

Essene Healing Breath

OVERVIEW OF THE ESSENE HEALING BREATH

The Essene Healing Breath is accomplished in three phases. In the first phase the student learns to completely relax his or her body. The depth of this relaxation so deep the student withdraws her or his consciousness and becomes unaware of his or her body. This phase is accomplished by steps one, two and three. When attained, this phase is called the "State of Deep Relaxation."

Phase Two is the process of withdrawing consciousness from the mind by completely occupying the mind with important meditative tasks. This phase is accomplished by steps four, five and six. When attained this phase is called the "State of Peaceful Mind." It's this state of deep relaxation and peaceful mind that allows us to enter a higher state of consciousness through the process of meditation. It's also in this State of Peaceful Mind that we can heal ourselves on every level of our being; and help others heal themselves.

Phase Three is learning to extend the periods of breathlessness for meditation or to contact spiritual guides, guardian angels, elementals, nature spirits, animal guides, other disincarnate beings or the Divine. Meditation can be used for all types of spiritual, psychic, esoteric or metaphysical work.

Phase Four is to just meditate. Go with the flow and meditate. Enjoy the bliss, the happiness, the joy, the peace and the unconditional love of the Divine. Meditate.

PREPARING TO DO AN ESSENE HEALING BREATH

The first thing we suggest you do is place yourself within a Sphere of Protection as a precaution. While you are meditating, contemplating, praying or healing yourself within this Sphere of Protection, no harm of any kind will come to you.

Most of the time nothing bad will happen anyway. But, as a precaution, we do suggest placing yourself within a Sphere of

Protection any time you want to pray, meditate, contemplate or heal yourself. If nothing else, forming this sphere raises your vibration and makes the rest of your Essene Healing Breath practices easier and more effective.

Here's the Essene way of forming a Sphere of Protection:

1. Sit, recline or stand comfortably and close your eyes. Breathe deeply and relax.
2. Bring your consciousness to your heart.
- 3, See a dot of white light shining in the center of your heart. This white light is the Light of the Divine. It is the Unconditional Love of the Universe. This Universal Unconditional Love is protection against all things. See this dot of white light.
4. Each time you inhale, see this dot of white light slowly expanding. Over the course of seven breaths, see it expand so that it forms a sphere completely surrounding you.
5. Each time you exhale, feel the unconditional love of the universe filling you more and more. Watch this sphere of white light expand as you inhale. Feel the unconditional love of the Universe completely fill you as you exhale.
6. Stand, sit or recline within this sphere of white light, this sphere of the unconditional love of the universe for three breaths or more breaths and enjoy the peace, energy and love.
7. Give thanks to the Divine for protecting you and proceed with your Essene Healing Breath practices.

This is one way to create a Sphere of Protection to keep negative energy, power and entities away from you. There are several others. Choose one that suits you. You may want to consider the Sphere of Protection taught by:

[The Ancient Order of Druids in America](#)

[The Magical Golden Dawn](#)

We suggest you spend seven days practicing creating a Sphere of Protection around you before you continue learning the Essene Healing Breath technique. If you feel more comfortable moving ahead more quickly or more slowly, that's your decision to make. You need to take control of your own life.

INTRODUCTION TO THE ESSENE HEALING BREATH

This meditation technique is both easy to master and easy to dismiss without much effort. It's easy to master if you take a few minutes each day to do the weekly practices. It's easy to dismiss because it doesn't take much effort to master each step of this technique. Here are my observations based on training several hundred students in this technique:

The optimal practice session is about fifteen to twenty minutes. Less than ten minutes per session will usually not produce any noticeable results; so ten minutes should probably be considered as the least amount of time to be spent in a practice session. After twenty minutes the session tends to level off and very little further progress is made; so twenty minutes should probably be considered a maximum amount of time to spend in any practice session. More benefit is derived from more sessions rather than more time.

The optimal number of practice sessions per day is three or more . Fewer than two practice sessions a day slows your advancement and mastery of this technique. We used to recommend hour-long practice sessions. But research has shown that several shorter sessions are much more beneficial than one long session of the same amount of time

As with all things, do the best you can do and you will obtain noticeable results.

