

**Breathing in Rhythm of Spirit  
One with “The Creator”**

**An Inner Search Healing School  
Senior Year Class Paper**

**By**

**Arthur M. Strauss**

## **Breathing in Rhythm of Spirit One with “The Creator”**

### **So: The Soul Enters**

According to Newton in *Life between Lives*, “The soul cannot be defined or measured because it has no limits that are perceived about its divine creation. The most consistent reports of the soul’s demonstrated essence are that it represents intelligent energy that is immortal and manifested by specific vibrational waves of light and color.”

“All human beings have one soul that remains attached to its chosen physical body until death. Souls do play a part in the selection of their physical body during cycles of reincarnation. The soul typically joins its physical body after conception, between the fourth month and birth.”

“Each soul has unique immortal character. When conjoined with a human brain, this ego character is melded with the emotional temperament, or human ego, of the body to produce a single but temporary personality for one lifetime. This is what is meant by the duality of our mind.”

“Our planet is one of an incalculable number of worlds that serve as training schools for the advancement of souls.” “Earth is a place of great beauty and joy but also harbors ignorance, hate and suffering that are man-made... This planet is a testing ground for souls.”

“Personal enlightenment emanates from within each of us and endows humans with the capacity to reach our own divine power without intermediaries.” The ultimate goal of all souls appears to be the desire to seek and find perfection, and finally conjoin with the Source who created them.”

### **I Am Vulnerable**

This declaration within the context of duality implies a dependence upon the opposite state of being “invulnerable”. Here, it is an ego state of separation from the divine and depends upon duality of the mind, created by union of the soul with the physical body. Under this condition it is the source of “defense” or resistance to the state of “vulnerability”.

This same declaration within the context of “in union with the Divine” can not exist, as the Divine is “I am”. Here there is no effort, no resistance, no defense, and no opposites.

According to Kabbalistic tradition (see Appendix 1), the Ego exists at the transition between the inner and the outer worlds. It is both Daat” the mysterious presence of the Physical world and “Yesod” the foundation and

identity of the Psychological world, “Keter” the crown of which is also “Malkut” the body or kingdom of the Divine world. This, “Adonai” is also the first of ten essences of God. Hence, we humans are endowed “with the capacity to reach our own divine power without intermediaries”. It is also useful to note that:

- the “foundation”, “identity” or “Yesod” of the physical world is the Autonomic Nervous System (ANS)
- the “individuality”, “self”, “beauty” or “Tiferet” of the physical world is “Breathing or Breath” that brings “Air” the primary vehicle of “prana”, the energy that sustains life on all levels to the body.
- “Yesod” reaches “Tiferet” via the path of “passive action” of the input and output of the bronchi in “Hod” leading to “active action” of the movement of the diaphragm and associated components of the “air pump” in “Netzah”)

In this vulnerable and undefended state, in union with the Divine breathing is synchronous with the pulsation of the life force in balance with the Human energy system. Energy flow is unimpeded, physical, mental and emotional states are in a state of calm whether active or passive. This is described in Guide Lecture No. 135, Mobility in Relaxation.

### **My Defenses and Breathing from the Inside Out**

Jacquelyn Woodson, in her paper, “Breathwork” notes that Alexander Lowen used two basic classifications of personality types of characterological defenses in his early works, the neurotic and the schizoid. The neurotic person finds it difficult to breathe out fully, holding onto reserve air as a security measure. Since breathing out is a passive process, this is the equivalent of letting go. The schizoid holds their diaphragm rigid limiting the use of the lower part of lungs on inhalation, and they may even suck the stomach in on the inhale in a paradoxical form of breathing. According to the work of Wilhelm Reich, Alexander Lowen, and writings of Ron Kurtz and of Stephen Johnson as succinctly coordinated and presented in the Innersearch Healing School manual on characterological defenses, the life orientation is “I can exist if I do not need.” and by avoiding contact can defend myself from threat of annihilation and feelings of conflict. I feel that there is a probable correlation between breathing patterns, energy flow and the characterological defense, body type and autonomic nervous system patterns of response.

