



Toltec Wisdom

The Cleansing Breath

The sacredness of each breath is an overlooked gateway to inner peace. With each breath we are performing the most basic elemental function of life. With each breath we are in communion with all other life forms on this planet. When we breathe in, we receive life giving oxygen which our body requires. The oxygen which we take in, has been prepared for us with love by other life forms. Our partners in life, the plants, have carefully prepared oxygen for our use. With each out-breath we deliver to the plant world our carbon dioxide which has been prepared by us with love for our partners in life, the plant kingdom.

Each breath is a dance of love between us and all our partners in life.

Just think, the air you have just taken into your lungs was once circling the Andes mountains. The oxygen you now have within you was once a part of the pacific ocean swirling and then splashing against the rocks of the Hawaiian Islands before it evaporated into the sky and danced among the clouds before swirling down to earth and entering your body with that last breath!

Toltec Spiritual Warriors use the breath to clean disharmonious energies. Each evening, reflect on the day and recall when you have expressed harsh words or created bitter thoughts toward another. Such energies can be reclaimed using the in-breath. Hold the image of what you want to reclaim, as you breathe in visualize it coming back to you and see it flowing through your body down into Mother Earth. Mother Earth is non-judgmental and will embrace the energy you offer her. For each event you want to clear, breathe in several times until you feel in your heart the energy transfer is complete. When you are reclaiming with the in-breath, the out-breath is only used to maintain a rhythm. Do not focus on it.

When you experience strong emotions from others such as anger, hatred or resentment, the out-breath can be used to clean the negative energy given to you. Hold the image of the interaction or situation in your mind's eye. Using the out-breath give back the negative emotion, agreement or thought. Perform the out-breath as a forceful blow—like blowing a mosquito off your arm. For each event you may want to use the out-breath several times until your heart feels at peace and clean of the energy. When you are returning energy with the out-breath, the in-breath is only used to maintain a rhythm. Do not focus on it.

When you are breathing and cleansing, always do so with love. When you reclaim that which you did not mean to send out, love yourself and those effected by your actions. When you are returning that which does not belong to you, do it with love for both yourself and others.

The act of breathing is an act of love, the fundamental essence of life. Honoring the sacredness of the act brings inner peace and nurtures our divine essence. The cleansing breath can help you reclaim valuable life force energy.

- Gordon Eagleheart