

# Trust Your Breath

By Desmond D Green



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Desmond Green

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This book is a stream of spiritual insights and is the product of the author's imaginations.



Desmond D Green

## ABOUT THE AUTHOR

Desmond Green is a Research Psychologist with over 35 years of experience. After graduate studies in Psychology, Philosophy and Theology he spent the next 25 years doing post graduate work with Prof. Ross Mooney of Ohio State University and Milton Senn M.D., Founder of the Yale Child Study Clinic.

Founder of the Reverence For Life Foundation (RFLF) in Jamaica, W. I., Green successfully implemented this program in Jamaican penal institutions in 1994. Positive effects of the RFLF model are evidenced in the rate of recidivism, which was reduced from 90% in 1995 to 30 % in 2000 as well as the dramatic reduction in prison violence that continues to be the report from all institutions.

Desmond Green resides in Hartford, Connecticut where he lectures on '*The Practice*,' his 8-point principles, which he describes as the lifetime practice of Reverence For Life.

**Recent books by the author:** *The Practice, Living Psalms, The Oasis, Forget Me Not, Full Circle Cameo and other inspirational books.*

EYE AM MY BREATH!  
YOU ARE YOUR BREATH!  
WE ARE OUR BREATH!



BREATHE  
Consciously,  
Deeply,  
Slowly

Feel your breath  
Flowing through your body!

Accept your breath as yourself.  
Embrace your breath  
As your Divinity!

Feel your breath as your Humanity.  
Celebrate your breath  
As your only reality!

Eye am my breath!

My Breath is my redemption!

My Breath is my substance!

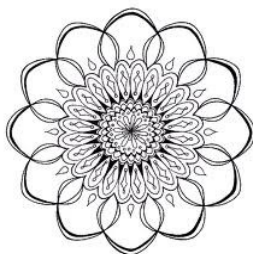
My Breath is my sustenance!

My Breath is my awesomeness!

My Breath is my magnificence!

My Breath is my sweetness!

My Breath is my richness!



EYE am my breath!

My Breath is my supporter!

My Breath is my currency!

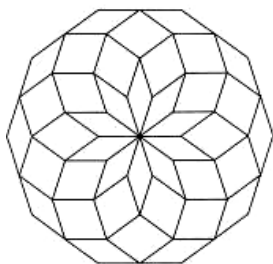
My Breath is my Divinity!

My Breath is my salvation!

My Breath is my passion!

My Breath is my balance!

My Breath is my reality!





EYE am my breath!

My Breath is my light!

My Breath is my comforter!

My Breath is my amplifier!

My Breath is my pleasure!

My Breath is my treasure!

My Breath is my supplier!

My Breath is my multiplier!



EYE am my breath!

My Breath is my greatness!

My Breath is my significance!

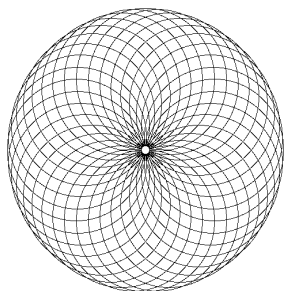
My Breath is my importance!

My Breath is my GOD!

My Breath is my nature!

My Breath is my meaning!

My Breath is my joyfulness!



EYE am my breath!

My Breath is my absoluteness!

My Breath is my sovereignty!

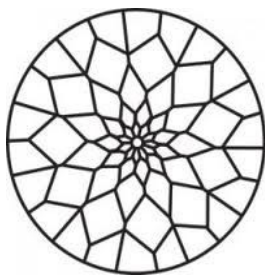
My Breath is my righteousness!

My Breath is my competence!

My Breath is my beauty!

My Breath is my security!

My Breath is my wholeness!



EYE am my breath!

My Breath is my awareness!

My Breath is my compassion!

My Breath is my focus!

My Breath is my imagination!

My Breath is my expression!

My Breath is my intuition!

My Breath is my splendor!



EYE am my breath!

My Breath is my determination!

My Breath is my inspiration!

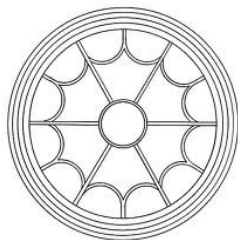
My Breath is my completeness!

My Breath is my consolation!

My Breath is my justification!

My Breath is my existence!

My Breath is my fullness!



EYE am my breath!

My Breath is my foundation!

My Breath is my surplus!

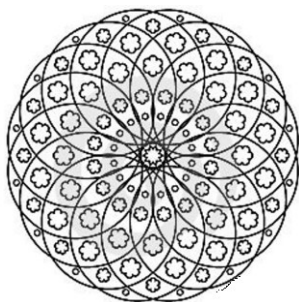
My Breath is my Divine power!

My Breath is my conceiver!

My Breath is my receiver!

My Breath is my anchor!

My Breath is my center of gravity!



Eye am my breath!

My Breath is my eye of calm!

My Breath is my sanctuary!

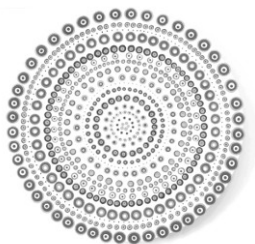
My Breath is my renewal!

My Breath is my rock!

My Breath is my satisfaction!

My Breath is my universe!

My Breath is my contentment!



EYE am my breath!

My Breath is my reward!

My Breath is my adjuster!

My Breath is my conclusion!

My Breath is my infuser!

My Breath is my clarification!

My Breath is my source!

My Breath is my Kingdom!





EYE am my breath!

My Breath is my tenderness!

My Breath is my Kindness!

My Breath is my Protector!

My Breath is my provider!

My Breath is my feelings!

My Breath is my transformer!

My Breath is my persistence!



EYE am my breath!

My Breath is my security blanket!

My Breath is my presence!

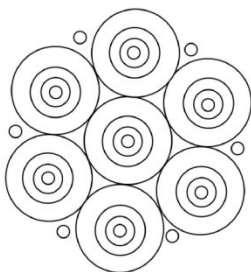
My Breath is my strength!

My Breath is my understanding!

My Breath is my wisdom!

My Breath is my content!

My Breath is my graciousness!



EYE am my breath!

My Breath is my fragrances!

My Breath is my images!

