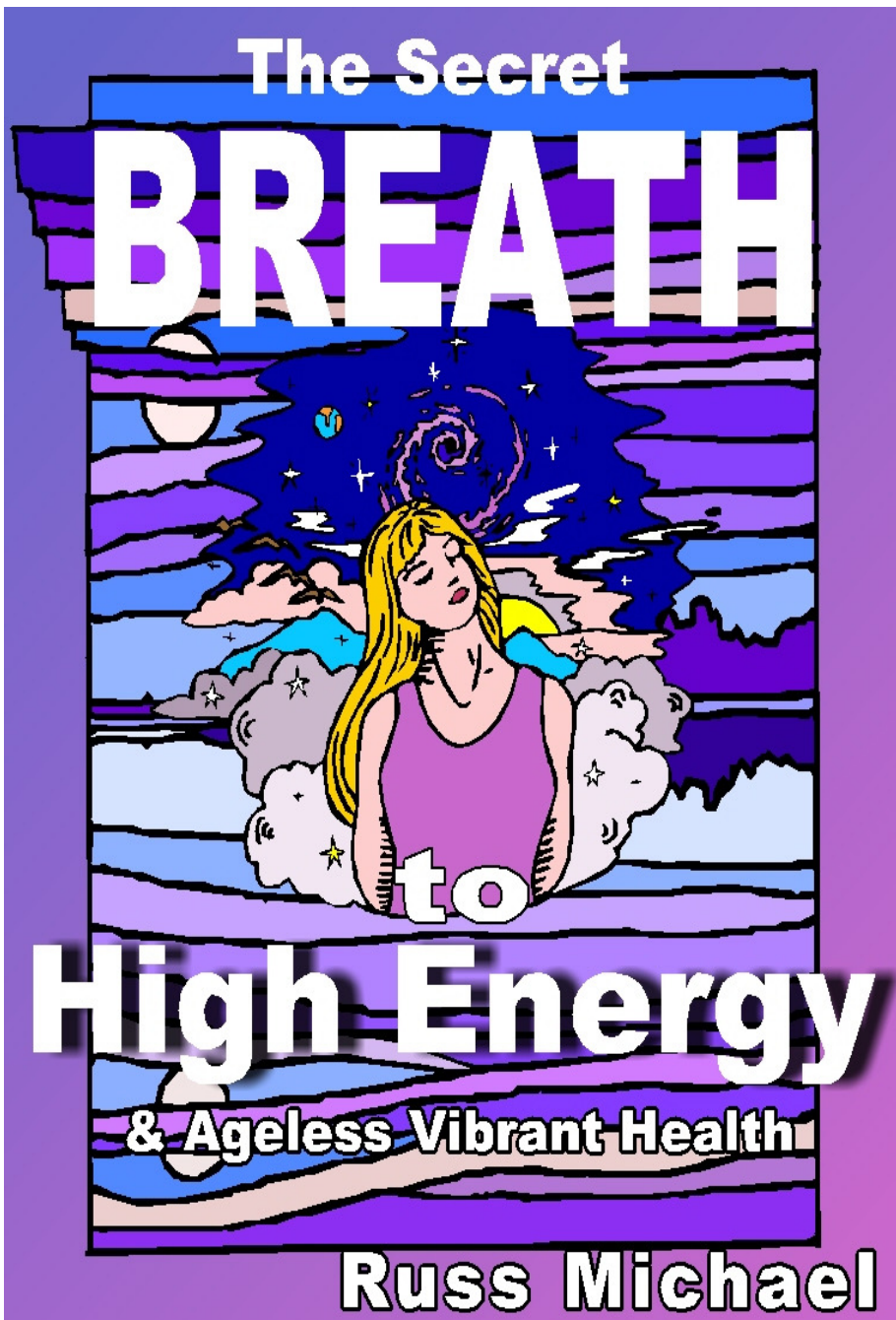


The Secret

BREATH



to
High Energy

& Ageless Vibrant Health

Russ Michael

**The Secret BREATH to High Energy
& Ageless Vibrant health**
by *Russ Michael*

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Front Cover Art:

A highly talented volunteer Russ Michael eBook Team artist who prefers to remain anonymous created the beautiful front cover art for this book and for most of the other Russ Michael eBooks. The artist states:

"I just have to say this. Because of the immense effort that I have been putting forth, it has kept me coherent, sane and remaining in the light. It has kept me happy, moving forward in creative endeavors, and most of all, ALIVE. Thank you, dear Michael, for your giving freely to all that have 'ears to hear, and eyes to see" of yourself, and that you are fulfilling the reasons that you came back into this life at 18 years old. Whenever you embark on ANY journey, you do it in a BIG way ... and that is incredible. A wonderful example to ALL ..."

Edited by Pamela Leach
pamramadama@earthlink.net
TEL: 616-642-0308

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THE SECRET
BREATH
TO
HIGH ENERGY
&
AGELESS VIBRANT HEALTH

BY RUSS MICHAEL

Table of Contents

Preface by Author	v
1 The Awesome Power of The Secret Breath	1
2 Chi in the East - Energy in The West	4
3 Subtle Versus Gross Energy	8
4 The Seven Major Chakras of Your Body	11
5 Being More Sensual Means Becoming More Alive	14
6 The Power of Sensuality	16
7 The Power of Sexuality	18
8 Merkaba–Merging Your Cross-Current Frictional Power	23
9 The Secret Breath	28
10 The Mighty Power of Any Breath	36
11 The Secret Breath For Ageless Vibrant Health	38
Recommended High Vibration Books and Study Data	42
More Offerings by Russ Michael	46
Final Note by Author Scribe	52



Preface by Author

Is there really a “secret breath” that has been held back or long hidden from our earth masses? Yes, indeed.

