

Fear Not – Take a Deep Breath and Let it Out

I am White Eagle.

The accordion of life can squeeze one to death, but when it is opened, it creates a harmony all its own. Fear not the dissonance of mistaken notes. Fear not the pressure of air squeezed into a box. The Breath must flow evenly in and out, openly, lightly, easily — in and out. So is the rhythm of the Breath of Life — in and out.

There is no recollection of the first Breath, nor of the last. The Breath is born with you and ascends as you ascend. The Breath is forever. The Breath of Life lives on before and after birth, before and after death. The Breath is the soul of your Being. The Breath is the column of ascension.

The secret of life is in the Breath. What you breathe in, you breathe out. Therefore breathe in all goodness and grace and breathe out all love and light. For within that flow is the magic of Being — the pure rock of existence, the soul mechanism of everlasting life.

What riddle is this, you ask? It makes no sense, and yet, in the Breath is all your Being, all your sense of consciousness, all your alertness, your awareness, your sympathy, your love, your expression of light — all within that Breath of Life.

You are so keen to dismiss it from time to time, to dismiss it from your consciousness, yet in your breathing IS your consciousness — consciousness of the true Being within you. In that body of bones and flesh, squeeze the accordion, and it hurts. Expand the accordion, and all is well.

The healing power of Love is in the **air**. Regard how you take it in and watch how you give it out. Radiance is a gesture of Light and a gesture of Light comes with the Breath — Breath that is wholesome, keenly aware, fully resonant, wholly expressive of WHO YOU ARE. Therefore, fear not to take a Breath, a deep Breath, and let it out.

Let the whole world breathe with you. Let everyone breathe in harmony with one another for that harmony is Love and the Breath of Life breathes Love and expands the Light that encircles you. Cling not to the squeezed note. Expand to the harmony about you. Open yourselves to the world, to the harmony of all Being, to the beauty of Breath, to the Life Everlasting that moves within you, that is your constant companion.

Acknowledge your Breath and the power within you to expand that Breath of Life to all the world. The universe is within you. Take time to breathe and feel its presence within you and expand all the Love and Light encompassed therein. And there you shall find the Infinite and join yourself with the Infinite that Creates all Beings, Loves all Beings, Sees all Beings and IS the Light of the World.

Seek now that Breath of Life. Let it expand into the Unknown until you truly see the Truth that will make you free.

Bless you my child.

Bless you.

I am White Eagle.

So be it.