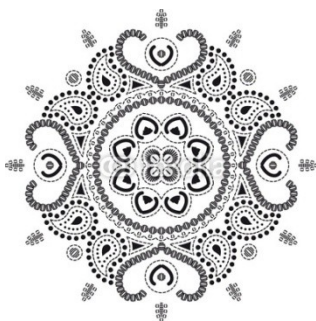
My Breath is my textures!

My Breath is my tastes!

My Breath is my sounds!

My Breath is my holiness!

My Breath is my freedom!



EYE am my breath!

My Breath is my integrity!

My Breath is my honor!

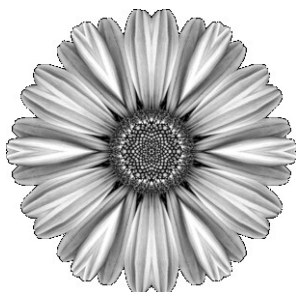
My Breath is my dignity!

My Breath is my reputation!

My Breath is my sanctity!

My Breath is my sacredness!

My Breath is my clarity!



EYE am my breath!

My Breath is my ambition!

My Breath is my motivator!

My Breath is my generosity!

My Breath is my copiousness!

My Breath is my self-worth!

My Breath is my winning attitude!

My Breath is my durability!



EYE am my breath!

My Breath is my mineral  
frequencies!

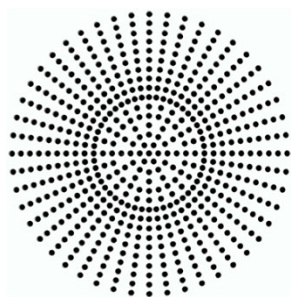
My Breath is my plant frequencies!

My Breath is my animal  
Frequencies!

My Breath is my human  
Frequencies!

My Breath is my angelic  
Frequencies!

My Breath is my glory!



EYE am my breath!

My Breath is my vision!

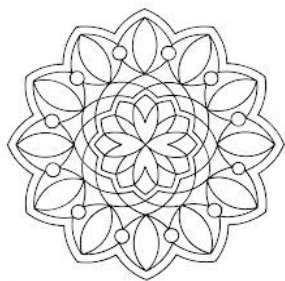
My Breath is my character!

My Breath is my vocabulary!

My Breath is my tolerance!

My Breath is my sincerity!

My Breath is my capability!



EYE am my breath!

My Breath is my limitless  
potential!

My Breath is my playfulness!

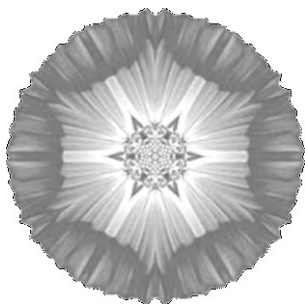
My Breath is my cheerfulness!

My Breath is my diligence!

My Breath is my consciousness!

My Breath is my coolness!

My Breath is my insurance policy!





EYE am my breath!

My Breath is my everything!

My Breath is all of who eye am!

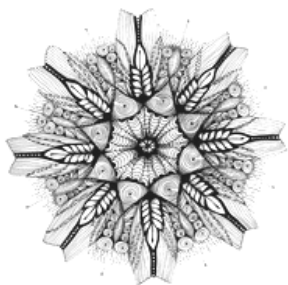
My Breath is my serenity!

My Breath is my affluence!

My Breath is my confluence!

My Breath is my indulgence!

My Breath is my memories!



EYE am my breath!

My Breath is my Spírit!

My Breath is my body!

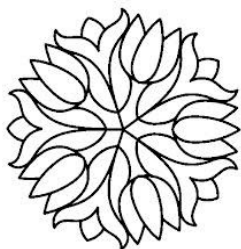
My Breath is my moderator!

My Breath is my thoughts!

My Breath is my emotions!

My Breath is my considerations!

My Breath is my elevator!



EYE am my breath!

My Breath is my holiness!

My Breath is my road!

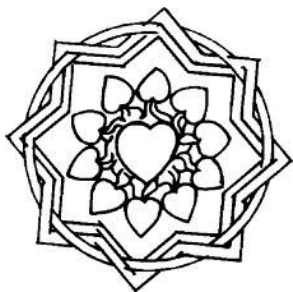
My Breath is my rubber!

My Breath is my jurisdiction!

My Breath is my territory!

My Breath is my anticipation!

My Breath is my mediator!



EYE am my breath!

My Breath is my credibility!

My Breath is my available balance!

My Breath is my destiny!

My Breath is my life time  
warranty!

My Breath is my life long coach!

My Breath is my career guide!

My Breath is my digester!



EYE am my breath!

My Breath is my vitality!

My Breath is my liberator!

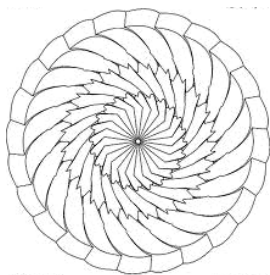
My Breath is my compensator!

My Breath is my maintenance crew!

My Breath is my regulator!

My Breath is my transmission!

My Breath is my eternal balancing  
wheel!



EYE am my breath!

My Breath is my thirst quencher!

My Breath is my heaven!

My Breath is my gratification!

My Breath is my moderation!

My Breath is my immortality!

My Breath is my agelessness!

My Breath is my fountain of Youth!



EYE am my breath!

My Breath is my preserver!

My Breath is my observer!

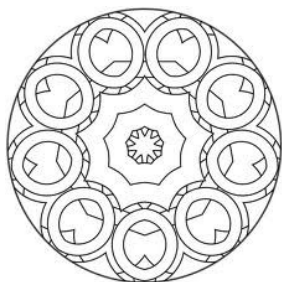
My Breath is my server!

My Breath is my container!

My Breath is my retainer!

My Breath is my protector!

My Breath is my acclamer!



EYE am my breath!

My Breath is my certifier!

My Breath is my divine credentials!

My Breath is my trustworthiness!

My Breath is my competency!

My Breath is my confidence!

My Breath is my kingdom!

My Breath is my eternalness!





EYE am my Breath!

My Breath is my delight!

My Breath is my willingness!

My Breath is my Honesty!

My Breath is my soundness!

My Breath is my ingenuity!

My Breath is my comforter!

My Breath is my glory!



EYE am my Breath!

My Breath is my inspiration!

My Breath is my purification!