DO UNDERSTAND that I have KNOWN and TAUGHT the “mysteries,” the long-hidden ancient arcane doctrine behind what is today widely now known as “The Secret,” for nearly forty years. I initially introduced the core of the secret knowledge in 1969 in my first book, *Why & How of Meditation*.

No one can stop an idea from manifesting when its time has come!

In 1970, the second book I authored, *Finding Your Soulmate*, literally introduced the concept, the *idea*, the actual word *soulmate* to mass consciousness on Earth. A best-seller, it is still selling today, more than 35 years later, and is published in 12 languages worldwide.

Now, as anyone awake to spiritual knowledge on Earth knows, the word “soulmate” is on the lips and in the hearts and minds of billions of awakened and non-awakened human souls upon Earth today.

Both of these books subtly introduce the “mysteries” to the masses.

Think this through for starters. What is more powerful, the invisible or the visible? The silent source or the sound? The subtle or the gross? If your answer was *the invisible*, the *silent source* and the *subtle*—you definitely go to the head of the class (smile).

So then, can the subtle, invisible power of the secret breath add high energy and the bright promise of ageless, vibrant health to you or anyone who knows and uses it?

You know my answer has to be and is a resounding, “YES, YES, YES” *indeed!* However, read on (hopefully with excitement, delight and high interest). We will take a heartfelt, silent, thrilling and conscious mental journey, in methodical systematic fashion.

Can *you* do the secret breath? Of course you can. An eight-year-old can understand and practice the simple, though highly powerful, secret *age-old tried and proven* arcane science behind this astounding secret breath.

Through your deliberate, dedicated and steady practice of this secret breath for a mere fifteen or twenty minutes daily, combined with other subtle body movement, you will soon find out for yourself. The power of this inspired new knowledge *used daily* will fill your body and being with a huge supply of energy, a growing sense of peace, and a personal moment-to-moment daily state of Well Being. Have at it.

The *Masters, Adepts and Higher Initiates* of the *Secret Great White Brotherhood* have it. There is more than enough high energy or “chi” to go around. I have it. You can have it, too.

Bless us all.

I am, ***Russ Michael***



Chapter 1

The Awesome Power of the Secret Breath

Source of My Knowledge

From 1983 through 1981, I personally spent more than eight straight years of daily study in what today is equivalent to the seven-year Egyptian Mystery School Training of Initiates in old Egypt. In my hands-on training by our master mentor, the RAM, he taught and spoke often about the mighty power of *the secret breath*.

I recall a comment he made at one training session. While smilingly broadly, as he viewed our first feeble attempts to build and aim our breath toward a suggested safe area target, The RAM told us there were male and female “light warriors” on some of the huge mother ships that made explorations into uncharted regions of our universe.

These light warriors could send such a powerful blast of controlled “*chi*”–or light energy–from their solar plexus center that when directed at a target, the energy of that blast had enough force behind it to shatter a whole planet the size of our Earth into “smithereens.” The RAM, who founded the Hindu religion more than 30,000 years ago, stated that any one of us students in time could learn to summon that same kind of enormous power, which we could then release with one mighty, well-directed solar-plexus breath!

Of course, no *awakened* soul having such huge power at their willful use would think or desire to expend such energy toward blasting a planet apart or any living body to pieces. The point was well made and was understood by all or most of us.

The immense power that any one of us can tap into within the depths of our divine spiritual ‘I Am’ self-identity *God-ness* or *God-being* is infinite beyond our power of imagination!

I openly and gladly share insight to one of the major sources of my knowledge how to use this secret breath in hopes it will inspire your steadfast daily practice of it.

Use this breath to bless yourself with vibrant high energy and to give yourself the precious gift of an ageless, healthy superhuman body that any humanly embodied male or female in Creation would dream of having.

So be it.



Chapter 2

Chi in the East– *Energy* in the West

Of course, who does not know that a rose is a rose is a rose. We all also know that whatever word used for whatever subject or object we can think of, in whatever of the more than a thousand different languages of the world, means and IS the very exact same thing.

For example, *Allah, God, Krishna* in their respective languages and religions is an obvious reference to the *One Almighty Creator Source*. Whatever word chosen represents the All-Present, All-Powerful and All-Knowing GOD *part* of the ONE CREATOR SOURCE of all creation who presides over All That Is in this galaxy and universe we humans embodied here on Earth abide within.

The word *chi* (used in the East) and the word *energy* (used in the West) de-

scribe the essential byproduct of any in-breath or out-breath—including the “secret breath” you are now learning. *Chi* is *energy* and *energy* is *chi*.

The personal bottom line to you here is the more energy or more chi you possess, the more your own energetic life presence increases. In other words, more personal *chi* means you have more life presence, and more personal energy means your *chi* presence is more obvious. Knowing how to generate the obvious presence of that added personal supply of chi or vibrant life energy is your golden key to ageless vibrant health. I possess it, so I know personally the immense benefits involved in learning simple Universal Principles of life and the major Universal Laws that allow me to BE, DO or HAVE whatever I wish to manifest in my personal world.