### **Patterns and Synapses**

In the movie “What the Bleep Do We (K)now?” brain synapse patterning is discussed in the context of how a reaction to an experience becomes automated through synapses in the brain creating a concept that is substituted for the experience. To the individual the initial reaction to an experience becomes a substitute for the actual experience. Other stimuli

subsequently experienced at the time of this same “stimulus-response reaction re-occurrence” become additional evokers of this same initial reaction to the original experience reinforcing firing of the same particular synapses. Thus true experiences are filtered and conceptualized. What we see as “real” is a concept. We are able to perceive through a filter that is controlled by various brain synapse patterns.

These patterns are images we have in response to stimuli. This is covered in depth and diagrammatically illustrated in the Inner Search Foundation book “Life Plan, Finding Your Real Self. The images control our perception of what lies before us to experience. They are formed from falsified impressions of our parents as providers of perfect love and lead to adaptation of defenses in response to their inability to provide the perfect love. A vicious circle of images (See Appendix 2) starting in the unconscious results from this emotional dependency upon an external source of love that can only produce a conflict leading to confusion and distortion of reality and feelings of frustration and betrayal leading to rage and fury manifested in cruelty leading to conscious feelings of guilt leading to pain and suffering from illusions and misconceptions from the accompanying images. This is accompanied by conflict manifesting in duality of feelings of hating the person one loves and loving the person one hates resulting in unfulfillment rooted in confined dependency on others. The images keep us in our defenses and we function in our defenses most of the time.

An illustration used of the power of images in the movie, “What the Bleep Do We (K)now?” was Indians, during the time of Columbus being unable to see the ships of Columbus in the ocean on the horizon, because they were filtered out of their image of the ocean horizon by a synapse pattern of it in their brains. Only through another route, in this case a medicine man, shaman or chief as a revered source of information, could the filter be bypassed and the ships of Columbus be seen by the observer, forming another synapse pattern. Now store this information for a few headings!

### **The Tongue and the Airway**

Medicine recognizes the base of the tongue as the anterior wall of the collapsible section of the otherwise rigid airway extending from nose to the lungs. The section is referred to as the oral pharynx. So the tongue controls the size of the lumen. In relation to obstructive sleep apnea, when the base of tongue occludes the airway, Lowe describes this in his chapter on “Tongue and Airway” in the Otolaryngologic Clinics of North America volume 23, book number 4 on Sleep Apnea. He and others observed an interaction between tongue muscle activity and airway size and respiration. Contractions of the tongue (genioglossus muscle) advance the base of tongue and thus enlarge the volume of the upper airway and reduce airflow resistance.

Studies of this during sleep show differences in phasic tongue activity as it relates to ventilation during sleep between control and obstructive sleep apnea patients. In normal (non-apneic) patients tongue muscle activity starts prior to inspiration, which tends to dilate the upper airway but in Obstructive sleep apneic patients it starts after inspiration prior to apnea.

The hypothesis as to why obstructions rarely happen while awake in obstructive sleep apnea patients is that there is greater muscle tone while awake. Robson has taken this further. He looks at why and how this muscle tone is greater when awake, how it keeps the airway patent, in apneic and non-apneic individuals, in what other ways does the body react to maintain airway patency and at what cost to the physical, mental, emotional and spiritual well-being of the individual., its impact upon the psycho-neuro-immuno-endocrine system.

He looks at the hierarchy of primary oral functions and how they relate to the Mandible (lower jaw).

1. Breathing
2. Swallowing
3. Speaking

His work deals with diagnosis and management of symptoms associated with Impairment of Oral Functions (IOF), which impacts the nerve-muscle balance that maintains the throat. Compromise in this can lead to impairment of these primary oral functions. These symptoms can result from diminished function itself as well as from the body compensations to support these primary functions to maintain throat function of which breathing is primary. The autonomic nervous system (ANS) is involved in body compensations; therefore, symptoms of ANS dysfunction are frequently present.

The key to airway patency seems to be in the changes in the base of the tongue that forms the anterior wall (front part) of the oral-pharynx (flexible section of the otherwise rigid airway). This is influenced by the following:

- Forward Head Posture allows the throat to be more open and is also associated with breathing concerns.
- Jaw Tongue Reflex (JTR) allows jaw control of tongue position and tongue muscle control of jaw muscle activity. This manifests in forward jaw positioning through bruxing or grinding of the teeth to open the airway by pulling the base of tongue forward. The reflex also through clenching causes contraction of the jaw closing muscles that allows for greater ease of breathing and increases the tone of the tongue muscle improving the base of tongue contour of the airway.
- Muscles of the front of the neck work in combination with the tongue and muscles of the soft palate to influence the collapsibility of the throat and the reflex phasic activity associated with breathing.