The relaxation technique taught by the Modern Essenes is commonly called "Progressive Relaxation." In the beginning it may take you fifteen to twenty minutes to work through your body from feet to head during Step One. After a few sessions you will be able to do this in a few minutes. After a several weeks, you'll be able to sit down and progressively relax your body in a few seconds. On the average, most students are able to completely relax in a few minutes after the first seven days of practice. Most students do not need to use muscle tension as a precursor to relaxation after a few days. By twenty-one days of practice they are able to completely relax within a few seconds. The secret is to take the time to painstakingly teach your muscles the process during the first few weeks.

As your muscles learn what's expected of them you will attain a state of complete relaxation more and more quickly. When your muscles have learned how to relax without first becoming quite tense, you may eliminate the tension part of the process. This is not necessary once your muscles become relaxed. Your goal is to be

able to sit down quietly, close your eyes and in a few moments completely relax your body into a very deep state of relaxation. It will take you several weeks to attain this state of relaxation.

The more relaxed your body is, the better. The deeper the state of your body relaxation, the deeper the state of meditation you can obtain. Take the time to learn how to relax your body completely using Step One. We recommend you spend seven days practicing Step One before adding Step Two to your daily practice.

WITHDRAWING FROM YOUR HEALING BREATH

Withdraw from your practice session by first moving your toes. Then slowly work up your body by moving your legs, fingers, arms, shoulders, neck and head. Become aware of your surroundings. Relax and come alert. Touch your arms, shoulders and face. Open your eyes. Relish the energy and sense of well being that follows an Essene Healing Breath. Slowly stand up and move around when you're ready.

Essene Healing Breath Phase One

PHASE ONE: STEP ONE - RELAX

Sit comfortably. Relax. With each exhalation, tell yourself to relax more and more. Tense your toes and feet as tightly as you can clench them. Hold your breath while clenching your toes. Hold this tension for a few seconds until you need to breathe or can't take the tension. Then relax your toes and your feet, relax and breathe deeply.

Tense your calf and lower legs. Clench them as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your lower legs and breathe deeply.

Tense your thighs, your upper legs. Clench them as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your upper legs and breathe deeply.

Feel the warmth in your legs as the blood flow increases in your legs as they relax.

Tense your abdomen. Clench your stomach muscles as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your lower abs and breathe deeply.

Tense your back and chest. Clench these muscles as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your back and chest and breathe deeply.

Feel the warmth in your body and legs as the blood flow increases in your body and legs as they relax.

Tense your hands and fingers as tightly as you can clench them. Hold your breath while clenching your hands and fingers. Hold this tension for a few seconds until you need to breathe or can't take the tension. Then relax your fingers and your hands, relax and breathe deeply.

Tense your lower arms. Clench them as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your lower arms and breathe deeply.

Tense your upper arms. Clench them as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your upper arms and breathe deeply.

Feel the warmth in your arms as the blood flow increases in your body, arms and legs as they relax.

Tense your shoulders and the muscles of your neck and face. Clench these muscles as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your shoulders, neck and face and breathe deeply.

Feel the warmth in your whole body, your legs, stomach, chest, arms, shoulders, neck and face as your whole body relaxes and the blood flow improves. Feel the calmness of this relaxation. Sit back and enjoy it for the rest of your twenty-minute session. During this time mentally scan your body. Where you feel pain, will it to go away. Where you feel tightness or tension, will it to relax. When you feel discomfort of any kind, let it go and enjoy Stage One.

Continue this practice until you can completely relax your body in a couple minutes.

PHASE ONE: STEP TWO - BREATHE DEEPLY & RHYTHMICALLY

Become centered and breathe deeply and rhythmically. Continue to relax with each exhalation. Calm your mind. Continue to relax more and more as you breathe deeply, slowly and rhythmically.

Breathe in Divine Unconditional Love. This is the Healing Power of the Universe. As we fill ourselves with this energy we heal ourselves. As we set up the flow of this energy for the benefit of others we provide them with the raw material to heal themselves.