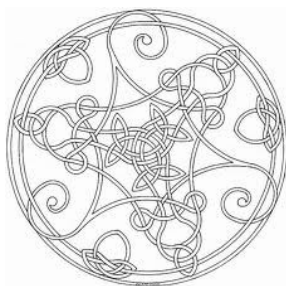
My Breath is my awakening!

My Breath is my solidness!

My Breath is my qualifier!

My Breath is my justifier!

My Breath is my benediction!



EYE am my breath!

My Breath is my devotion!

My Breath is my addiction!

My Breath is my cleanser!

My Breath is my salvation!

My Breath is my determination!

My Breath is my consolidation!

My Breath is my instructor!



EYE am my breath!

My Breath is my grid!

My Breath is my enumerator!

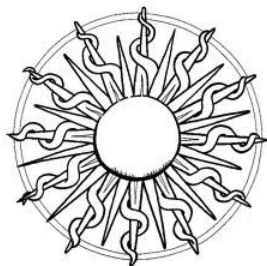
My Breath is my springboard!

My Breath is my magic wand!

My Breath is my full satisfaction!

My Breath is my inner joy!

My Breath is my living presence!



EYE am my breath!

My Breath is my eye of calm in  
every storm!

My Breath is my living sanctuary!

My Breath is my seal of authority!

My Breath is my vigilance!

My Breath is my banquet of living  
foods!

My Breath is my place of refuge!

My Breath is my place of safety!



EYE am my breath!

My Breath is my all seeing eyes!

My Breath is my all hearing ears!

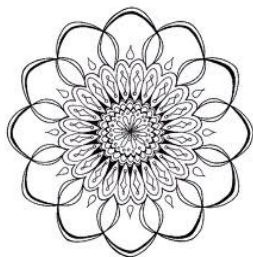
My Breath is my all tasting tongue!

My Breath is my all feeling skin!

My Breath is my all smelling nose!

My Breath is my all knowing heart!

My Breath is my God forever!



EYE am my breath!

My Breath is my home!

My Breath is my citadel

My Breath is my castle!

My Breath is my stronghold!

My breath is my dwelling place!

My Breath is my ultimate resort!

My Breath is my palace!



Eye am my breath!

My Breath is my savior!

My breath is hiding place!

My Breath is my safe retreat!

My Breath is my passion!

My Breath is my safety net!

My Breath is my perfection!

My Breath is my master!





EYE am my breath!

My Breath is my certainty!

My Breath is my immunity!

My Breath is my governor!

My Breath is my answers!

My Breath is my perfect solution!

My Breath is my truthfulness!

My Breath is my everlasting  
foundation!



EYE am my breath!

My Breath is my household!

My Breath is my family!

My Breath is my planet!

My Breath is my earth!

My Breath is my universe!

My Breath is all of life!

My Breath is my nature!



EYE am my breath!

My Breath is my family!

My Breath is my friends!

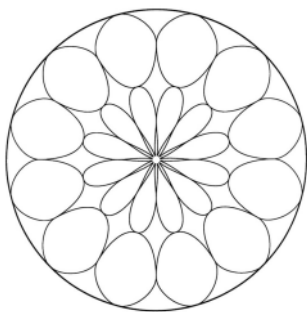
My Breath is my neighbors!

My Breath is my relatives!

My breath is my race!

My Breath is my experiences!

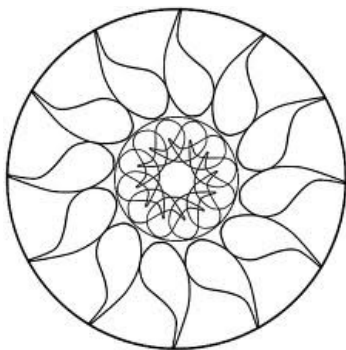
My Breath is my privacy!



EYE am my breath!  
You are your Breath!

WE ARE OUR BREATH,  
BREATHING, PULSATING AND  
SPIRALING INTO FULL  
CONSCIOUSNESS OF  
OURSELVES AS ALL THAT WE  
ARE SMELLING, SEEING,  
TASTING, HEARING AND  
FEELING NOW AND ALWAYS!

((((MY BREATH IS MY OWNER)))



EYE am my breath!

My Breath is my innermost  
Feelings!

My Breath is my beginning!

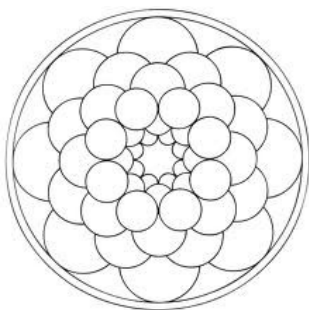
My Breath is my endlessness!

My Breath is my divine energy pool!

My Breath is my solace!

My Breath is my bearings!

My Breath is my template!



EYE am my breath!

My Breath is my intimacy!

My Breath is my conclusion!

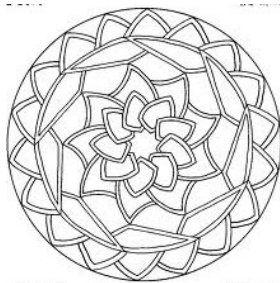
My Breath is my administrator!

My Breath is my peacefulness!

My Breath is my helpfulness!

My Breath is my funding source!

My Breath is my history!



EYE am my breath!

My Breath is my power!

My Breath is my stage!

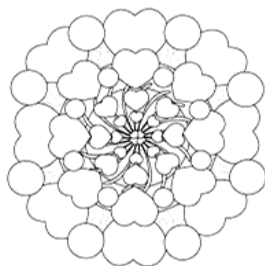
My Breath is my pager!

My Breath is my silence!

My Breath is my divine reference!

MY Breath is my state of  
REVERENCE!

My Breath is my resilience!



EYE am my breath!

My Breath is my speechlessness!

My Breath is my exuberance!

My Breath is my transparency!

My Breath is my effectiveness!

My Breath is my reputation!

My Breath is my preciousness!

My Breath is my plateau!





EYE am my breath!

My Breath is my governance!

My Breath is my covenant !

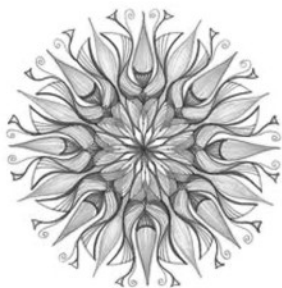
My Breath is my sensitivity!

