

# ~ The Spirit Breath Method ~

A *Divinely Inspired* Method proven to connect you with  
Spirit,

**IMMEDIATELY.**

(No matter where you are or what you are doing, so you can  
silence the worried mind and begin living your most Beautiful,  
Joyous, Soul-Driven Life.)

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# ~ The Introduction ~

Hello Wonderful Souls!

Welcome to The Spirit Breath Method!

A course 38 years in the making!

The method outlined in this course has given myself and many others immediate access to Spirit Consciousness that otherwise would have taken years of dedicated meditation practice. I myself have been meditating for many years and only after this Divine Insight have I connected directly to Spirit (Higher Self/ My Soul/ All That Is) immediately, every time.

This AWAREness has completely transformed my life, the life of many others and I truly feel it has the ability to transform yours. \* (see disclaimer)

This Spirit Breath Method is one of the most beautiful gifts we could ever receive. We have been given the gift of *Immediate Connection* and I am so excited and honored to share it with you.

You will see as we continue that it has been Inspired for the true beginner to spirituality or the lifelong seeker. You are never too young or too old to begin this journey and if you are reading these words right now, you were meant to find them.

*Actually, they wanted to find **you**.*

Your Soul has quietly led you here as there are no coincidences in this world.

There are no accidents.

~ Be assured that you are exactly where you are meant to be. ~

# ~ About Me ~

From a young age I knew there was more to life than what my five senses were telling me. I could sense there was a much deeper connection that wove Its way through all of my days.

Luckily my Grandfather understood this as well, and he became one of my greatest teachers. Throughout my childhood we would wander through the forest silently, understanding each other and the natural world around us, without a word. His influence over my earliest, most formative years allowed me to become the person I am today; a certified Reiki Master, a certified Quantum Healing Hypnosis Practitioner, a Spiritual Guide, a Healer and a Mystic.

My purpose in this life is to assist others to *Awaken their Inner Divinity, Re-Connect with Source and begin their Ascension Process*, so they may walk their Soul's most Wonderful, Authentic Path.

I have prayed and sat in silence for many days over many years, asking for guidance so I could embody my life's purpose; to help you instantly connect with your Spirit/Soul and help *Awaken* your Divinity within to bring about immediate peace, stillness and liberation from fear.

~ I feel this *Divinely Inspired* method is the answer to those prayers. ~

# ~ Before we Begin ~

Throughout this course I will be discussing our duality as humans, the two pieces of our Being: our ego (mind) and our Spirit (Breath).

Within every person there lives duality: Spirit (Love/Heart/Breath) and ego. (fear/the mind) Usually, our lives are run on autopilot by the mind/ego, which is why we make most of our decisions from fear. Spirit then must sit in the background waiting for us to become quiet enough to hear It.

I would like to quickly explain *duality* as if we were a computer:

Imagine that our mind is the hard drive; it stores memories, it organizes files of dates and days, but it's not meant to run the computer. It's more like a holding tank for life's memories and moments. All the mind knows is what has already happened; therefore, it can only operate from the past. This is the ego. (Ego's main job it trying to protect us, but it's form of protection comes from a place of fear.)

Now let's imagine our Spirit is the operating system of the computer. It's designed to operate our lives and guide us along our true path with Love and connection. (Spirit is only ever love.)

And now let's imagine this computer when you first start it up. What is it that makes the most noise? The hard drive. It spins, clunks and ramps up until that's all we hear. Meanwhile the operating system just quietly sits there waiting for us to use it.

Therefore, the trick is to quiet the hard drive (the mind/ego) and have it run quietly in the background so the operating system (Soul) can fully do its job.

~ *This is where the Spirit Breath Method comes in.* ~

I would also like to clear up any negative thoughts towards the word “meditation”. I believe fully in the importance of meditating but am aware that many people dread the thought of it. (I completely understand! When "trying" to meditate only results in feelings of disappointment, of course it can become disheartening. I know, I've been there.) So I want to make sure you are aware that in the following pages "meditating" doesn't have to happen in a fixed, sitting position. It is indeed something we can do anytime, anywhere. So, for the duration of these pages I would like to exchange the word "meditate" to "Spirit Breath", as this will change the energy surrounding this concept to one of possibility, instead of unattainability.

Also:

***Spirit = God/Source/All That Is/Higher Self/Soul/Universe/The Divine***

These terms are always interchangeable so for simplicity, I will only be writing one in each instance. Please use which ever you prefer when you read the sentence.

