

October 1, 2005

PROPHETIC TOPIC

**THE SPIRIT OF LIFE IS CARRIED ON THE  
BREATH**

FORMAT

OPENING REMARKS AND INTRODUCE GUEST

LOVE AND LIGHT, I'M REV. PHIL AND I'M YOUR HOST FOR "WORDS OF THE PROPHETS." THIS MORNING, MY GUEST IS PENNY RUSSELL. TODAY'S PROPHETIC TOPIC IS "THE SPIRIT OF LIFE IS CARRIED ON THE BREATH". THIS TOPIC IS EXTRACTED FROM A PARAGRAPH ON PAGE 64 OF A BOOK WRITTEN BY RESHAD FEILD ENTITLED "THE ALCHEMY OF THE HEART". THE PARAGRAPH READS AS FOLLOWS: "THE SPIRITUAL WORLD IS RIGHT HERE, IN LIFE. IT IS LIFE. AND WE CANNOT BE HERE, WE CANNOT EVEN BE ALIVE, WITHOUT BREATH. FEW PEOPLE CAN ACCEPT THE RESPONSIBILITY OF BEING ALIVE, WHICH IS TO INHABIT THIS BODY AND BE CUSTODIANS OF THIS PLANET. THIS REQUIRES TREMENDOUS RESPECT. WE ARE NOT JUST OUR BODIES, OUR EMOTIONS OR OUR THOUGHTS, BUT WE MUST TOTALLY INHABIT THE VEHICLES WE HAVE BEEN GIVEN, THROUGH WHICH WE CAN EXPRESS THE SPIRIT OF LIFE. THAT IS WHAT IT IS ALL ABOUT. AND THE SECRET TO DO WITH THIS IS IN THE BREATH. IN MANY LANGUAGES 'SPIRIT' AND 'BREATH' COME FROM THE SAME ROOT WORD. THE SPIRIT OF LIFE IS CARRIED ON THE BREATH. TO BE CONSCIOUS OF LIFE, WE MUST BE AWAKE TO THE BREATH. IN FACT, IT IS

**NOT EVEN POSSIBLE TO BE CONSCIOUS, IN THE TRUE SENSE OF THAT WORD, WITHOUT BEING AWAKE TO THE BREATH."**

**BEFORE WE GET STARTED WITH OUR DISCUSSION LET ME REMIND YOU THAT WE WANT AND NEED TO HEAR FROM YOU. PLEASE CALL US AT 428-1382.**

**1. PENNY'S STORY**

**2. RESHAD FIELD**

- A. TEACHES THE ESSENCE OF SUFISM IN THE WEST.**
- B. IN THE SIXTIES HE MET HIS TEACHER, BULENT RAUF, WHO STEMMED FROM A LONG SUFI TRADITION, AND FOUND WHAT IS CALLED THE WAY OF LOVE, COMPASSION AND SERVICE.**
- C. RECEIVED INITIATION INTO THE MEVLEVI ORDER OF THE "WHIRLING" DERVISHES IN KONYA, AND HELPED TO BRING THEIR SACRED CEREMONY TO THE WEST.**
- D. HIS WHOLE LIFE HAS BEEN DEVOTED TO THE QUEST OF THE PURPOSE OF LIFE ON EARTH AND THE UNFOLDMENT OF THE ETERNAL TRUTH, WHICH APPEARS AND REAPPEARS IN THE FORM THAT IS NEEDED AND ACCEPTED IN SPECIFIC PARTS OF THE WORLD, AND AT THE RIGHT TIME.**
  - A. BUILDING THE PLATFORM FOR THE WORLD TO COME**
  - B. TURNING SACRED COWS INTO HAMBURGERS**

**C. MASTER OF THE BREATH – ONE OF THE FOUR CORNERSTONE PRACTICES OF HIS TEACHINGS.**

**3. CHALICE GUILD AND THE CHALICE CIRCLE (EUROPE)**

**4. BREATH IS LIFE.**

**A. WHAT IS THIS BREATH THAT WE TALK ABOUT, THAT BREATHES (ONE OF THE DEEPEST MYSTERIES IN LIFE) ?**

**B. BREATH AND SPIRIT ARE ONE, ONCE WE KNOW. CONSIDERING THIS, NOT JUST TALKING ABOUT PHYSICAL BREATHING ALONE. SOMETHING MUCH GREATER – THE SPIRIT OF LIFE.**