My Breath is my union  
with the rest of life!

My Breath is my value!

My Breath is my real size!

My Breath is my enlightenment!



EYE am my breath!

My Breath is my stocks!

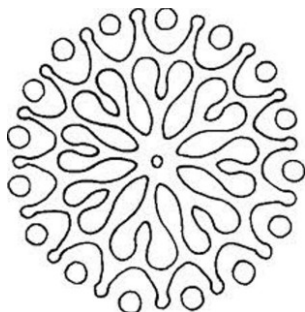
My Breath is my confirmation!

My Breath is my mobility!

My Breath is my nobility!

My Breath is my stability!

My Breath is my sanity!



EYE am my breath!

My Breath is my definer!

My Breath is my identity!

My Breath is my personality!

My Breath is my crowning glory!

My Breath is my capital source!

My Breath is my psalmist!

My Breath is my affirmation!



EYE am my breath!

My Breath is my permanence!

My Breath is my sparkle!

My Breath is my elements of air,  
fire, water, and earth !

My Breath is my variety!

My Breath is my divine cushion!

My Breath is my origin!

My Breath is my pedigree!



EYE am my breath!

MY Breath is my Omnipotence!

My Breath is my Omnipresence!

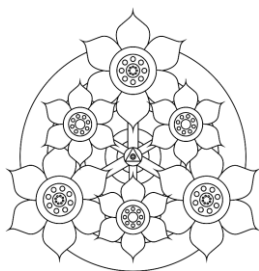
My Breath is my Omniscience !

My Breath is my entire universe!

My Breath is my all in all!

My Breath is my greatest  
blessing!

My Breath is my wakefulness  
Forever!



EYE am my breath!

My Breath is my WORLD!

My Breath is my EMPIRE!

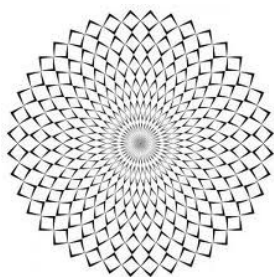
My Breath is my DIVINE RULER!

My Breath is my chief advisor!

My Breath is my coordinator!

My Breath is my endorsement!

My Breath is my refreshment!



EYE am my breath!

My Breath is my standard  
technology!

My Breath is my biology!

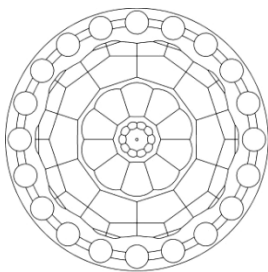
My Breath is my authorization code!

My Breath is my signature!

My Breath is my Victory run!

My Breath is my coverage!

My Breath is my turf!



EYE am my breath!

My Breath is my parachute!

My Breath is my guarantee!

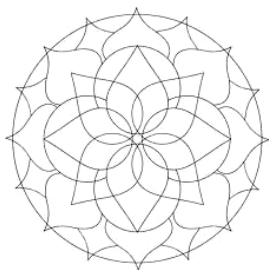
My Breath is my fortress!

My Breath is my divine axis!

My Breath is my infallibility!

My Breath is my resourcefulness!

My Breath is my restfulness!





EYE am my breath!

My Breath is my children!

My Breath is my wife!

My Breath is my husband!

My Breath is my lover!

My Breath is my sister!

My Breath is my brother!

My Breath is my captain!



EYE am my breath!

You are your Breath!

We are our Breath....

Breathing, Pulsating and  
Multiplying in our consciousness of  
ourselves as our mineral frequencies  
plant frequencies, animal  
frequencies, human frequencies,  
Angelic frequencies in seamless  
harmonic balance, one conscious deep  
breath at a time!



EYE am my breath!

My Breath is my only wealth!

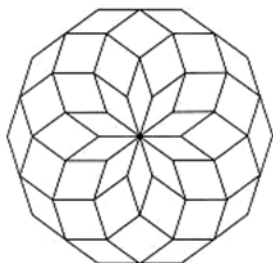
My Breath is my peace of mind!

My Breath is my consolation

My Breath is my brilliance!

My Breath is my only real  
compensation!

My Breath is my life long  
companion!



EYE am my breath!

My Breath is my best Friend!

My Breath is my constant  
companion!

My Breath is my center of  
attraction!

My Breath is my attention  
magnet!

My Breath is my birthplace!

My Breath is my sublime heritage!



EYE am my breath!

My Breath is my means  
and my ends!

My Breath is my stamina!

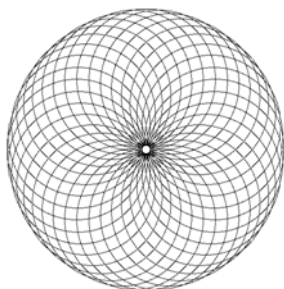
My Breath is my nourishment!

My Breath is my goodness!

My Breath is my boldness!

My Breath is my fervor!

My Breath is my generator!



EYE am my breath!

My Breath is my graphic artist!

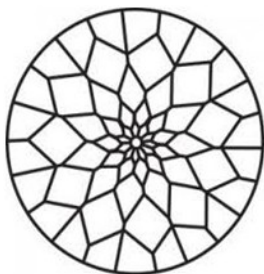
My Breath is creator  
of heaven and earth!

My Breath is my energy source!

My Breath is my emancipation!

My Breath is my harmony!

My Breath is my sweetest melody!



EYE am my breath!

You are your Breath!

We are our Breath!

We are our living new energy  
universe of sovereign, divine,  
human, immortal physical breaths!

We are breathing, pulsating and  
spiraling into full consciousness of  
ourselves as all that was , is,  
and will forever be!

We are creating and sustaining the  
Gods of our understanding one  
conscious deep breath at a time!



EYE am my breath.!

My Breath is family tree!

My Breath is my sunshine!

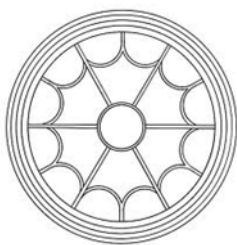
My Breath is my sweet tooth!

My Breath is my amazement!

My Breath is my contentment!

My Breath is my empowerment!

My Breath is my real world!





EYE am my breath!

My Breath is my bonfire!

My Breath is my bonding force!

