

Infinity Breath Infusion Description

by Matthew Karenke

MOST PEOPLE ARE AWARE OF WHAT IS COMMONLY CALLED “CHAKRAS”. THESE ARE CIRCUITS IN YOUR AND MY INVISIBLE BODIES WHICH AFFECT OUR VIBRATIONAL FREQUENCY AND OUR PHYSICAL, MENTAL AND SPIRITUAL WELL BEING.

TODAY I’M GOING TO SHARE WITH YOU A BREATHING TECHNIQUE WHICH CHANGED MY LIFE AND WHICH I BELIEVE CAN AFFECT YOUR PHYSICAL, MENTAL AND SPIRITUAL WELL BEING POSITIVELY.

LET US START WITH HOW WE NORMALLY BREATHE. WHETHER THROUGH THE NOSE OR THROUGH THE MOUTH, THE AIR GOES DOWN OUR AIR PASSAGE TO THE LUNGS.

WHAT I WILL SHOW YOU IS A METHOD WHERE YOU BREATHE IN TO YOUR LUNGS BUT AT THE SAME TIME, RESONATE YOUR HEART CHAKRA, THEN YOUR SOLAR PLEXUS CHAKRA, THEN YOUR CROWN CIRCUIT, THEN YOUR THROAT CIRCUIT.

MY POINT IS THAT NORMAL BREATHING DOES NOT STIMULATE ANY OF THE SEVEN CIRCUITS WE CALL CHAKRAS. THE BREATHING METHOD I WILL DEMONSTRATE STIMULATES THE MOST IMPORTANT CIRCUIT FIRST – THE HEART CIRCUIT.

THIS IS DONE BY USING SOUND.
STOP FOR A SECOND AND GO “Mmmmm”.
FEEEL WHAT HAPPENS IN THAT AREA OF YOUR HEART.
IT RESONATES, RIGHT?

WHEN YOU START THIS BREATHE WITH A RESONATING HEART,
THEN WHEN YOU ARE NEARLY OUT OF AIR, YOU CONSCIOUSLY USE YOUR ABDOMEN TO PRESS OUT THE REMAINING AIR, AND YOU ARE STIMULATING THE SOLAR PLEXUS CIRCUIT.

THEN BREATHING UP THROUGH YOUR THROAT...

(YES, YOU DO NEED TO PRACTICE BREATHING THROUGH YOUR THROAT, BUT IT WILL BECOME MORE NATURAL AS YOU PRACTICE THIS METHOD) ...

YOU STIMULATE THE THROAT CIRCUIT.

THEN FINALLY, AT THE TOP OF THE BREATH ... YOU TAKE A MOMENT TO PAUSE ...

THAT FOCUSES ON THE CROWN CIRCUIT AND COMPLETES THE CYCLE ...

BEFORE STARTING TO SEND THE SOUND AND BREATH THROUGH YOUR HEART CIRCUIT AND INTO GAIA.

MANY OF YOU MAY KNOW THAT THE TOROID SHAPE WHICH IS LIKE TWO OVALS NEXT TO EACH OTHER, IS A UNIVERSAL PATTERN WHICH APPLIES TO WORLDS, GALAXIES AND TO US AS HUMANS.

I BRING THIS UP BECAUSE THIS IS THE PATTERN WHICH YOU JUST EMPLOYED IN THIS BREATHING EXERCISE.

DOWN, PAUSE, UP, PAUSE.

IN ADDITION TO STIMULATING ALL CHAKRAS, YOU ARE COPYING A UNIVERSAL PATTERN IN BREATHING.

WELL, THAT'S THE BRIEFEST SUMMARY OF THIS TECHNIQUE THAT I CAN GIVE.

FOR MORE INFORMATION, WATCH THE REMAINING & UPCOMING VIDEOS ON OUR WEBSITE.

Lovingly ~ Raven

Extra Special Love & Gratitude to Matthew Karenke and endless hours on challenging computers to etch out the rough cuts of the video and descriptions our Planetary co-creations ~ Mmmm / M3 *