You, too, can personally summon the energy or chi needed to surmount seemingly impossible obstacles and personally conquer even the final last enemy of a mortal human being, DEATH

itself. In my autobiography, *Autobiography of an IMMORTAL*, you will find out that if I can do it, you can as well.

Masters and *adepts* of both the East and the West learned this and acting as gurus have taught these very same breathing techniques to “chelas” or “disciples” for eons.

In addition, here you will learn the imaged *merkaba* thought form—the exact mental image you can build and use during your inhalation and exhalation of the secret breath.

With practice, you will learn how to couple this powerful secret breath with a whirling *merkaba* mental image and with a subtle, slow, unfolding of your lower body that will activate your lower “seals” or chakra centers. By doing so, you will quickly crank up or elevate the atomic, molecular, cellular and vibratory frequency rate of the seven major chakras of your etheric and physical human body.

One step at a time. We will “make haste slowly.” So for now, release any fret or worry that you might not understand how to do it.

As we move along, the simple steps to both understanding how to and actually doing the actual breathing and body movement exercises and actually practicing the breathing and exercises will flow to you and through you like an ever on-going river.



Chapter 3

Subtle Versus Gross Energy

Hopefully, you understand or at least are starting to realize that what brings changes to the visible is the invisible. In brief, the invisible is what conceives, manifests and moves the visible. Think this through: The seen gross material forms in our world are held together and transformed by the *subtle unseen life force* within and behind every single material form.

All that is seen today, anywhere in all of Creation, was first foreseen in the mind of our *One Creator Source*, or within the expanded mind of our One Creator Source. *You, me* and countless other co-creators giving rise to individual ideas and the birth or materialization of the lawful form of those ideas in 3-D mass.

The Greater Controls the Lesser

A major Universal Law is that “the greater controls the lesser.” This means the subtle alive unseen energy within us controls, moves or changes the visible gross forms or fields within or around us. We know, thanks to *Isaac Newton*, that “Material or outer force motion of a billiard ball creates an equal transfer of energy, force and potential motion to another billiard ball when it strikes it.” Furthermore, energy is never lost or destroyed. Energy can only be converted or held in potential within another form.

We have here then an example of the seen 3-D application of gross energy mass pitted against gross energy mass. However, it was the subtle invisible energy and applied will of invisible spirit that held and moved the billiard stick to strike the billiard ball and move it toward a desired or aimed for destination. Mass without subtle alive energy of will or spirit remains in a static state.

Therefore, for now simply understand that you as a conscious, willful

co-creator have the subtle power to literally move dying old worlds and create living new worlds. Ponder the magnitude of this thought and realize that *there is nothing that you cannot BE, DO or HAVE.*



Chapter 4

The Seven Major Chakras of Your Body

Every form or formless configuration of life follows and must abide by unique universal Laws. In our Milky Way Universe, our gross body form is held in our distinct humanoid shape by seven major etheric chakras, also known as the “Seven Major Seals.”

Always, the subtle is more powerful than the gross—for any gross form gives rise to the One God Creator's manifested desire, or is a manifested desire co-created by one of us divine, godly extended co-creators of our universal existence.

In brief, a line is a vector of force. Where lines of force crisscross again and again, you have the unique build-up of a unique “seal” or chakra. All forms or bodies have major, minor and

minute chakras. The USA is a unique national body.

For a very down-to-earth example, the city of Chicago, where all kinds of travel, by water, land and air crisscross again and again and again, is the literal *solar plexus* center, seal or chakra of the United States of America.

There is a whole lot of good information about the seven major chakras, along with visual charts of where these seven chakras sit or rest within our human bodies, available on the internet.

To find out more about the seven major chakras, search the internet (I prefer Google) or obtain any one of several of my books that explain how these seven major human chakras took form within our original human body blueprint, now upgraded and modernized into the bodies we and our children currently inhabit. (*The Science of White Magic, the Science of the Soul*, is one of several Russ Michael books that reveals

the essence of what comprises our seven major chakras.)

There are also 21 minor chakras and countless other minute chakras comprising the entire energy field or matrix of our glorious human bodies...



Chapter 5

Being More Sensual Means Becoming More Alive

Those seemingly outstanding individuals who are highly successful in life are, as a rule, filled with a great passion for life. These are the folks that keep going when others stop. These remarkable souls have a greater reservoir of energy than the average person on Earth. They not only have more vitality and more determination and stamina to fulfill their desires, they exude a quiet fervor, an animated willpower to accomplish their aims.

Most successful people do what they love and love what they do. That has been my credo for most of my own adult life in this human embodiment. Having a deep, moving love for what you do empowers you to envision and achieve heights that others would not see or de-

sire to attain. The impossible is possible and miracles become your *way of life.*'

Being more sensual is being more alive. Though being sensual is tied into being sexual, these are two completely different levels or planes of consciousness. Sexuality relates to your sex chakra while sensuality is your sentient feeling response at atomic, cellular, molecular, organic and whole level of being. Two of my other books probe the vast differences between being sexual and being sensual in great detail, so if you would like to learn more, read *Finding Mr Right or Mrs Right* or *The Secret of SEX and Sexual Attraction.*



Chapter 6

The Power of Sensuality

Though I only touch here on the power of sensuality, we all have the need and the use of sensuality in our lives. There is a vast difference between sensuality and sexuality, yet a high level of both these states of awareness are incredible assets to help you or anyone achieve whatever they desire.

