



REACH HIGHER LEVELS OF CONSCIOUSNESS WITH SACRED BREATH

Coquitlam, B.C. Sat. July 9th, 2011 9:30am - 5:30pm

Due to several requests, or should I say demands, Dr. Sharon will be teaching the Sacred Breath Techniques she used to become a Breatherian for 6 months.

Respiration is of paramount importance to anyone who aspires to an active spiritual life

We are not pretending to bring anything new in the 'Book of Breathing', but the way in which it is being learned and practiced does have a beneficial effect, from the very start.



Breath and the Elevation of Spiritual Awareness

The mystery schools shone the light of truth inward seeking truth and altered states of consciousness.

The Ancient Mystery Schools teach that our olfactory system has other functions: the absorption of Prana/Mana from the air, and the significant escalation of an elevated spiritual awareness.



The breath was designed and should be used as a tool to expand the consciousness and people using the breath in a regular, well conducted practice showed dramatic gains in spiritual awareness and expansion of consciousness.

Logistics \$88.00

- * Please wear comfortable, loose clothing.
 - * Please bring something healthy to share for the Potluck lunch.
 - * Out-of-towners are welcome to stay overnight on Friday.
- (Weather permitting we can do some of the exercises outside in nature)

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