remove soul mind body blockages of sickness and transform the jing qi shen of a human being's spiritual, mental emotional, and physical bodies from head to toe, skin to bone, to restore them to health [6]."

Breathing exercises called pranayama are a yogic healing techniques that can bring about an extraordinary balance in the consciousness. In practicing pranayama, one experiences pure being and learns the true meaning of peace and love. Pranayama has many healing benefits and also affects creativity. It can bring joy and bliss into life.

"The photon energy is not a negative force. This energy is the "Water in the paste that makes the concrete." The photon energy is an ingredient causing the polarization [7]."

Listen to the so-hum, hum-so sound through the breath. These vibrations are sound-energy which is one with the life-energy of the breath. Your breathing will become quiet and spontaneous and you

will go beyond thought, beyond time and space, beyond cause and effect. Limitations will vanish; your consciousness will empty itself and in that emptying, consciousness will expand.

“What this really means is that when there is an abundance of prana, everyone is attracted to your personality. Naturally, when there is honey, honeybees will come. Here the attraction is not due to the body, but to the prana. When there is no prana, you are like a stale pizza. When you have lots of prana like a beautiful fresh rose, people are attracted. If you practice pranayama, there is no old age and so people are attracted to you all the time [8].”

Your life will change, and daily living will become a new and fresh experience. Life will become meditation, for meditation is not separate from life but a part of life. Life is meditation and meditation is life. All problems will dissolve in this new expanded awareness.

“In his practice, Dr.Hymes has found that one way to alleviate this stress response is simply by consciously switching to a pattern of slow, deep, diaphragmatic breathing [9].”

The impulses of prana travel through the astral to the physical through an astral flexible cord that carries blood vessels at our solar plexus. When this cord is severed, no more prana can come to the physical body. If the prana comes in very small amount, then the body will be unconscious. If you understand the electrical nature of our bodies, you will understand the purpose of pranayama.

“It is said that you can block the air in the Sushumna, in the throat region, in the stomach region, in the back region, in the ear region, in the eye region. Actually, how can you block the air in these places when the air which you inhale does not go into these places at all? What does this mean?

Actually, it is not a physical blockage, it is the diversion of energy from one source to another. In Yoga we call this energy “prana” [10].”

Some people believe it takes darkness (lower level, negative energies) to allow us to experience the pure light. Without darkness there would be no light, and therefore would be no free will. Unfortunately, negative people are imposing their will into others subconscious mind (especially during night-time). This is mind control of those that didn't experience much happiness and the meaning of their life. Those grow the most in the darkness and eventually they appreciate purity of mind and light. The paradox is that darkness is an illusion caused by the absence of light since you

get what you focus on, focus on what makes you feel good, it's pure and in alignment with Divine energy, nature.

At any given moment, we are either experiencing light, love, joy and happiness or not. First, we should acknowledge where the illusions and the blocks are and clear them out. Then bring in the light. This is healing energy. Ask, “What am I experiencing? Is it love, joy and happiness? Or is it the opposite?” If one does this on a regular basis, it will change his/her life. If one is not experiencing love, joy, and happiness, remember who the cause for that is. If it's the opposite, then it's time to clear it out. Light transformations are miracles or darkness, happiness or hate, anger or joy, psychic attacks or purity. Love or fear? Fear is the root of all evilness and negativities on this planet Earth. It's a choice. Ultimately, our responsibility is to be of the light. Negative critical thinking is not of the light (it is not our natural state); it attracts negative energies and allows negative entities to have sovereignty over somebody.

Acknowledgement

None.

Conflict of Interest

Author declare no conflict of interest.

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