In brief, without feeling a full sense of sensuality, your body and being will lack the normal zest and passion for life expressed so visibly by dolphins and whales leaping and splashing on the surfaces of our oceans worldwide. Being highly sensual means you are tuned up and tuned in to all of the good things daily life offers to us all.

Never think you are too sensitive. That kind of thinking arises from ego mind. Your heart knows that the more sensitive you are to your own thoughts

and feelings, the more sensitive and responsive you are, or can be, to all other life forms on Earth.

Being sensual is big plus. Dwell in your sensuality rather than your thoughts and you will express your soul force more clearly and visibly.

You might temporarily lack sensitivity or sensuality, but you will never own or have too much sensitivity and sensuality. Give thanks for all the sensuality that you feel or possess.

At the same time, if you see that you are lacking in sensitivity or sensuality, each new moment is a new starting point, so use your divine free will choice to what you desire in this fresh new moment of life. You can choose to open your body and mind to a greater sensitivity and deeper and deeper feelings of sensuality, if that is your choice. The power of sensuality is always simply yours for the asking and acceptance.

So be it.



Chapter 7

The Power of Sexuality

Instead of appreciating feelings and expressions of sexuality, feeling sexual is almost a crime in some social circles or puritan societies due to false teachings.

I assure you, everyone has sexual feelings, for without them they would be dead. Contrary to most beliefs, sexual feelings and sexual performance does not end with “old” age. The second seal chakra that governs sexuality is active and alive from birth to death of our human embodiments.

The person who represses sexuality or sensuality may appear to be almost deathly devoid of sensitive feelings and sexual aliveness—but that suppressed energy, like cancer cells, turn into self-destructive thoughts and feelings, abnormal hidden sexual desires and expressions of hatred, instead of love and

appreciation for their human brothers and sisters on Earth.

A highly sensual and highly sexual human being is passionate, alive and quick to express warm loving thoughts and feelings toward themselves or others. All genuine love begins with love of self—which means you understand that the self that you are is not your body, not your emotions, not even your thoughts, but the divine ‘I Am’ goddess or god extension of All That This, of Creator God Source. This is what *Jesus, Buddha, Krishna, Mohammad, the RAM,* and others realized and expressed in their daily lives. When you truly know that you and all other life forms are sacred and divine extensions of All That Is, how can you not treat each and all of these life beings with honor, love and high respect?

I assure you, being highly sexual does not mean you need to be promiscuous and jump in bed with every man or woman who acknowledges your beauty and your sexual attractiveness

to them. Energy is energy coming from any seal or chakra level. Having abundant sexual energy is nothing more and nothing less than being alive with more vitality and life energy. How you choose to use it—or even to misuse it—is, like any other personal choice, an individual choice and a unique self-responsibility centered within every choice we make each new moment of each new day of our adventurous human lives upon Earth.

Discover and groom your sexuality. Being sexual is no crime. In fact, the rewards of being highly sexual far outnumber being “dead in the water” about any human life expression. Being alive automatically brings with it the sense of joy and a deepening passion and appreciation for all unique forms of beauty expressed in any manner or mode.

I suggest if you were raised to suppress your sexuality that you get over it this new moment. The past is dead and the future only exists as a potential of what and how you choose for yourself in

this new moment! Do not let your past control you, or allow you to judge others, including yourself, who may have done what is now perceived as “wrongful” acts done in the past.

The Past Does Not Matter

What others are today in this moment and what you are today in this moment is exactly what you intend and choose for yourself and for others. Only this brief and swiftly passing moment matters. *The past does not matter.* Your past does not matter. The past of others does not matter. The present moment in the *Eternal Now* is the only point of all power, and the only genuinely true existence that matters. Nothing else counts. I assure you *God* does not count or judge, for if so our sacred free will would be a total farce. If *God* is not counting or not judging you or others, why would you or I choose to do what does not matter?

Others may try but no one can *choose* for you! Do realize that no vote,

no preference, no choice is also a choice
by default!

Be fully alive! Be sensual! Be sexual!
Be grateful.

Thank God! When you understand
and live by this divine credo, there is
nothing you cannot BE, DO or HAVE.

So be it.



Chapter 8

Merkaba—Merging Your Cross-Current Frictional Power

When you practice the secret breath, you will be *squaring* the power of it by combining it with the *Merkaba's* cross-current frictional power.

Here is how you create the Merkaba force field around your etheric and physical body field with each in-breath and out-breath. In your mind's eye—while breathing in and breathing out—you imagine two fields of white, white light spinning around your own sacred etheric and physical human body form, with one force field horizontally spinning to the right and the other force field horizontally spinning to the left in simultaneous counter directions to each other.

Your imagination is all-powerful. This is easy to image, so do not make it seem difficult for you. Perspective means everything. Keep it simple, light-hearted and interesting.

At the same time, KNOW—simply through your intent—you are also spinning a white force field vertically upward around your etheric and physical body form, while simultaneously spinning an equal force field downward around you etheric and physical body form.

In addition, simply KNOW—through your intent—you are also creating a Mer-kaba force field spinning in counter directions from within the core center of your etheric and atomic physical body form. This force field radiates out 360 degrees with a reverse cross current spinning from 360 degrees all around to your etheric and physical body form toward that central *pure spirit core point* within you.

The wonderful and astounding thing is that you can create this spinning mo-

tion at whatever speed you desire or call out for simply and effectively *through your intent*.