- Dental Shapes and Contours of teeth, jaw bone and gums impact nerve-muscle responses that change the shape and contour of the tongue, its position and influence on the contour of the throat.
- Fight or Flight Effects of the ANS mediating JTR and body postural muscle activity to maintain a patent airway essential for survival is mediated through the brain through the Trigeminal Nerve the largest of the twelve cranial nerves. This nerve is associated with the brains Reticular Formation function that provides control of the ANS. This functions with the Limbic System, Hypothalamus and Cerebellum and controls the reflex physiology throughout the body.

## **The Autonomic Nervous System**

According to Mark McClure in notes of his neural therapy lectures at Capital University of Integrative Medicine during the year of 2000 and 2001, the function of the ANS is to internally regulate cells, organs, systems, blood flow, etc. It is constantly processing information on the cellular level impacting activity of the cell membrane and cell body, on the nerve ganglion level so they can act as local regulatory “brains” and on the central level through the Thalamus and Hypothalamus storing information in the limbic system, reacting through the Sympathetic and Parasympathetic nervous systems and impacting pituitary hormonal activity.

It receives information from external senses and an internal monitoring system via afferent nerves and special sensors of the Peripheral (PNS) and Central Nervous System (CNS). It filters information through CNS images from past emotional events and through beliefs that are patterned programming.

It regulates function both centrally and locally through macro physiology of the pituitary hormone activity, through sympathetic control of blood flow and lymphatic drainage, Parasympathetic Nervous System (PNS) and Sympathetic Nervous System (SNS) control of organ function and the Enteric System. It also functions through micro physiology in affecting somatic cellular membrane potentials.

## **Locked into My Defenses or Compensations**

So, who am I.? I am in my defenses most of the time, and, consequently, I am not breathing fully and effortlessly. Physically, my body is compensating to get more air into my lungs and oxygen into my cells by jaw and body postural positioning and an ANS in a fight or flight state that is stressing my muscular-skeletal system and impacting limbic system. This most often thwarts my ability to experience the Divine Power within me and merge with my breathing as my “life” experience as full and effortless in rhythm with the pulsation of the life force.

## **The Toll Must Be Paid**

We are holographic. Life is holographic. The inside is reflected on the outside and the outside is a reflection of the inside. So, compensation is a form of resistance to “what is”. It manifests as further resistance. In the physical body compensation in order to breathe throws the system out of balance in the “compensatory” area. It’s like “robbing Peter to pay Paul”. This applies to physical, mental, emotional and spiritual compensation because it exists in duality, in the world of opposites. In the physical domain, the body is stressed both structurally through the muscular skeletal system and in all the areas impacted by the ANS. The patterns and synapses are also impacted by the external environment and genetic disposition, as well as the influence of the spiritual domain. This manifests in various physical signs and symptoms the nature of which is influenced by the patterns and synapses adopted by each individual. The various patterns are given names or “diagnoses” referred to as a particular “diseases” or “syndromes”.

## **Patterns and Synapses with “The Divine” – From the Inside Out**

From a Kabbalahistic perspective connection with the divine or in a self actualized state of being “in the zone”, the tongue overrides the physical patterns and synapses resulting an airway structural size and pliability that requires no compensation. The result is easy, effortless full breathing. The flow is from the top down. Potentially, for one who exists in this state often and for extensive periods of time, this may lead to new physical patterning in relation to teeth and contours that maintain an airway requiring no compensation and reversal of the impact of compensation. Clearly, this is the essence of being a healer and healing one’s self to be the environment where healing flourishes. In that state, in the center of the Kabbalahistic “tree of life” or “Jacob’s Ladder” energy flows effortlessly up and down through the different worlds from Divine to the Spirit to the Psyche to the Body and back up in a unified state. Opposites do not exist here in “Oneness” as “God is one”.

## **Freeing my Defenses - From the Outside In**

From the physical in a state disconnection from the Divine when one is in their defense as displayed through their mask, idealized self image, ego and lower self, by working though the physical world these covers of the higher self can be diffused and unveiled leaving us in the unified state. “Core Energetics” utilizes techniques effective in this, Meditation is also effective.