Breathe out all the toxins of your body. Emotional, psychological, mental and spiritual toxins can be released right along with the toxins of the body. Let your breath flow easily and smoothly. Let it cleanse you as it flows.

Breathing deeply is best accomplished by relaxing completely and letting your abdomen rise during each inhalation and descend during each exhalation. When you're completely relaxed this will happen automatically. Simply be aware that as your diaphragm moves down when you inhale and up when you exhale. As your diaphragm moves down during an inhalation, your stomach area moves outward to make room for your diaphragm. As you diaphragm moves up toward your lungs during each exhalation, your stomach area moves inward to occupy the vacated space. This is called abdominal breathing and it's the healthiest form of breathing we can do. We do it automatically when we relax completely.

Breathe deeply and continue to relax deeper and deeper.

PHASE ONE: STEP THREE - EXTEND YOUR BREATHING

As you continue to relax and breathe deeply, slightly pull in your abdomen toward the end of each exhalation, or slightly push out your abdomen at the end of each inhalation. Optionally you can do both. It's very important to do this without any effort whatsoever. Just naturally and easily pull in your abdomen at the end of an exhalation or naturally and easily extend your abdomen at the end of an inhalation. You may also opt to both extend and pull in your abdomen at the appropriate times.

Continue to relax, breathe deeply and extend your breathing.

This completes Phase One of the Essene Healing Breath. Continue to practice the three steps outlined here until you reach a state

where you are completely unaware of your body. Then proceed to Phase Two, Steps Four through Six.

Essene Healing Breath Phase Two

PHASE TWO: OVERVIEW

Once you've attained the ability to become completely unaware of your body using the Phase One techniques, you may spend less and less time in Phase One. Eventually, with practice over several weeks, you will be able to complete Phase One in a couple of minutes.

Phase One becomes a process of relaxing and breathing deeply. As you breath in, scan your body from the tips of your feet to the top of your head. Scan your body for any tension, tightness, hardness, discomfort or pain. As you breathe out, release any tension, relax any tightness, soften any hardness, make any discomfort comfortable and let any pain go. Let it go, become comfortable, relax, release and soften your muscles.

Practice this shortened form of Phase One for several weeks as you proceed to learn the techniques for Phase Two. Practice each step of Phase Two for a few days before moving on to the next step. Continue to breathe deeply, extend your breathing, scan your body and relax as you move step by step through Phase Two.

PHASE TWO: STEP FOUR - WATCH YOUR BREATHING

Continue to relax, breathe deeply and extend your breathing. Then watch your breath as you inhale and exhale. Watching your breath as you breathe in and out is an excellent way to keep your mind occupied so it doesn't go off on one tangent after another. Should you find yourself thinking about something, withdraw your consciousness from those thoughts and calmly return to watching your breath flow.

Continue to relax, breathe deeply, extend your breathing and watch your breath.

PHASE TWO: STEP FIVE - WATCH AND LISTEN TO YOUR BREATHING

Continue to relax, breathe deeply, extend your breathing and watch your breath. As you become accustomed to watching your breath during this Essene Healing Meditation, listen to your breathing as well. You now

have your mind occupied with watching and listening to your breath as you inhale and exhale. Your mind is also occupied in accepting the Unconditional Love of the Universe as you inhale and releasing all your toxins as you exhale. Additionally, your mind is occupied by keeping you relaxed, comfortable and calm while you pull your abdomen in toward the end of your exhalation and extend it toward the end of your inhalation.

Should your mind wander for any reason at any time, calmly bring it back to watching and listening to your breath. Let all other thoughts go. Stay relaxed, calm and peaceful.

Continue to relax, breathe deeply, extend your breathing, watch your breath and listen to the sound of your breathing.

PHASE TWO: STEP SIX - WATCH, LISTEN TO AND FEEL YOUR BREATHING

Continue to relax, breathe deeply, extend your breathing, watch your breath and listen to the sound of your breathing. Once you've mastered the art of watching and listening to your breath while remaining comfortable and relaxed, it's time to keep your mind occupied with yet another task, the task of feeling your breath as it enters and exits your body. Feel the air enter your nasal passages and lungs as you inhale. Feel the air leave your lungs and nasal passages as you exhale. Feel your breath as you continue to watch and listen to it. Feel the Unconditional Love of the Universe as it clears away and neutralizes all the toxins in your body.