Actually, following Universal Law, that *one* expands into *three*. Three expands into *seven* (all seven directions of SPACE are involved here). The central point in SPACE during this exercise is your own core 'I Am' identity self while the six outer directions of space—right to left, left to right, up to down, down to up, and in to out, and out to in—are represented in the dual cross currents of your three imaged Merkaba force field spins.

To make this easy to envision, pick one of these three base counter directions in space that you feel is easiest to envision: (1) a horizontal counter-spin; (2) a vertical counter spin; or (3) an inner-outer counter spin. At the same time, simply *intend* and *know* that the other two spacial Merkaba counter spins are taking place simultaneously with the same spinning speed as the

one you are to which you are giving your major attention.

Begin by taking a couple of slow, deep in-breaths and out-breaths and mentally see the major Merkaba counter-spin of your choice. As you summon and increase the speed of your Merkaba spin, envision pure white sparks flying in and out in all directions.

Remember, this is your production. You are in charge of what you choose to envision and thus create.

You may also—at will—simply ask or command this entire Merkaba cross-current matrix spinning motion to turn twice as fast, 10 times faster, a hundred times faster, a thousand times faster, etc., sensing as much as possible the frictional electric and electromagnetic power building up within your being with each increasing new thrust of the instant increasing speed of your spins.

It is that simple. Keep it simple. Here the age-old axiom applies perfectly, *practice make perfect!*

Practice this Merkaba in-breathing and out-breathing technique for a few minutes several times throughout the day (or night). You are working with light. Keep it *light-hearted*. Make it fun.



Chapter 9

The Secret Breath

Here too, keep *the secret breath* and the process simple.

Complexity reduces power. Pure “go power” exists when there is nothing opposing your thrust or movement toward any new space or direction in which you choose to move.

Do not be disappointed at the seeming simplicity of the secret breath. The power it has to charge up your awareness and all the etheric chakras of your etheric and atomic physical human body being is immense.

Our universe runs on *vibration*. *Vibration* is the key. When you increase your vibration, you increase your power. Most Ascended Masters, Adepts and High Initiates of White Magic have utilized this secret breath to speed up their vibration, thus their ascension process

and the subsequent speed of their bodily ascension.

Here is how you summon, generate and accumulate the awesome power of *the secret breath* within your own sacred and divine human body being.

All the emphasis of this secret breath is placed on the *out-breath* alone.

Begin your practice of *the secret breath* with a few slow, deep in-breaths and out-breaths as this tends to *calm and center* you in your magnificent human embodiment. On your fourth or fifth out-breath, make the “*shhhhhhhh*” sound you would make if you were telling a child or anyone around you to “*shush up*” or to be silent. From childhood on, we all know that “*shhhhhhhh*” sound very well.

Practice making that sound now a few times. Breathe in, out-breath “*shhhhhhhh.*” Breathe in, out-breathe, “*shhhhhhhh.*” Breathe in, out-breathe “*shhhhhhhh.*”

Once you get the feel of it, start a steady rate of in-breathing and out-breathing. Now every time you out-breathe, do it with a deep “shhhhhhhh” sound coming from the depth of your being. Practice extending the force of that “shhhhhhhh” sound for as long as you can with each out-breath. You will feel the subtle energy level build and build within the chakra system of your body. *The secret breath* is that simple.

When working in our Old Egyptian Mystery School training with the RAM, he would have hundreds, and often thousands, of us doing a steady stream of these “shhhhhhhh” out-breaths for 15 minutes to a half hour several times daily. At a certain energy build-up point, the RAM would direct us all to make an instant STOP to the secret breath. We were directed “let go” of body feeling—to totally relax, to breath normally and to *sense* and “ride the wave of light” that would immediately “gush up” into our conscious body awareness with a very sudden ultra-sensual, highly uplifting, body-mind-spirit sensation.

Both the base of the spine, *sentient*, *sensual* first seal chakra, and the *sexual* second seal chakra are charged up considerably after several of these 15-, 20- or 30-minute sessions of practicing the secret breath.

With constant daily practice, in due time, on the first “*shhhhhhhh*” out-breath you will feel exactly how that breath moves up and awakens your various chakras.

Here is what the body mechanics are doing. Your out-breath “*shhhhhhhh*” sound pushes the electric and electromagnetic currents of your body downward through your spine from your fourth seal throat chakra, down through your third seal solar plexus power chakra, then further down through the second seal sexual chakra, and finally down to the first seal sentient life chakra at the very base of your spine. Simultaneously, a reflecting, sensitive, frictional upward flow of high energy moves slowly up from the first seal chakra—back up, up, to your more and

more highly charged, spiritually creative human throat center, the fourth seal chakra.

RAISING THE KUNDALINI POWER SAFELY AND SLOWLY

There is only one more important body movement you can make that will enhance the movement of the powerful kundalini force back up, up through the chakras of your spine while you are doing *the secret breath*.

This subtle body movement must be practiced while you are laying flat on your bed or a carpet.

Remain relaxed and pull your knees up as high as you comfortably can so that the weight of your legs is resting on your heels. Pause a moment, center yourself, then begin a continual stream of slow, powerful secret breaths. At the same time, let the gravity from the weight of your drawn-up knees to very slowly allow your feet to slide, side-by-side, in tiny increments back down until your legs are laying flat. It ought to take

a slow, exquisite, energy building feeling lasting at least two minutes before your heels have slid down to where your legs are once again laying flat.

There is a good chance that the very first time you do this you will feel a subtle but powerful accretion of sensual and sexual energy rising up as a kundalini force from your first and second seal chakras. The feeling will be more and more exquisitely sensual as your knees drop closer and closer to a final absolutely flat climactic body position.