# ~ The Spirit Breath Method ~

~ Alright, here we go. ~

What if I was to tell you that:

*“All of Life is Energy, just waiting to be created with INTENTION.”*

And that:

*“Sometimes AWARENESS is all that is missing.”*

And then I was to tell you the following Divinely guided KNOWLEDGE:

**You are immediately Breathing as 'Spirit' as soon as you deeply focus on your entire inhale and entire exhale with the INTENTION, AWARENESS and KNOWLEDGE that you ARE.**

Please re-read that statement again and then continue below where I will elaborate.

***Before this Method*** we had only ***two*** ways to Breathe:

The *first* is to Breathe without thought. It's a natural process that happens on its own. No need to think about it, it's automatic.

The *second* is to Breathe while we “focus on the Breath”. This has been advised to us for centuries in order to meditate or to relieve stress. **BUT**, we have been missing the most important piece of the “focus on the Breath” puzzle.

That missing puzzle piece has been our ***Intention*** and ***Awareness*** to the following ***Knowledge***:

**YOU ARE IMMEDIATELY Spirit AS SOON AS you start focusing on your Breath with THAT Intention and Awareness.**

*Our Breath* =Spirit =All That Is =Our Higher Self =Universal flow =Source Consciousness

(All that was missing was our *Awareness* of this.)

And so, with the above *KNOWledge* we now have the

**THIRD** (and final) way to Breathe.

You can now immediately switch from the mind (ego, fear-based living) to the Spirit (Love, Soul based living) in an instant, simply with this *KNOWledge*, your *AWAREness* and your *INTENTION*.

You will *KNOW* that every time you focus on your inhale and exhale with this *KNOWledge*, *AWAREness* and *INTENTION* you will be Breathing as Spirit/Higher Self, immediately.

You will now be operating as your True Authentic Self.

**\*\* You will be Spirit *Breathing*. \*\***

This awareness was Divinely Inspired one night as I was falling asleep, contemplating our human dualities. (Spirit and ego). I was looking back over that days' happenings and I realized I had spent most of it on autopilot, with my mind/ego running my life. I was really only "present" for about 15 minutes in total, the rest was a blur. This meant that I had essentially "wasted" my most precious gift, *TIME*.

Instead of enjoying my 16-hour day, I had only been "present" (aware) for about 15 minutes of it. This saddened me greatly, especially when I started thinking about all of my *TIME* over the course of my life that I hadn't been present for, hadn't enjoyed.

This was when I began thinking about our duality. How our ego (mind) usually runs our life on autopilot from a place of fear, resulting in no "Presence". Then I thought about Spirit, the other half of us and how it only ever operates from a place of Love and Presence. How it's always there, just usually in the background waiting for us to notice it.

I began to wonder if there was a way to flip the dualities around. Instead of the mind/ego running on autopilot (which equals no Presence), flip them around to allow Spirit to be in charge. To have the ego operate *behind* Spirit, instead of the other way around. For ego to have to operate *through* the "filter" of Spirit.

With these thoughts floating around I began to drift in and out of sleep. What began as a simple question started to evolve within me:

Since we know

*"The root of every thought or decision comes down to one of only two options: Love or fear. "*

and we know

*"Fear comes from the ego/mind because Spirit is only Love."*

and if

*"Intentionally focusing on your Breath immediately silences your mind (the ego)."*

THEN

*"The Breath must equal Spirit (Love/All That Is/God/Source)"*

This realization jolted me awake, wide eyed. I couldn't believe what had just been revealed to me! I had to try this new *Knowledge!*

So, I intentionally focused on my entire inhale and then on my entire exhale **KNOWING** I was *Spirit* and then again, and YES!! I was instantly Breathing as Spirit! I was Breathing as my Higher Self (Soul/Source Energy) and my mind (ego) was now silenced, in the background. My Authentic Self was now present. While falling asleep The Divine had shown me how to put Spirit *IN FRONT OF* the mind (ego).

All of these years I had been meditating, focusing on my Breathing, but *waiting* for the next step.

*Waiting* for the big A-Ha moment.

The big moment of clarity that was supposed to come *AFTER* focusing on the Breath.

But it never happened.

*Because there was no next step.*

**\*\* There is no AFTER. \*\***

The truth is and has always been:

**AS SOON AS YOU START FOCUSING ON YOUR BREATH WITH THE  
KNOWLEDGE THAT YOU ARE SPIRIT, YOU ARE.**

**IMMEDIATELY.**

**JUST LIKE THAT.**

**INSTANTLY CONNECTED TO "ALL THAT IS".**

Both dualities of our Being (Spirit and ego) have always lived together within us, side by side. God Consciousness has never been separate from you or I, It was just so very close It was almost impossible to find.

All that was missing was a *SHIFT IN OUR PERCEPTION!*

All that was missing was our *AWAREness* that once you KNOW you are Breathing from your Spirit, you ARE.