Continue to relax, breathe deeply and extend your breathing while you watch your breathing, listen to your breathing and feel your breathing. Pull your abdomen in just a little bit at the end of each exhalation and extend it outwards during each inhalation. Stay relaxed and calmly bring your mind back to these tasks anytime you become aware your mind is doing something else. Don't force it, just calmly bring your mind back to feeling the Unconditional Love of the Universe, watching, feeling and listening to your breath, and remaining calm and peaceful.

Continue to relax, breathe deeply, extend your breathing, watch your breath, listen to the sound of your breathing and feel your breath.

Steps four, five and six constitute Phase Two of the Essene Healing Breath. As you master Phase Two your mind will become calmer and calmer, more and more engrossed in its assigned tasks of relaxing your body, breathing deeply, extending your breath, and watching, listening to and feeling each breath as it enters and

leaves your body. As this happens you enter the state of "No Mind" and "No Body."

When you can easily enter this state of "No Mind and No Body," you're ready to proceed to Phase Three Step Seven of your Essene Healing Breath.

Essene Healing Breath Phase Three

PHASE THREE: OVERVIEW

By the time you're ready to start Phase Three, you'll undoubtedly be able to complete Phase One within a few seconds. Your goal now is to be able to complete Phase Two within a few minutes as you continue to work your way through the steps of Phase Three.

The Window of Opportunity is a period of time during which you experience breathlessness. These periods of breathlessness occur at the end of an inhalation and at the end of an exhalation. These periods of breathlessness do not always last equal lengths of time. Due to individual differences, some people find one period lasts longer for them than the other. With practice, the length of time spent in each period of breathlessness does grow longer.

Some people still find it easier to utilize breathlessness at the end of an exhalation better than the breathlessness at the end of an inhalation. Others find it easier the other way around. Most people find it gets easier to utilize both periods of breathless with practice. Most people also find the length of time in the breathless state becomes easier to extend with practice. Finally, most people find the lengths of time of the breathless states become more equal with practice.

Continue to breathe deeply, extend your breathing, scan your body and relax as you watch your breath, listen to your breath, feel your breath and become aware of your periods of breathlessness, your windows of opportunity.

STAGE THREE: STEP SEVEN - ESTABLISH YOUR WINDOW OF OPPORTUNITY

As you breathe in, you momentarily stop breathing before you exhale. This momentary state of breathlessness deepens your meditation and it is what is called your "Window of Opportunity." You continue to relax, breath deeply, extend your breathing and watch, listen to and feel your in-breath, pause comfortably during this breathless state, and then watch, listen to and feel your exhalation. As you breathe out, you momentarily stop breathing

before you inhale. This is your second Window of Opportunity during each breath cycle.

Once you become aware of and use your "Window of Opportunity" it will stay open while you continue to relax, breathe rhythmically, extend your breathing, watch, listen to and feel your breath. Your higher state of consciousness will close off all other intrusions once you establish a connection. You will become aware that your body and mind are in a state of suspended animation (asleep) but your higher mind is fully awake. This is the meditative state which was our goal to establish when we started with Phase One, Step One of the Essene Healing Breath

Continue to scan your body, relax, breathe deeply, extend your breathing, watch your breath, listen to the sound of your breath, feel your breath and become aware of your Window of Opportunity.

PHASE THREE: STEP EIGHT - EXTENDING YOUR WINDOW OF OPPORTUNITY

As you practice with your Essene Healing Breath, you'll notice your state of breathlessness naturally and effortlessly expands. Remain calm and allow this to happen. Each Window of Opportunity is a short period of meditation.

As your mind becomes more and more occupied with paying attention to relaxing, breathing deeply, extending your breathing, watching, listening to, and feeling your breath, your mind becomes less and less active. This means you remember less and less about what's happened in your life, imagine fewer and fewer future possibilities and think about life and things less and less during your window of opportunity. In this state your body becomes more and more relaxed and your mind actually becomes more and more alert. You reach a state of peace that deepens into a state of bliss.