All the while—with each out-breath—you are pumping the secret breath energy down toward the base of your spine. In due time, if not the first time, you will feel such an exquisite surge of energy rise up your spine that you will automatically spread your feet and legs a little wider and wider as you near that final absolutely flat, horizontally extended legs position. With practice, each time you finish lowering your knees and reach that absolute body flat position, you will feel a mighty jolt of pleasing,

electric and electromagnetic kundalini energy. It will rock through your body, shooting up from your heels through the base of your spine, and up through any and all of the chakras in your spine that are open. It is a dynamite feeling that you can safely repeat as often as you wish. I have done this technique for as long as an hour and a half straight, so you can imagine what a dynamic field of exquisite energy that I build up that charges up through my whole body being when I reach that climactic, slowly sliding straight legs flat body position point.

At some point, the energy is so exquisite, so strong, that it may literally make a rapid “*pop, pop, pop*” sound out of your mouth in sync with the pulsation of high electric *kundalini* charges surging and spiraling up through the spine and the etheric rapidly whirling chakras of your body.

Isn't nature wonderful? Isn't our fantastic human body a truly precious gift

freely and directly extended to us, from
Creator God Source?

Indeed, our human body vehicle is so genuinely suitable for the divine living goddesses or gods we are. We each and all are so safely, joyfully, sentiently embodied in a grand, easily mobile, artfully, beautifully and elegantly designed human body form.

Bless your body. Bless your heart.
Bless us all.



Chapter 10

The Mighty Power of Any Breath

Each breath—fast, slow, shallow, deep or the special *secret breath*—is an individual conscious or unconscious drawing in of vital *life energy* or *chi*. Each one of us breathes at a slightly different rate or depth as we inhale and exhale. There is a pulse or rhythm that matches our normal vibratory range in terms of our breathing, our heartbeat and even the unique throbbing number of pulsations per minute of the grey mass we know as our human physical brain.

Of the various kinds of breaths we practice personally, whether consciously or unconsciously, deliberately or without deliberation, none is as powerful as *the secret breath* when directly coupled with the *merkaba image* breath you learned about in Chapter 7. This power is further amplified by the delib-

erate, slow and subtle body movement that activates your lower major chakras and kundalini fire as described in Chapter 9.

Your understanding of how and why these various breaths work will be clear enough by the time you first read this volume. If you want more clarification in various aspects of what I present in this book, ask and it is given. My direct email contact information is always included in every Russ Michael book now published. As well, all of this information is further amplified and clarified in many of my now available Russ Michael BLOCKBUSTER eBooks.

So relax, *follow the flow and read on* knowing your time and conscious focus is well spent.

There is nothing you cannot BE, DO or HAVE!



Chapter 11

The Secret Breath for Ageless Vibrant Health

Naturally, there is a direct connection between the masterful use of the secret breath and ageless vibrant health.

Your daily use of this secret breath, coupled with your whirling crosscurrent Merkaba energy flow image, will not only activate every electron, atom, molecule, organ, the whole of your etheric and physical human embodiment will glow with more and more light. It will activate and enliven the seven major chakras and all the other etherical chakras as well. This will in turn add more and more increments of aliveness—transmuted into electrical and electromagnetic power—to the organs these chakras control. As these seals or chakras begin to reach critical mass and open, in whatever physical body

mass, your kundalini energy is activated and safely raised.

With every incremental vibratory increase added, day-by-day, your clarity of thought and the growing *Well Being* of your *wholly rejuvenated human body* will become obvious to you, your family members and to anyone closely associated with you. This subtly powerful *secret breath* is your *Golden Key* to ageless vibrant health—which each and all of us DO possess, and DO express at our central ‘I Am’ spirit core. We each and all simply need to awaken to and “unveil” the living *goddess* or *god* being that we really are!

Remember, *you* are pure *Spirit Being* extended directly from *Creator God Source* and at that core level, you possess all of the infinite power within the core of All That Is. That is your birth-right as a sentient, conscious co-creator Goddess Being or God Being embodied in human form upon Earth.

Your IMMORTALITY is undeniable and at this pivotal “end times” point

upon Earth, it is possible for a host, even a majority, of humanity upon our now rapidly ascending planet to ascend with dear Gaia (Mother Earth) without you having to experience human physical body death. My book, *An Autobiography of an IMMORTAL*, will give you a wealth of information relative to your own achievement of conscious human body IMMORTALITY, which automatically assures you of the full conscious possession of an ageless, vibrant, healthy body, mind and spirit.

I urge you to understand fully that whatever you give your attention to must-by Law-become your eventual manifest reality. In that light, if you make it a daily habit to spend a few minutes practicing the secret breath and giving thanks for every beat of your heart and each living daily breath-I repeat-for this is a truth at any new living moment of your and my existence-*there is nothing you cannot BE, DO or HAVE!*

So be it. Bless your heart. Bless us all.

May the Heavens open and pour
down a great divine flow of Light, Love
and Power into your Being and into the
lives of those you love and hold dear.
And *it is so*.

Until we journey together again in
consciousness.

I am forever your grateful, highly
blessed brother in body, soul and spirit.

Russ Michael



Recommended High Vibration Books and Study Data

Heavenletters - Book One, by Gloria Wendroff.