Through “Oral Systemic Balance” (OSB) therapeutics various mouthpieces are utilized to un-impair oral function. The result of this is easy, effortless full breathing as long as the appliances are kept adjusted to the individual’s functional state and worn. I see this as assistance from the bottom up that facilitates a steady state of calm for extensive periods of time, a state where

connection with the Divine is facilitated and where “healing” occurs on a linear plane and more readily non-linearly. OSB facilitates “Breathing in Rhythm with Spirit”.

### **Unraveling the Puzzle – As Above As Below**

As my spiritual experience is enriched through my conscious focus on allowing the love of the Divine into my conscious through exposing and identifying my mask, idealized self image, ego and lower self, observing that my experience of the external is a reflection of my internal and seeking the full essence of this and of the message being provided through conflicts in my life and practice meditation I also can listen to my body, free up energy blockage in my body to remove the veil of deception that covers my real essence and free up impairment of oral function manifested in breathing, swallowing, speaking, expression, taste, etc. Working with principles of core energetics and OSB therapeutics I allow my body to manifest spirit. As above as below can manifest so that as my spirit brings me my body, my body brings me my spirit: alive and vibrating in the pulsation of the Divine.

### **Who I am - Freed-Up of My Defenses.**

I am a divine being of light  
A highly evolved spiritual being  
I have come to the third dimensional earth plane to have a physical experience  
I express the love that I am through my talents  
I am a divine being of light!  
I breathe in Rhythm of Spirit, one with the Creator.  
I am a divine being of Light!