This state is intoxicating and we want to experience more of it. Thus the Window of Opportunity expands into our periods of inhalation and exhalation. If you allow this to happen you'll eventually reach a state where your Window of Opportunity is continuously open. Yogis call this state a state of bliss. In the West we call this state the peace that passeth all understanding. This is Phase Three which is known as the State of No Mind.

PHASE THREE: STEP NINE - MOVE YOUR CONSCIOUSNESS INTO YOUR WINDOW OF OPPORTUNITY

As you become more and more relaxed, as you become less and less aware of your mind and as your window of opportunity widens, allow your consciousness to enter this window in order to accomplish the things you want to accomplish during your meditation.

By allowing your mind to go blank during the Window of Opportunity you attain a state known as Samadhi or Zen. In this state the mind is temporarily inactive as wave after wave of intense bliss wash over your being. In the West we call this state Communion with the Divine. As the Unconditional Love of the Universe permeates your being you become more than you were. You know how to resolve all situations in your life, how to do what needs to be done, how to become who and what you are to become in this lifetime, and the negativity in your life melts away. This is the highest state of meditation and with practice it deepens until you're in perfect communion with the Divine.

By concentrating on something you want to resolve or accomplish in your life, you enter into a state of deep contemplation. In this state you are able to accomplish miracles in your life, gain new skills and knowledge, wash away old pains, become more intuitive (psychic) and more in tune with life on all levels.

By setting your intention to do something before starting your meditation you can speak with your Guardian Angel, other angels, spirit guides, animal guides, plant or mineral spirits, elementals, or the spirits of departed friends and relatives. You can also astral travel, soul travel, visit your akashic records or commune with the Divine.

The Window of Opportunity provides you with the opportunity to accomplish your heart's desire, to become the person you want to become, to heal yourself and others, to speak with spirits, angels, elementals and divine beings as well as animals, plants and minerals. It's your opportunity to do and become whatever you desire.

When you're ready to complete the final phase and the final step of the Essene Healing Breath, proceed to Phase Four.

Essene Healing Breath Phase Four

PHASE FOUR: STEP TEN - JUST MEDITATE

Allow your meditation to flow and go with the flow. This is the final step and the goal of meditation. In this state you can heal yourself and others on any level. Time and space can become immaterial as you enter the state of ascended masters. This doesn't make you an ascended master, but it gives you a glimpse of what you can attain.

Allow your meditation to flow and go with the flow.

When you're ready to proceed further, you may investigate some additional ways to **Implement** the Essene Healing Breath.

If you need to review any part or parts of this meditation, please use the following links:

[Essene Healing Breath - Advanced Techniques](#)

Advanced Essene Healing Breath Techniques

The Essene Healing Breath Technique can be and has been used for the following purposes:

To help you heal yourself from:

1. physical disease or disorder
2. emotional disease or disorder
3. mental disease or disorder
4. psychological disease or disorder
5. spiritual disease or disorder

To help you heal others from:

1. physical disease or disorder
2. emotional disease or disorder
3. mental disease or disorder
4. psychological disease or disorder
5. spiritual disease or disorder

To help you improve yourself:

1. Improve your memory
2. Improve your attitude
3. Improve your relationships
4. Improve interactions (cease reacting)
5. Improve your energy
6. Improve your intuition
7. Improve your appearance
8. Lose weight

To help you develop psychic abilities including:

1. Open your third eye
2. Clairvoyance (psychic sight)
3. Clairaudience (psychic hearing)

4. Clairsentience (psychic knowing)
5. Psychometry (psychic touch)
6. Psychic olfactory (psychic smelling)
7. Psychic taste (psychic taste)
8. Communicating with animals
9. Communicating with plants
10. Communicating with rocks and minerals
11. Communicating with spiritual beings
12. Channeling

To help you with spiritual practices such as:

1. Meeting spiritual and animal guides
2. Pathworking on the Tree of Life
3. Identify your spiritual purpose
4. Identify your lifetime goals
5. Alchemically transform yourself
6. Astral traveling
7. Soul traveling