Gloria has received over two thousand Heavenletters; one hundred fit in one book, so expect a huge series of books soon worldwide. Incredibly high vibration. The book currently is published in English, German, Greek, Romanian, and is expected to be published in about 15 more languages soon. Gloria also conducts awesome Godwriting Workshops. I attended one she held in Munich, Germany. It was fantastic. Join Gloria's worldwide email list to receive her FREE daily email Heavenletter by signing up on her website at www.heavenletters.org.

Ask and It Is Given, by Esther and Jerry Hicks.

The Law of Attraction, by Esther and Jerry Hicks. Hay House, Inc. - P.O. Box 5100, Carlsbad, CA 92018 USA; www.hayhouse.com; 800-654-5146. Extremely high vibration. **Read ALL of what they offer.** Take a world cruise with Esther and Jerry. See study data, books, CDs, etc., at www.abraham-hicks.com

Home With God, by Neale Donald Walsch.

Atria books. I highly recommend **ALL the**

“Conversations With God” books by Neale Donald Walsch, likewise, a very, very incredibly high vibration.

All four of the “Matthew” books by Suzanne Ward. *Tell Me About Heaven*, by Suzanne Ward. Terrific insights. Matthew died at 17 and speaks from Heaven. Great E.T. information. Suzanne Ward is on my top 10 list of current spiritual authors. Email: suz@matthew.books.com.

SETH Speaks, by Jane Roberts. **Read all of the many “SETH” books.**

Autobiography of a Yogi, by Yogananda Paramahansa. A classic that is published in 40 or more languages. Be sure to read this one. Wowee!

The Masters of the Far East, by Baird Spaulding (series of 4 books). Very inspirational and a fascinating adventures read.

The Seven Rays, by Alice A Bailey. **All 20-plus books** in the Alice A. Bailey series.

The Magic Presence, by Godfre Ray King. **All of the 20-plus St. Germain ‘I Am’ book series** by Godfre Ray King.

ALL Deepak Chopra books

ALL Louise Hays books

ALL my own Russ Michael books (please see the final section, “Final Note from the Author Scribe...”, for information on how to obtain eBooks and how to subscribe to my FREE daily email Michael Worldwide Newsletter)

Finding Your Soulmate, by Russ Michael. In 13 languages, this best seller is still selling strong after 35 years. Publisher: Jan Johnson Red Wheel/Weiser Books/Conari Press, 500 3rd Street, Suite 230, San Francisco, CA 94107. Phone: 415-978-2665, x102. Fax: 415-869-1022. Email: JJohnson@redwheelweiser.com or visit their website at www.redwheelweiser.com.

Your Soulmate is Calling, by Russ Michael. Hazard Press–New Zealand (in 12 languages). Email: Danielle@hazard.co.nz or visit their website at www.hazardpress.com.

Autobiography of an IMMORTAL, by Michael, ‘I Am’ (AKA Russ Michael). Already contracted for publication in Romanian, Greek and German. I am expecting to contract publication with an English language publication soon. Available to publishers in Word or as a PDF file through email: contact@RussMichaelBooks.com.

THE SECRET–is No Secret Anymore. ASK and There Is NOTHING You Cannot BE–DO or HAVE, by Russ Michael. Available

through this publisher, and probably many others worldwide. Available to publishers in Word or as a PDF file through my email: contact@RussMichaeleBooks.com OR order directly from the website www.TheSecretIsNoSecret.com

Soulmates, Twin Rays and Special Lovers, by Russ Michael. Latest authored book is expected to be published in many languages soon. Available to publishers in Word or as a PDF file through my email: contact@RussMichaeleBooks.com.

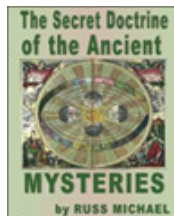
HARNESSING the Power of The Universe, by Russ Michael. Coming up next. When completed, it will be available to publishers in Word or as a PDF file through email: contact@RussMichaeleBooks.com

More Offerings by Russ Michael



CHOCOLATE for HEALTH – The Amazing Health Benefits of Chocolate

Russ Michael asks the Queens and Kings of Chocolate to indulge their minds with this new Blockbuster eBook. Now is the perfect time to learn about the amazing health benefits of Chocolate.



The Secret Doctrine of the Ancient Mysteries

Through your awareness of these once secret MYSTERIES--and their study and use of the laws outlined within them--you are enabled to escape the old prison house of matter. You realize your true identity as the soul. You find a true recognition of your source as a spirit.



The Secret Great White Brotherhood

Is life as we know it here upon earth more than a mere accident of nature? Is there a deeper, higher, broader and truer meaning to your life and mine than what we feel or perceive at this moment in space and time? All these important questions - and many more - may fully be answered for you in this volume.



The Secret is No Secret Anymore

If you want to understand more about **The SECRET** mysterious powers of the Universe, read the authoritative work by world renown author, Russ Michael. This is a **how-to guide** for everything you desire. "The SECRET" is expanding with light speed before our eyes!



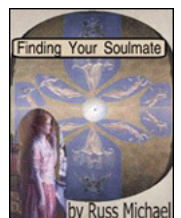
GOD and MIRACLE HEALTH Part 1

Part 1 is FREE! It is jam-packed with life-saving information on the benefits of Miracle Products, Miracle Services and Miracle Mind. Download your **FREE** copy today.