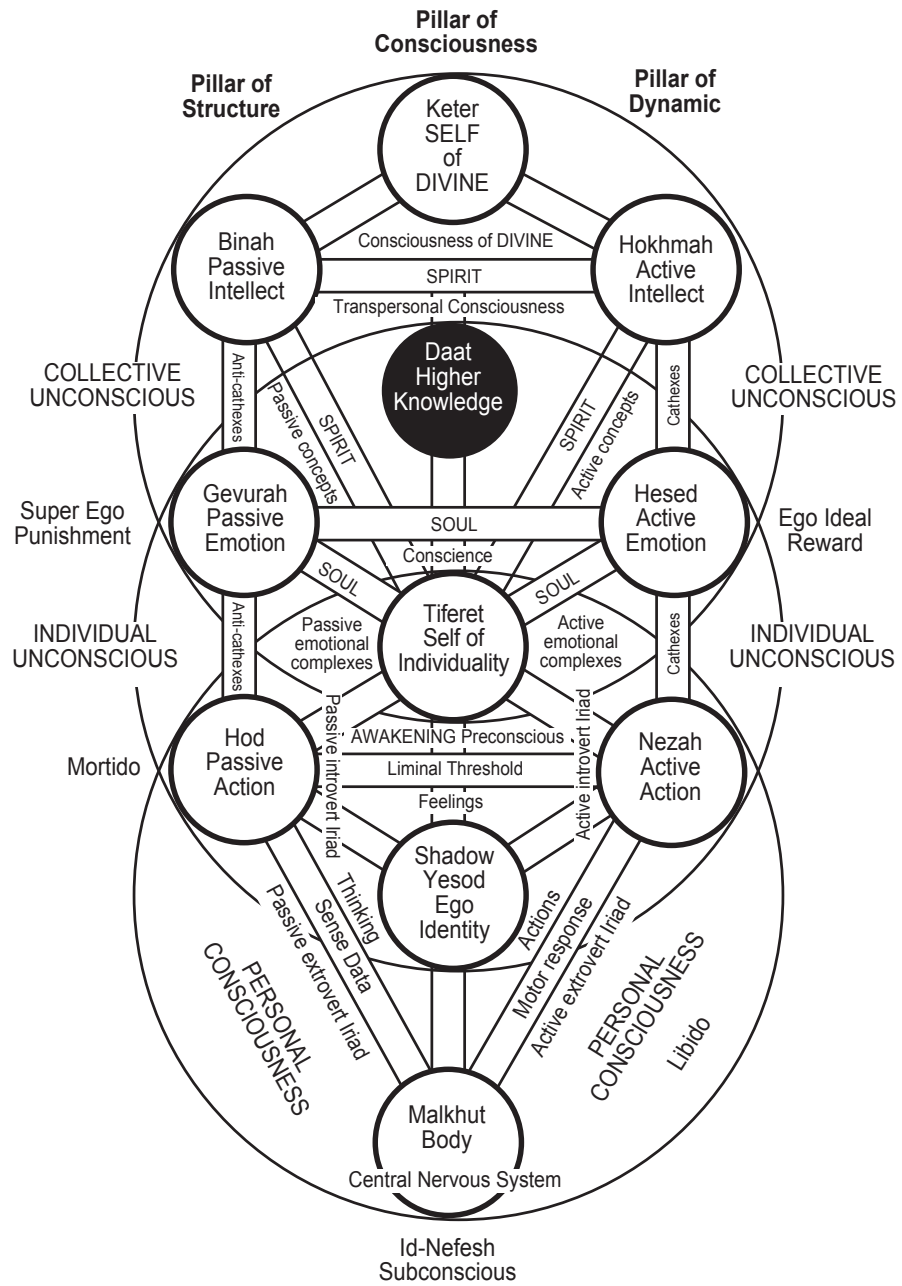
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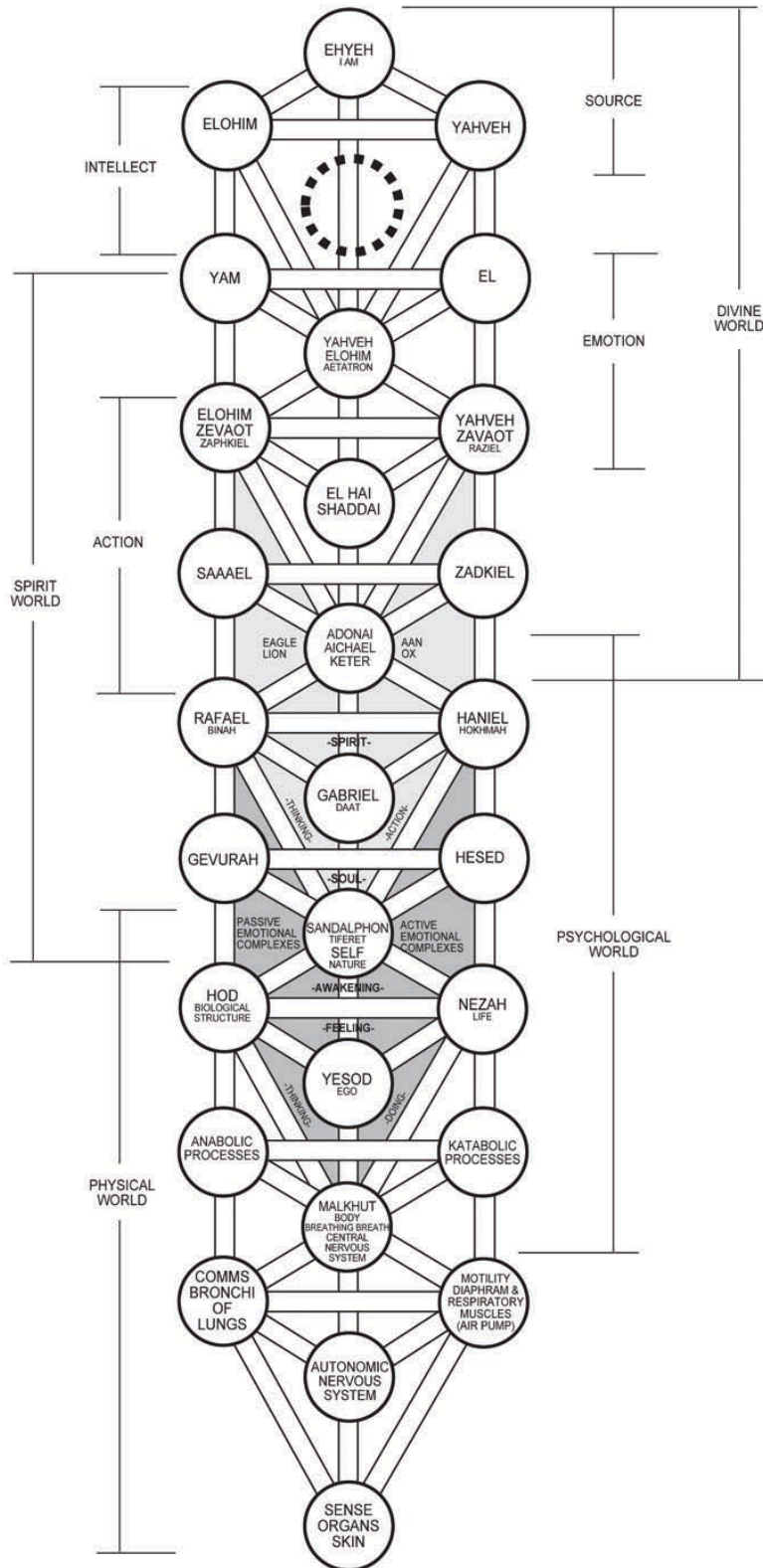
## Outline with References