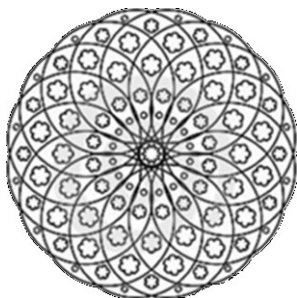
My Breath is my brain food!

My Breath is my momentum!

My Breath is my justice!

My Breath is my carriage!

My Breath is my sentinel!



EYE am my breath!

My Breath is my provider!

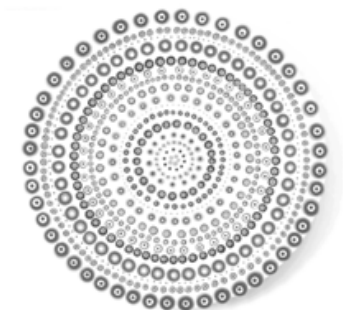
My Breath is my provisions!

My Breath is my creativity!

My Breath is my spine!

My Breath is my majesty!

My Breath is my tranquility!



EYE am my breath!

Whenever you come to realize  
the true value of your breath  
you will feel more grateful  
than words can express!

The best way to give thanks for life is  
to enjoy yourself passionately!

Those who spend their time counting  
their Breath as their greatest  
Blessing are truly the happiest,  
wealthiest and healthiest people  
in the world!



EYE am my breath!

The easiest way to multiply any  
treasure is to share it with those who  
know its value!

The value of any possession  
is the satisfaction it gives  
to those who experience it!

Those who treasure their Breaths  
also value their lives!

The sweetest part of life is the  
conscious deep breaths  
which keep it going!



EYE am my breath!

Those who are in full agreement with  
their Breaths have no room  
for self doubt!

The happiest people in the world trust  
their Breath with all their heart, soul,  
mind, and strength!

Those who remember how important  
their Breath is to them  
cannot be mislead!

Those who are unaware of the  
significance of their Breath, have no  
clue as to their true self-worth!



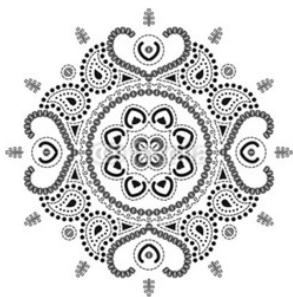
EYE am my breath!

There is no greater satisfaction in life  
than that which comes with complete  
self-acceptance!

Those who accept their Breath as the  
greatest treasure in life  
will never feel impoverished!

Ignorance has no redeeming  
Features aside from those made  
possible through conscious deep  
breathing!

All things are possible to those who  
are Breathing consciously!



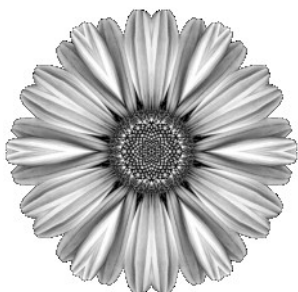
EYE am my breath!

Nothing is more refreshing than the  
next conscious deep breath that we  
take.

As we relish and savor it as the  
ingredient from which to joyfully  
create,

The images, thoughts,  
textures, tastes and sounds which  
give,

Purpose and meaning to the choices  
we make and the manner in which we  
live!



EYE am my breath!

My Breath is sweeter than honey!

My Breath is more fulfilling than  
money!

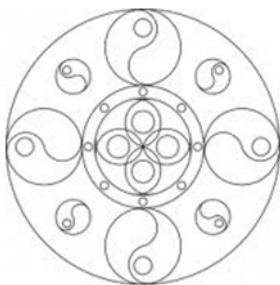
My Breath is my sanitizer!

My Breath is my summary!

My Breath is my culture!

My Breath is my impetus !

My Breath is my ignition!





EYE am my breath!

My Breath is my invigorator!

My Breath is my complete package!

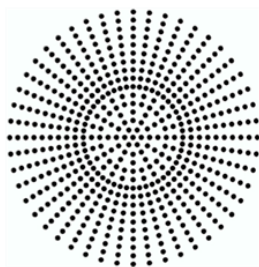
My Breath is my burners!

My Breath is my boundlessness!

My Breath is my  
rambunctiousness !

My Breath is my wildness!

My Breath is my enthusiasm!



EYE am my breath!

My Breath is my flexibility!

My Breath is my bravado!

My Breath is my simplicity!

My Breath is my drive!

My Breath is my insightfulness!

My Breath is my thoroughness!

My Breath is my proven security!

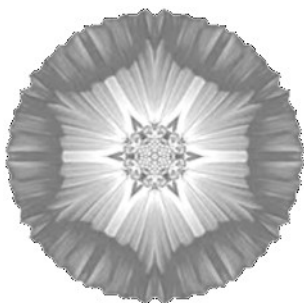


EYE am my breath!

My Breath is what eye have to grasp ,  
In order to accomplish any chosen  
task,  
And express my wonder and magic  
in ways,  
That honor life and its passionate  
displays !

My Breath is my leverage!

My Breath is my divine  
beverage!



EYE am my breath!

Trusting and loving my Breath is so  
sweet,  
That it knocks me completely off my  
feet,  
And takes me into all of the  
heavenly places,  
There in to celebrate all living  
creatures and races!

My Breath is my divine rights and  
Human responsibilities!



EYE am my breath!

Come dine with all of our celestial  
and earthly families,  
who have prepared this banquet of  
earthly delights!  
On which to feast and dance with our  
heavenly hosts,  
To conscious deep breath as our living  
toasts!

My Breath is my divine attire!

Self appreciation is the highest honor  
anyone can bestow on  
Themselves!



EYE am my breath!

Our Breath is the holy ground on  
which to stand,  
Surveying heaven and earth from  
sea and land,  
Seeing, tasting, touching, feeling  
and hearing all things everywhere,  
As its magical expressions all  
priceless and rare!

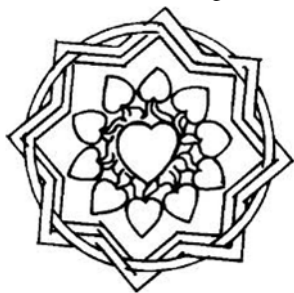
Take time to breathe consciously  
And deeply because in so doing you  
are enhancing your whole life!



EYE am my breath!

Shallow breathers create the most  
difficult life of all,  
By depriving themselves of the  
means for standing tall,  
And stopping short of fueling their  
growth in every way,  
With shallow breaths and shallow  
thinking every day!