**C. IN SUFISM, ONE OF THE NAMES GIVEN TO JESUS IS "RUH ALLAH", THE SPIRIT OF GOD.**

**5. BREATH AND TRANSFORMATION – INHABITING THE VEHICLES THAT WE HAVE BEEN GIVEN TO TOTALLY EXPRESS THE SPIRIT OF LIFE.**

**6. BREATH & THOUGHT**

**A. MOISTURE ON THE BREATH – THE ATMOSPHERE THAT WE CREATE WITH THE MOISTURE ON THE BREATH. BREATH IS NOT LIMITED BY WALLS, CEILINGS OR FLOORS. ATMOSPHERE AROUND THE PLANET.**

**B. TENDING TO OUR OWN SPIRITUAL ECOLOGY AND WATER POLLUTION – TAKING RESPONSIBILITY.**

**C. THOUGHT-FORM IS AN ELECTRICAL IMPULSE, WANTING ONLY ONE THING – TO MANIFEST ITSELF THROUGH A HUMAN BEING.**

**1st. LIKE HITCH-HIKERS...WE DON'T HAVE TO PICK UP EVERY THOUGHT THAT COMES INTO OUR AWARENESS AND MAKE IT OUR OWN.**

**2nd. DO NOT THINK, BUT USE THOUGHT CONSCIOUSLY.**

**a. IBN ARABI OR HAFIZ ON THOUGHT.**

**b. WORK WITH THE BREATH HELPS TO CREATE AN OBSERVER AND SERVES AS A TOOL TO HELP US NOT IDENTIFY WITH SENSES, THOUGHTS AND EMOTIONS.**

## **7. BREATH & EMOTIONS**

**A. WHAT WE ARE IS A COSMIC APPARATUS FOR THE TRANSFORMATION OF SUBTLE ENERGIES. NOT VERY GLAMOROUS.**

**B. SENTIMENTALITY IS THE GREATEST ENEMY OF LOVE.**

### **C. BREATH & THE SENSES**

**1st. LIVING LIFE PASSIONATELY BUT NOT RULED BY THE PASSIONS.**

**2nd. MAKING THE SENSES OUR FRIENDS. THE BREATH IS NOT A SENSE.**

**8. MOTHERS BREATH – AN ALCHEMICAL BREATHING PRACTICE TO DO WITH THE PULSATION OF THE WOMB OF THE MOMENT AND WHAT WE ARE GIVING BIRTH TO IN EACH MOMENT. ENTIRELY SAFE. WILL NOT UPSET ANY OTHER SPIRITUAL PRACTICES, RATHER ENHANCE THEM.**

**A. SOLAR PLEXUS – HEART BREATHING**

**B. 7-1-7 RHYTHM, BALANCING THE IN-BREATH AND THE OUT-BREATH**

**C. BREATHING IN EVERYTHING THAT YOU NEED; BREATHING OUT LIGHT, GOODNESS, LOVE AND BEAUTY IN ALL DIRECTIONS. FILLING UP YOUR ARM SPAN.**

**1st. TALK ABOUT PEOPLE WHO HAVE BEEN HURT. ILLNESS – STORY.**

**2nd. REFINING THE BREATH AND CHOOSING THE FINEST QUALITY OF AIR.**

**3rd. BEING BREATHED**

**9. PRACTICES: FOUR CORNERSTONES OR OBLIGATORY PRACTICES TOWARDS MAINTAINING HEALTHY SPIRITUAL ECOLOGY, AND THE PURPOSE OF EACH.**

**A. PRESENT MOMENT EXERCISE**

**B. CLEARING EXERCISE**

**C. DECISION EXERCISE**

**D. MOTHER'S BREATH**

**10. CLOSING COMMENT – THANK YOU, AND THANKS TO RESHAD FEILD AND ALL THOSE WHO, THROUGH THEIR SACRIFICES, HAVE HELD ALOFT THE LIGHT OF TRUTH IN THE DARKNESS OF HUMAN IGNORANCE AND PAVED THE ROAD FOR US TO FOLLOW. HOPEFULLY WE ARE DOING THE SAME FOR OUR CHILDREN AND CHILDREN'S CHILDREN.**