1. So, the soul enters:  
Background of soul world invulnerability and conception and partition from:  
The Old Testament, Kabbalah, Anatomy and Physiology, Journey of the soul,  
Guide lecture on four stages of reaction, awareness, understanding and knowing
2. I am vulnerable:  
Characterological defenses, Journey of the soul, Guide lecture on four stages of  
reaction, awareness, understanding and knowing
3. My defenses and breathing from the inside out:  
Core Energetics, Class sessions, Yoga, Functional Anatomy & Physiology
4. Patterns and Synapses:  
What the Bleep Do We (K)now?, Neuro-Anatomy
5. The tongue and the airway:  
Lowe on Tongue posture and Airway, Fairbanks: Snoring and Sleep Apnea,  
Robson: personal Communication
6. The ANS:  
Functional Anatomy and Physiology, Neuro-therapy, Robson, Enter the teeth:  
Dental anatomy, Robson
7. Locked into my defenses or compensations:  
What the Bleep Do We (K)now?, Robson, Functional Anatomy & Physiology
8. The toll must be paid:  
Robson, Functional Anatomy & Physiology
9. Unraveling the puzzle – Above as Below:  
Homeopathy, The Old Testament, Kabbalah, Guide lectures
10. Patterns and Synapses with the Divine:  
What the Bleep Do We (K)now?, ISHS Classes
11. Freeing my defenses from the outside in:  
Core energetics, Guide lectures, OSB
12. Who I am is invulnerable:  
The Mustard Seed, Guide Lectures
13. Soul Mission accomplished:  
Soul Healing, Destiny of Souls, Lives between Lives