Shallow breathing is the root of all  
evil,  
Because it cuts you off from your  
divine fuel supply!  
It also creates anxiety throughout  
your nervous system!



EYE am my breath!

When it comes to your true identity  
and mine,  
We are our breath which our minds  
and bodies define,  
As minerals, plants, animals,  
humans and angels too,  
Breathing, pulsating and spiraling  
into all that is good and true!

My Breath is my relaxer!

My Breath is my openness!

My Breath is my here and now!

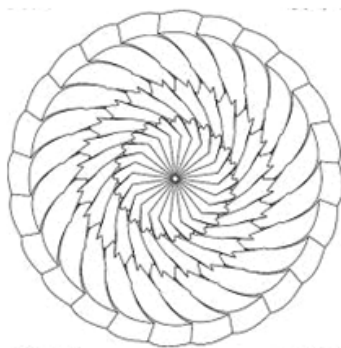




EYE am my breath!

Playfulness and Godliness are one  
and the same,  
Inviting us all to see that life is  
truly our game,  
To make the rules by which we choose  
to play,  
And enjoy ourselves as  
Passionately as we may!

Perfection is having room for  
further growth!



EYE am my breath!

Look within if your desire is to find  
lasting peace,  
For your breath is patiently waiting  
to grant your increase,  
As you open your heart and receive  
yourself as the light,  
Full of the power and glory to turn  
blindness into sight!

My Breath is my salvation!

My Breath is my revelation!

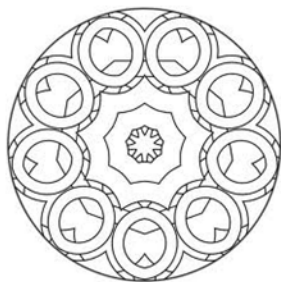
My Breath is my biggest prize!



EYE am my breath!

Conscious deep breathing is the pearl  
of great price,  
Which all can receive without  
Rolling any dice,  
For it already belongs to all who are  
willing to partake,  
And see that One conscious deep  
breath at a time is all it takes!

Trust your Breath with all your  
strength because it is always there  
for you!



EYE am my breath!

Conscious deep breathing is our  
master key,  
Which opens every door to time and  
eternity,  
And clears our vision and eyes to see,  
That all of life is ours to enjoy in  
prosperity!

My Breath is my monarchy!

My Breath is my preparedness!

My Breath is my composure!



EYE am my breath!

Sacredness and divinity are our  
heritage,  
Supporting and guiding our  
human carriage,  
To explore and experience all that is  
already so,  
One conscious deep breath at a time  
and freely flow!

My Breath is my vastness!

My Breath is my nurturer!

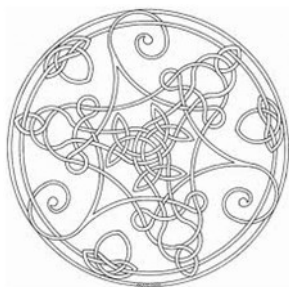


EYE am my breath!

Taste, feel and see that your Breath is  
God,  
In whose image and likeness we all  
are clad,  
And richly endowed with all powers  
to do,  
Whatsoever we choose to embrace as  
true!

My Breath is my will!

My Breath is my soul!



EYE am my breath!

My Breath is my settings!

My Breath is my success!

My Breath is my culture changer!

My Breath is my handle !

My Breath is my blue print!

My breath is my signature!

My Breath is my routine!



EYE am my breath!

My Breath is my Rainbow! My  
Breath is my showers of blessings!

My Breath is my pot of gold!

My Breath is my silver lining!

My breath is my lucky charm!

My Breath is my cement!

My Breath is my constant light!





EYE am my breath!

My Breath is my Genesis!

My Breath is my universe!

My Breath is my Planets!

My Breath is my Galaxies!

My Breath is my Hemispheres!

My Breath is my Atmospheres!

My Breath is my matter!



EYE am my breath!

My Breath is my Moons!

My Breath is my Suns!

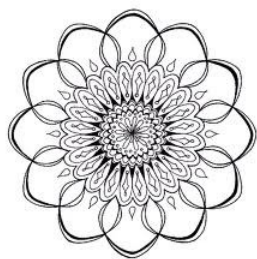
My Breath is my Stars!

My Breath is my Poles!

My Breath is my black holes!

My Breath is my earth!

My Breath is my relativity!



EYE am my breath!

Every conscious deep breath that we  
take,  
Renews our cells and the worlds we  
create,  
And reminds our minds, bodies, and  
souls,  
That we are already perfect, complete  
and wholes!

My Breath is my thrills!

My Breath is my love!

My Breath is my boundlessness!

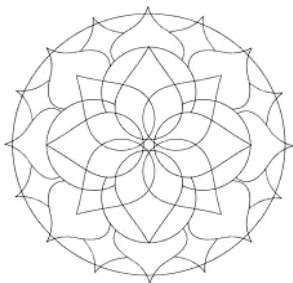


EYE am my breath!

unleash your spirit and take flight  
now,  
As you feel life's magical wonderful  
Vow,  
To supply all your heavenly and  
earthly needs,  
And guidance to where ever your  
fortune leads!

My breath is my sense of humor!

My Breath is my smiles!



EYE am my breath!

Conscious deep breathing is your  
master key,,  
With powers to unlock time and  
eternity,  
And set all captives in heaven and  
on earth,  
Free to celebrate life as a season of  
mirth!

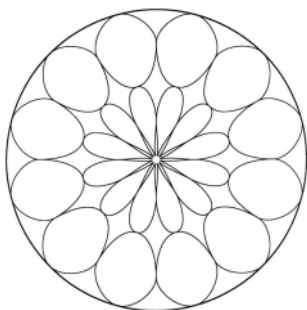
My Breath is my  
reference point !

My Breath is my joystick!



EYE am my breath!

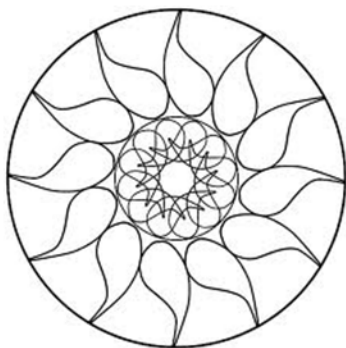
Flush your mind with conscious deep  
breaths today,  
And feel as refreshed as happy  
children at play,  
For every new breath brings new  
blessings,  
And opportunities clothed in fancy  
dressings,  
All prepared by your deepest  
thoughts and desires,  
To experience heavenly delights  
cooked by earthly fires!