And now that we have been given this gift of *awareness*, we can begin to read the many spiritual teachings with a new understanding:

*“In this very Breath that we take now, lies the secret that all great teachers try to tell us.”*

Peter Matthiessen

*“Every day we are engaged in a miracle that we don’t even realize.”*

Thich Nhat Hanh

And so, from now on I will only ever write the word Breath with a capital B, as we have now discovered:

**Our Breath = Spirit/ Source/ Love/ God/ All That Is/ Our Soul.**

\*\*Also, for the remainder of this course when I say Spirit Breath it will mean:  
Breathing with **THAT** Knowledge, Awareness and Intention.\*\*

# ~ The Practice ~

Now that we know our Spirit Breath connects us immediately to our Divine Energy within, it will now require some practice to start living life from this Space. You can do this slowly or all at once, whichever you prefer.

They say it takes about 21 days for a new thought or practice to become a habit. This means if for the next 21 days you focus on your Spirit Breath as much as possible, in only three weeks you will be living a completely different life. A life full of Love and purpose. A life in alignment with You and the Universe. (This is also referred to as co-creating.)

## Step One

Please find somewhere quiet to begin, close your eyes and take a nice slow inhale and exhale.

Now, please take another slow Breath but this time, as you focus through your entire Inhale, *KNOW* that you are Inhaling as Spirit Energy. Then, repeat with your Exhale. Focus through your entire Exhale, *KNOWing* you are Exhaling as Spirit Energy. Please continue Breathing this way for 30 seconds to one minute.

Notice the results. Notice how your mind has just been put into the background.

Notice this *AWAREness*. Notice this *SPACE*.

~~\*\*~~ *Welcome.* ~~\*\*~~

~~\*\*~~ *You have just awakened.* ~~\*\*~~

You did this with the power of your *AWAREness* and your focused *INTENTION*.

At first you may need to Breathe slowly to fully grasp this new *awareness*. Soon though, there will be no need to change the way you Breathe. Shallow or deep, quick or slow, it won't matter. You will now *KNOW* that it's not about the speed of your Breath, it's about *HOW* you Breathe, with *awareness* and *intention*.

From here how you proceed is up to you:

You may want to continue Spirit Breathing as much as possible, every day. (Which is what happened with me as I was so excited to learn of this new Connection that I kept practicing as much as I could.)

But if not, you can simply follow the steps below:

### Step Two

Start Spirit Breathing two or three times a day for a few minutes, when it's most convenient. Maybe when you first wake up, before you go to bed or in the shower. Try this for 7 to 10 days, gradually increasing the time each day you spend Spirit Breathing.

### Step Three

If you regularly meditate, you can incorporate Spirit Breath into your daily practice.

If you are new to meditation, you could start Spirit Breathing 10 minutes a day in silence or

with gentle music. Gradually work up to 20 minutes. (Trust me, now that you know when

you first sit down to meditate you will *immediately* connect with Source, you will no longer dread the thought of meditation.)

### Step Four

Little by little, incorporate Spirit Breath into your everyday life. Try to Spirit Breathe more each day than the day before. Soon, you may notice you've Spirit Breathed for most of your wakened hours.

*And so, it becomes a daily practice.*

But *KNOWing* now that you are immediately connected with "All That Is" as soon as you begin Spirit Breathing, you will *want* to keep practicing.

Soon with practice, Spirit Breath will become second nature and you will be living from a place of tranquility, Love and peace (instead of fear and worry).

You will be living your life through Spirit, where miracles are possible.

(Remember, through you Spirit can work magic.)

*It truly is so very simple, but the trick is remembering to practice Spirit Breath throughout the day, every day.*

# ~ The Continued Practice ~

With every Breath we now have the opportunity to choose from which place we make our decisions: *from Love or from fear*. With practice it will become easier to slip into our Spirit (Love) state of *BEing*, no matter the circumstances. The more you practice Spirit Breath during the calm times, the easier it will be to practice during the stressful times.

*This is why constant daily practice is key.*

*And because you don't have to Breathe any differently than in everyday life, you can Spirit Breathe anytime, anywhere.*

As you begin to practice Spirit Breath throughout your day you will notice just how connected you truly are and always have been. As this becomes a habit you will start flowing through life, consciously connected to Source. You will also notice you have more confidence and humble strength, as you will know you are living in Alignment with your Truth, no matter the situation.

Trust that the more you enter into this space, the more the universe will expand for you. Spirit Breath will allow you to move naturally towards your Heart's true desires, with a feeling of *Peace* and *Knowingness*.

With continued practice your mind, body and Soul will begin to flourish, now that you have unlocked the wisdom of your deepest *Inner Knowledge*. You will begin to acknowledge the Presence of Spirit, Wisdom and Healing Energy within all things.