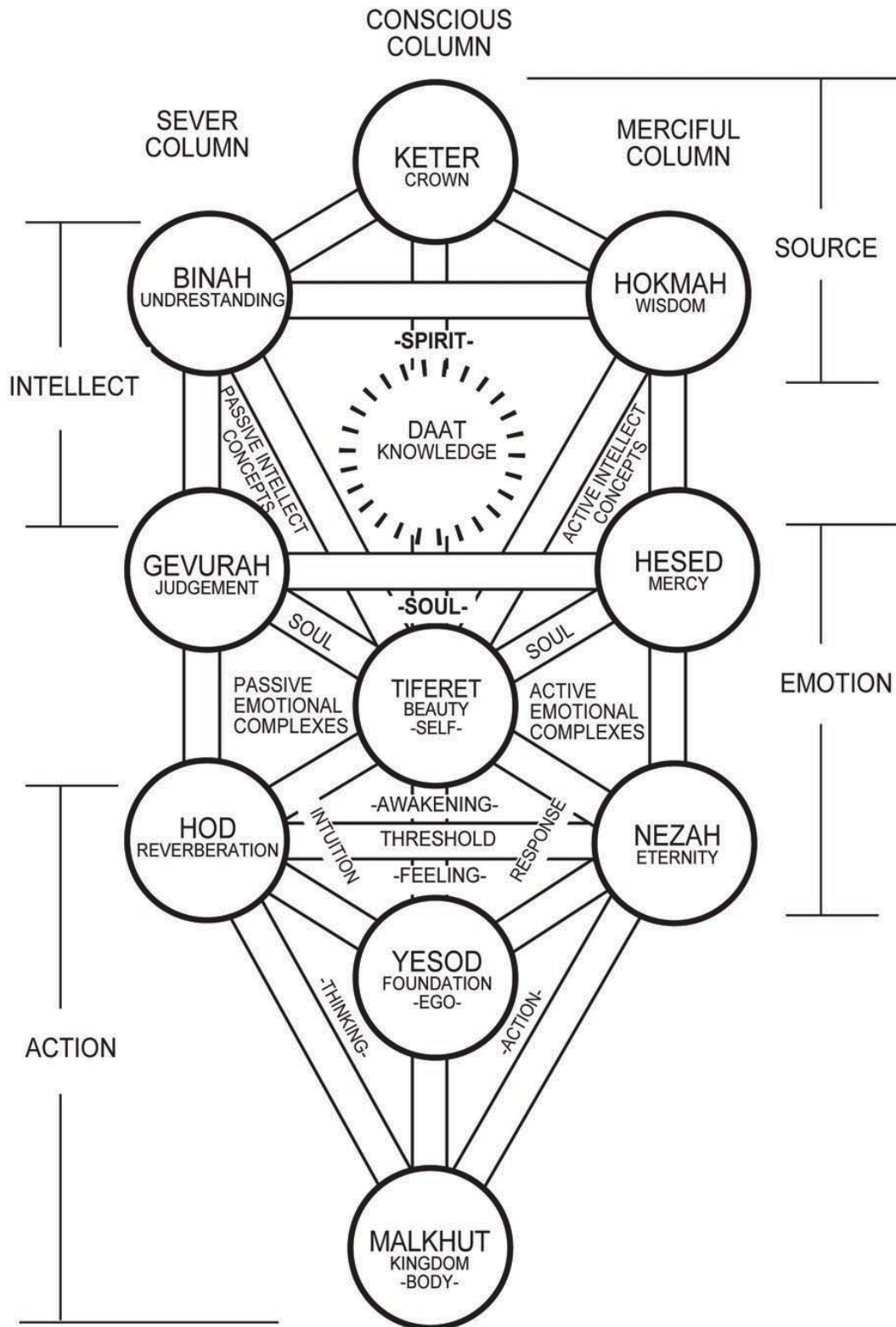
# APPENDIX 1



# APPENDIX 1-B Jacob's Ladder



# APPENDIX 1-C



**VICIOUS CIRCLE OF IMAGES**

**EMOTIONAL DEPENDENCY**

**CHILD**  
Not Knowing That Others Exist.  
Wants Parent to Give Perfect Love

**IMAGE STARTS**

**UNFULFILLMENT**  
Confined  
Dependency on Others

**DUALITY**  
Hates The Person and Loves The Person

**PAIN AND SUFFERING**  
Creates Illusions and Misconceptions

**APPENDIX 2  
Falsified Impression of Parents**

**CONFLICT**  
Adult Remains A Child  
*FEAR OF PLEASURE*

**CONFUSION**  
Seeks Fulfillment from Outside Source  
*CREATES AN IMAGE*

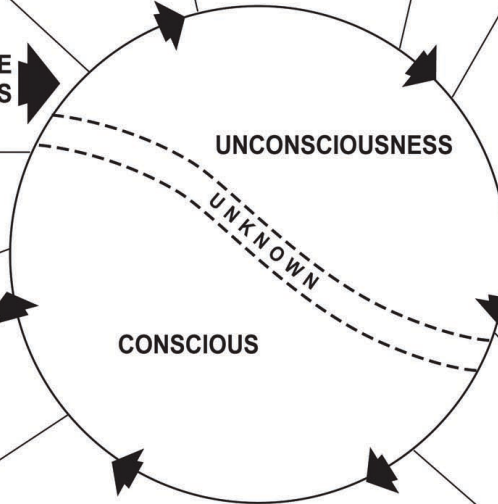
**DISTORTION**  
Becomes Dependent on Outer Force—  
Desperation to Fulfill The Need for Pleasure.  
Throw Yourself Away  
Want Somebody to Give You Something You Won't Give Yourself  
Make Them Your Parent  
*SECRET WEAKNESS OF NO PLEASURE*

**FRUSTRATION AND BETRAYAL**  
Negativity is Formed

**RAGE, FURY**  
Vindictiveness

**CRUELTY**  
Selfish and Hateful

**GUILT FOR NOT LOVING**  
Pain and Suffering



**Self-Responsibility is Hindered by Conflicts of Emotional Dependency**