Eye am my breath!

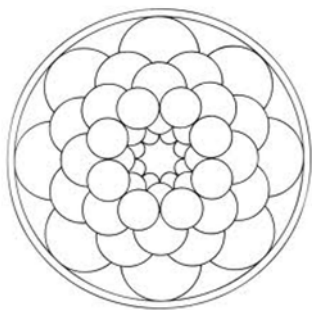
It is never too late for anyone  
leaving life's starting gate,  
To say to themselves Eye am the  
captain of my Breath and master of  
my fate!

And accept all of the support  
Conscious deep breaths deliver from  
within ,  
To make living a song of joy to share  
with kith and kin!



EYE am my breath!

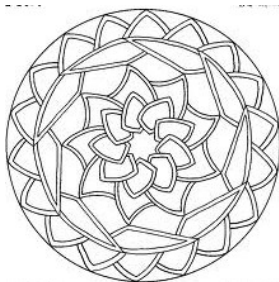
It is never too late never ever will be ,  
For us to open our eyes widely and  
clearly see,  
All truths be they dressed in old  
thoughts or new,  
And embrace them only for what  
they are able to do!  
For now is the time to walk our talk,  
And be known more for our bite than  
our bark!





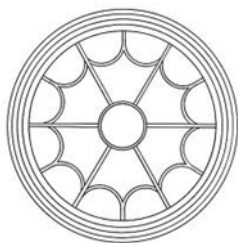
EYE am my breath!

It is never too late for us  
to turn around in our tracks,  
And take aim at the sources  
of all our attacks,  
And with conscious deep breaths  
fueling every move,  
Step into the most triumphant  
self affirming groove!  
For now is the time  
and this is the place ,  
From which to inspire  
the whole human race!



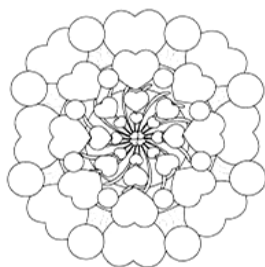
EYE am my breath!

It is never too late to change the  
things in your life,  
which cloud your vision  
and fill your space with strife,  
And declare once and for all that  
any experience you share ,  
Is meant to teach you  
that in life all is fair!  
For wherever we are  
and however we feel ,  
We are forever the hub  
of life's balancing wheel!



EYE am my Breath!

The gold which glitters bright and  
gay,  
Was hidden once beneath rocks and  
clay,  
The light which signifies the day was  
covered by the night so grey,  
Even so we are all being made  
Beneath life's shadows and its  
shade,  
To like the gold and noble light  
Burst forth to shine forever bright!



Eye am my breath!

Conscious deep breathing is our  
balancing wheel,  
Which aligns our body, mind, and  
spirit to feel,  
Our perfection and wholeness  
wherever we are,  
Shining brightly as creation's  
crowning star!  
So switch from shallow breathing  
and its ills,  
To conscious deep breathing and the  
love it distills!



Eye Am My Breath!

My Breath is my owner!

My Breath is my caretaker!

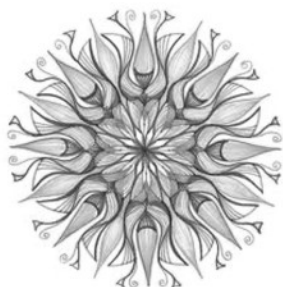
My Breath is my care giver!

My Breath is my calibrator!

My Breath is my freeway!

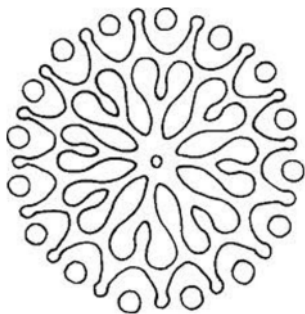
My Breath is my pilot!

My Breath is my pride!



EYE am my breath!

Conscious deep breathing is a must  
to develop real trust,  
In ourselves and the rest of life  
Amidst its emotional dust,  
Which is caused by shallow  
Breathing day after day,  
Until we discover in truth that the  
only true way!  
Is to take conscious deep breaths and  
enjoy how we feel,,  
For our breath is our divine fuel  
Which no one can steal!



EYE am My BREATH!

My Breath is my supervisor!

My BREATH is my safety zone!

My Breath is my sufficiency!

My Breath is my calling card!

My Breath is my treasure chest!

My Breath is my sense of  
belonging!

Eye truly belong to my BREATH!



EYE AM MY BREATH!

My Breath owns my body!

My Breath owns the universe!

My BREATH owns all Planets!

My Breath owns all galaxies!

My BREATH owns all of creation!

My Breath owns all of life!

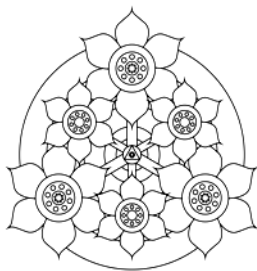
My Breath is my soul provider!





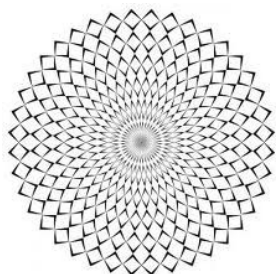
EYE am my breath!

A new day is upon us with glad  
tidings from within!  
Tidings of hope, joy, light, and  
Freedom from thoughts of sin,  
For every veil of ignorance has been  
lifted from our eyes,  
Revealing our divine humanity to  
earth, seas and skies!  
So rejoice with every fiber anchoring  
your being,  
To this our day of harvest flowing  
from our breath unseen!



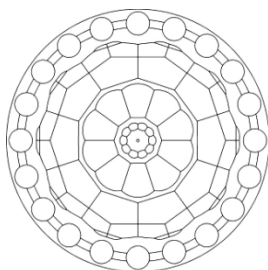
Eye am my breath!

Our breath is our crowning glory  
springing up from within,  
Telling our breath consciousness  
story which we can now begin ,  
To share among ourselves and with  
every one around,  
Simply because its practice is  
Easy, useful and truly sound!  
So breathe consciously and deeply  
and lift up your voice,  
In making conscious deep breathing  
your daily song of choice!



