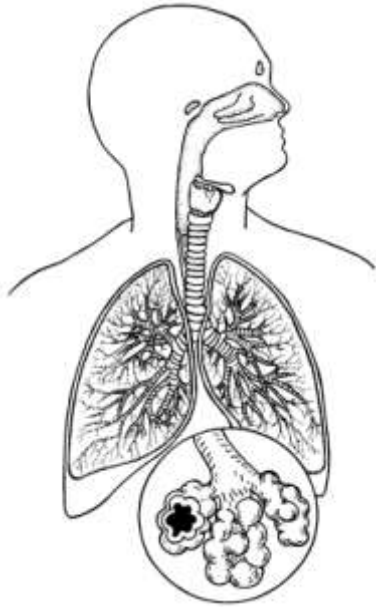


## 144,000: 24 – Breathe in God's Will

Having anchored and established a foursquare foundation of faith, strength, love and wisdom, we move smoothly and rhythmically to the next power of **will that expresses primarily by way of the respiratory system**. This includes the nose, two nostrils, two nasal cavities, throat or pharynx, trachea or windpipe, two bronchi, multiple bronchioles, and millions of tiny sacs called alveoli in the two lungs. As given in *Genesis*, in the beginning, God created man from the dust of the earth and then breathed life into his nostrils.

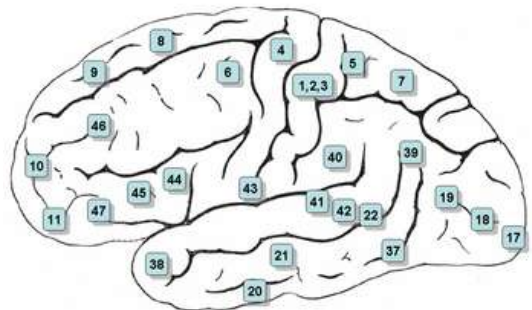


What is God's will for us as His-Her creation? It always is balance, health, wholeness, harmony and holiness. He-She has given us free will, however, so we can chose whatever state of health or disease that we desire. The point is to align our personal will with God's good will, and to breathe in abundant life, light, love, harmony, peace and balance.

Inspiration brings in air from the blue sky that is all around and above us. **Sky blue is the color that corresponds to will**. When we breathe in physical air, we also may breathe in the sky blue light of God's good will. Breathing in this way brings us a stream of divine inspiration and guidance.

Physically, air contains oxygen, the fire or spark of life that crosses through the membranes of the alveoli into the bloodstream, which carries it to all cells in the body. In each cell, oxygen combines in a series of steps with glucose to produce energy that powers all cellular reactions. The waste product is carbon dioxide, which diffuses back into the blood that carries it to the lungs, where it diffuses into the alveoli, and gets discharged from the body with expiration.

Our power of will first anchors into the physical body in the will throne or center in the cerebrum. As discussed all year, we have 12 such thrones, one for each of the 12 powers that we have as a child of God. Our will throne probably is located in Brodmann's areas 6 & 8, and maybe also in area 4 where voluntary muscular action is initiated. To get a general idea of this location, place both hands on the sides of your head with your palms on your temples, your fingers pointed upward, and the base of your thumbs next to your ears. Where your forefingers rest is approximately the will throne in the left and right cerebral hemispheres. This throne consists of about 12 billion cells. Only 12,000 of these cells need to be inspired by, and implanted with, the will of God in order to lift all 12 billion cells into oneness and harmony with will-of-the-I Am consciousness.



**Visualization:** To perceive and to anchor the will of your I Am Self, engage in spiritual or light-body breathing that aligns with your physical breathing. Begin by entering the green garden of grace as you have in prior meditations. For until you are in this special space or power of wisdom-judgment-justice, which comes before the power of will, you do not have the equipoise or equilibrium, the wisdom or good judgment that is required to discern the will of God. Therefore, see yourself inside a holly tree, whose blue (faith) and green (wisdom-judgment-justice) imbue you with harmony, balance, wholeness and receptivity to God's will.

Imagine that you have two nostrils in the top center region of your head/cerebrum, in the area of the will throne. These are openings from the third to the fourth dimension, by which you spiritually breathe in the will of God. The left cerebral nostril links with Father God, whereas the right cerebral nostril communes with Mother God. As a child of God, you breathe in your Parent's will into both sides of your cerebrum.

Coordinate your light-body breathing via your two cerebral nostrils with your physical breathing through your physical nose. When you breathe in physical air through your physical nostrils, at the same time imagine that you are breathing in sky blue light or spiritual air through your spiritual nostrils/will throne at the top of both sides of your head.

Affirm: Not my will, but Thy will be done. Breathe in slowly and deeply. See the sky blue light coming down from above, entering your cerebrum through the two spiritual nostrils/will throne. This blue fire-of-light flows down from there to your throat, through your trachea, and via the two bronchi into your two lungs, which fill up with the good will of God. When you breathe out or expire, let go of any thought, feeling, memory or physical desire that is not in alignment with His-Her will.

Do this spiritual breathing for no more than 5-10 minutes at a time, and no more than a couple times per day. Be guided from within as to when and how long and how often to do it. Let go and let God do the breathing through you. At the end of each session, rest in the will of your I Am Self. Perceive it. Know it. Feel it. Fill up with it. Be it. By your faith in God's good will, your respiratory system is healed.