Your entire life will become a walking, talking meditation.

Your True Path will become illuminated before you as the blocks around your Authentic Self begin to fall away.

You will never again have to seek your purpose, as *It will find you*.

# ~ The Merging Dualities ~

(Witnessing Your Stress)

Once you have incorporated Spirit Breath into your daily life you will begin to notice that your mind is now operating in the background.

It's now *BEHIND* the Breath.

Your mind is now being *filtered through your Spirit*. Your *awareness* will increase the longer you practice throughout your day and you will begin to realize you are no longer the mind (the ego). You will begin to notice you are now **witnessing** what the mind is thinking of (or what the mind is worried about).

In some cultures, Spirit is also described as “the Witness”. This is because as soon as you start to live from Spirit Breath, you will begin to “notice” the mind's (ego's) thoughts. Instead of living from the mind (ego) and going through your day on autopilot, you will begin to “notice” what the mind is doing.

I would like to give the following example:

It's a *BUSY* Monday morning and everyone involved has very hectic energy.

***\*\*Realize this energy is happening\*\****

(The realization is very important as it is the beginning of shifting your *AWAREness*)

***\*\*Focus on your Spirit Breath for 30 seconds.\*\****

You will then notice you have become *AWARE* of the following three things:

1. The hectic morning is still happening around you.
2. Your mind has been silenced and put into the background.
3. You are now **witnessing** the hectic morning, instead of being *IN* it.

You have now become the Witness and you will stay in this space as long as you continue to Spirit Breathe. (And if you forget five minutes later, no worries! Just smile and return your attention back to Spirit Breath. Repeat as necessary.)

*You are now operating as both the Divine(Spirit) and ego simultaneously !*

Life has never been about becoming Spirit over ego. It's about integrating the two, with your Divine Self forging the path ahead, *acting as the filter* through which life is lived.

Acting as the filter through which your mind/ego is *allowed* to operate.

Becoming the Witness can alleviate so much stress from our every day lives.

Whether you are trying to fall asleep at night and your mind is racing, you are preparing for a big interview or sitting in rush hour traffic, *KNOW* that Spirit Breath is now here for you. It will help you *immediately* become the Witness to your mind's negative thoughts (stress) and finally put them in the background where they belong. With this beautiful Spirit Breath Method we now have the ability to instantly silence the mind's constant negative chatter and begin living from a place of Love instead of fear.

# ~ On Being Human ~

(Troubleshooting)

When I first started practicing Spirit Breath it was very easy to forget and allow my mind to take over again. It's important to be gentle with ourselves and remember that we've been living this way our whole lives, so it will take many days, maybe even weeks or months, before it becomes a habit. (And that's OK!) Learning to live life through Spirit Breath will take practice and time, and your thoughts will continue to return.

*Let them. This is completely normal.*

When you “notice” you are back in your mind/ego space, just ***smile*** and gently resume your Spirit Breath.

Easy Peazy!

***Especially now that we KNOW we are only ever one Breath away from CONNECTION.***

Another issue that may arise during your practice could be anger or confusion towards Spirit Breath. I know this because it happened to me. During one particularly stressful day while practicing Spirit Breath I started to notice a very faint feeling or *Knowing* that everything was going to be alright. This sounds amazing I know, but my mind had convinced me it was definitely *NOT* going to be alright, and so I became upset at Spirit Breath.

If this occurs, just continue Spirit Breathing, *Knowing* that Breath is Spirit (is God, is Love). With this *Knowledge* you will eventually surrender to that comforting, *Knowing* feeling from Spirit that says, “It’s alright. It’s all going to be alright.”

When in times of great doubt, it is always important to ask ourselves; who would know more, my Spirit (Soul) or my mind (ego)?

The answer will be obvious.

# ~ The Wrap Up ~

My Wonderful Souls,

Thank you so much for joining me on this journey. You have allowed me to fulfill my Soul's Purpose and I am forever grateful to all of you.

This marks the end of *The Spirit Breath Method* and I would like to leave you with one last request:

Please remember,

No matter where you are, no matter what circumstances you find yourself in, you  
now

**KNOW**

with one intentioned Inhale and one intentioned Exhale you are instantly  
operating as Spirit.

Immediately connected to All That Is.

**\*\* You ARE Spirit *Breathing*. \*\***

*Love and Blessings to All,*

*Lyndsie In Stillness*

## ~ Disclaimer ~

\* Actual results may vary. InStillness.ca does not dispense medical advice or prescribe the use of any technique as a replacement form of treatment for physical, mental or medical problems by your doctor either directly or indirectly. Our intention is to offer a variety of information and tools to help the reader in their quest for spiritual growth, emotional and physical well-being.

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~ Love and Blessings to All. ~