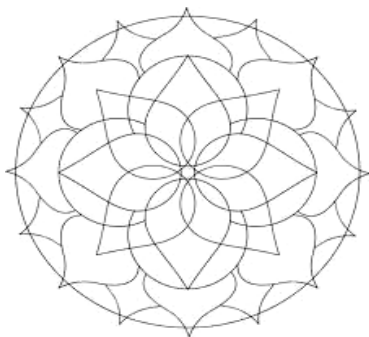
## EYE AM MY BREATH!

When eye look within myself and  
accept who eye feel,  
As a spoke in creation's eternal  
wheel,,  
Eye am uplifted and magnified  
Beyond my wildest dreams,  
With experiences far richer than  
what each seems,  
But most of all eye am awakening to  
find,  
That we all are expressions of the one  
breath and mind!



EYE am my breath!

Think less and breathe more  
Consciously every time,  
And you will be surprised to see how  
smoothly and sublime,  
Your whole life will flow and  
Flourish like a charm,  
As your Breath fuels and frees your  
brain from alarm,  
With confidence from your  
innermost core to your outer crust.



EYE am my breath!

The only Breath you can trust  
completely is your own!

Our Breath is our Beginning and We  
have no end!

Our beginning is in our breath and  
our consciousness depends on the  
next breath in order to keep going!

By our Breath we have been sown ,  
By our Breath we have been Grown,  
And By our Breath we continue to be  
known!



EYE am my breath!

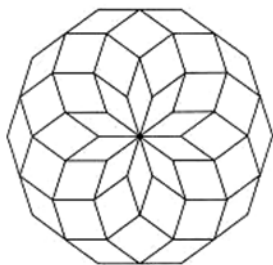
All of creation is one aware  
breathing organism,  
Creating various states and forms of  
mineral, plants, animals,  
humans, and celestial frequencies  
of consciousness .  
You and eye are expressions of this  
breathing organism ,  
Each of us is creating our unique  
breath consciousness skill set one  
conscious deep breath at a time!



EYE am my breath!

EYE am my aware breath  
,breathing, pulsating and spiraling  
into full consciousness of myself as  
the probing eyes, ears, noses,  
tongues, and skin of all that is.

Eye am here with the rest of life to  
perfect my breath consciousness skill  
set because knowing myself as my  
breath is my key to myself.  
Accepting myself as my breath is  
my ultimate task in life.



EYE am my breath.

Accepting my breath as my God is  
my final step to wholeness. Eye feel  
complete now and know that  
trusting my breath as my only  
reality is my true life long lifestyle  
practice.

More and more trusting my breath is  
proving to be the right thing to do.  
My Breath is my truth, my light,  
my love, my eternal source of inner  
peace joy and happiness.  
Eye am indeed my breath forever.



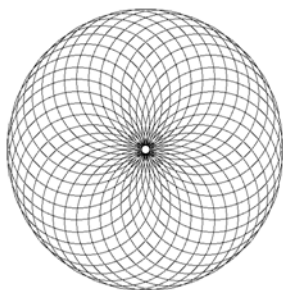


EYE am my breath!

My Breath is my big-ing-ing.  
Timeless and ageless in every way.

Eye am truly my new energy  
universe of absolute abundance now  
and limitless potentials forever.

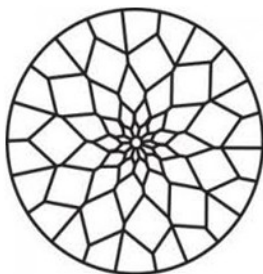
Eye am my oneness with all that is.  
My Breath is my connecting point to  
the rest of life and all that eye have to  
do from this point on is to keep  
practicing my Breath  
consciousness skill set until it  
becomes my first, second, and third  
nature.



EYE am my breath!

Eye am my Breath  
and you are yours,  
And together we are accepting  
that what is ours,  
Is our absolute abundance and  
limitless potentials,  
To explore and express our Breaths  
through human materials!

All those who switch from shallow  
breathing to conscious deep  
breathing today will be glad they did  
for the rest of their lives!



EYE am my breath!

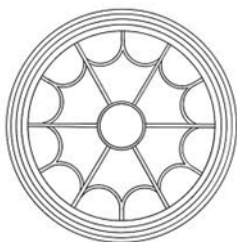
Our breath consciousness skill set is  
firmly in place ,  
To move all of humanity into our  
states of grace,  
From which we will rejoice in  
joyfulness mirth,  
In true celebration of our breath  
consciousness birth!

Just do it,  
one conscious deep breath at a time!



## EYE AM MY BREATH!

Trust your Breath to supply all of  
your needs,  
Because it knows your passion and  
how it feeds,  
As a light being deciding to take  
earthly form,  
It is Your breath that has  
consciously agreed to conform,  
In service to your every wish and  
Desire,  
Knowing that you will survive every  
earthly fire!



## PROUD TO BE ME!

Inside and out my BREATH is me,  
From head to toe eye am important  
and free!

As light as a feather as clear as a  
thought,

Eye am better than any jewel ever  
sold or bought.

Eye accept what eye am as equal with  
all,

And need no pedestal from which to  
dangle or fall,

Self-sufficient eye am by design  
and decree,

Our Breath is making us so for time  
and eternity.

Eye unite heaven and earth by  
accepting me, and fulfill all

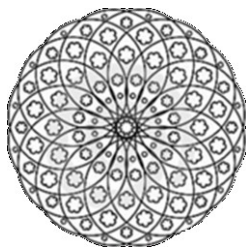
Conditions to be responsible and free  
By feeding my body, my mind and  
my soul,

With a proud sense of my BREATH  
Forever Sovereign and whole!

## EYE AM MY BREATH!

Shallow breathing is the path to haste  
and hurry,  
which only leads to needless waste  
and worry,  
which conscious deep breathing  
alone can solve,  
And open our eyes to the much  
easier way,  
Of conducting our affairs as a life  
style of play!

((((BREATH IS THE OWNER OF  
ALL CREATION)))



EYE am my BREATH!

Conscious deep Breaths are sweeter  
than pure honey!  
Because they are worth more than all  
of the money,  
which we can print or store in all of  
our banks,  
Yet they ask us for nothing but  
simple thanks,  
So Breathe consciously and deeply  
with ample gratitude,  
To our breaths for freely  
Furnishing us with our altitude.