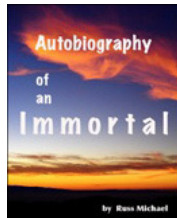
GOD and MIRACLE HEALTH –Part 2

Part 2 contains all of the "How-To" self-help resources and information to attain Miracle Health, including the story of Jim Humble and his fight against the world's diseases using his 100 percent effective MMS Product formula. Learn how he battled malaria to discover the formula that has cured 75,000 cases so far.



Finding Your Soulmate

This best-selling classic was first published in 1971, when Russ Michael brought the concept of and the actual word "Soulmate" into mass consciousness on Earth. While most books are out of print in a few years, this book is still a top-selling item over 37 years later and read in 12 languages worldwide.



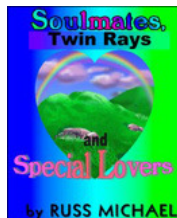
Autobiography of an IMMORTAL

The exciting true story about the life and adventures of Russ Michael. If you want to understand more about the powers of the universe, learn from a key world spiritual mentor, himself. Russ Michael shares his personal experiences from a very low point in 1965 when he found himself homeless, barely eking out a daily existence and living in abject poverty, to his experiences founding global companies and traveling the world. This incredible story puts you into the mind of the man who has worked for decades to bring readers The Light.



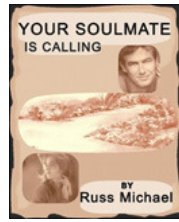
The Secret of Sex and Sexual Attraction

You can draw anyone or any thing to you by the deliberate use of the Law of Attraction and a large personal stock of pheromones. "Your conscious co-creator job on Earth is to learn how to live your life fully in a safe world. In that safe world, you will most aptly find that sex is good. Violence against another is bad, guilt is bad, to judge is bad, regret is bad, and even living in the past is bad - but sex is good!"



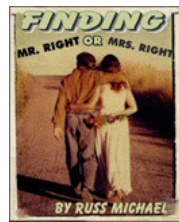
Soulmates, Twin Rays and Special Lovers

Given a choice (and who does not have free choice?) most of us on Earth today would choose sharing what remains of this day and the remaining days of our physical human life on Earth with a warm, fun-loving Soulmate or a genuinely blissful Twin Ray or special lover.



Your Soulmate is Calling

Somewhere deep inside every one of us is the knowledge that somewhere--at this very moment--someone special is calling out to us for recognition. Your Soulmate is calling you, wherever on earth he or she resides. Your Soulmate is sending out a distress signal. The essence of his or her signal is: "Where are you? I am waiting here for you. I want you!"



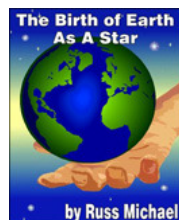
FINDING MR. RIGHT OR MRS. RIGHT

Mr. Right or Mrs. Right wants you as much as you want him or her. You only need to know what you really want. Combine that decision with the knowledge you gain here about how to increase your attractiveness or personal magnetism, and you are already moving forward on your way to a really, really bright and RIGHT love relationship! Why not recognize and swiftly cut those painful cords that bind you to the past?



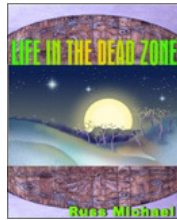
The SECRET PROVEN FORMULA to WEALTH, HEALTH & TRUE LOVE

All that magic means is the wise use of applied knowledge. The word stems from Magi, wise men from the East. As you read on, you will soon notice that I make many references to law.



The Birth of Earth as a Star

End times is not an idle phrase. The old is about to vanish and the new is already starting to begin. What is the END at one level of being is the BEGINNING at another.



Life in the Dead Zone

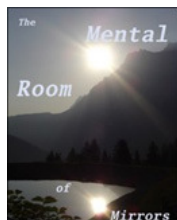
Death is merely the cessation of three-dimensional motion. It is a personal state of rest that will return to a state of motion again. Rest and motion, or death and life, are now, and have been forever, inter-

woven.



Eleven Magic Steps to Success

There is nothing you cannot be, do or have. You only need to ASK - and through the sacred heritage of who and what you are, your every request is granted at the moment it is made.



The Mental Room of Mirrors

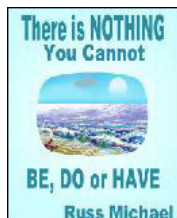
The Room of Mirrors self-therapy technique - presented here - is indeed a valid precious gift to humanity. I know it well and I am pleased to pass on this powerful healing technique along to humanity in

this volume.



100 True RAMTHA Miracle Stories

I wish to personally thank each and all of these grand masters who have shared their experiences with me and whose beautiful, inspiring miracle stories are now here presented to be shared with you.



There is NOTHING You Cannot BE, DO or HAVE

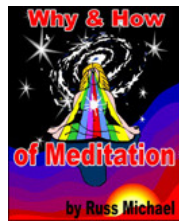
The real gold is found in and through your own creative thought or socially cooperative co-creative ideas coupled with the fire--or the fuel--of a desire for

something in you so strong you can taste it.



When GOD Speaks, I Listen

Have you noticed in a loud crowd that when someone suddenly speaks up in a soft and quiet voice how everyone now stops talking to listen? That is how God usually speaks, in soft whispers!



Why & How of Meditation

As you progress in the art of meditation, you discover--perhaps with astonishment--that the most profound things in life are more simply expressed. **A Blockbuster classic! Read by thousands in print!**

Final note from the author scribe...

In addition to my best-seller, *Finding Your Soulmate*, which is still selling in 12 languages, I have written more than 20 published self-help books and I invite you to obtain and read them all.

After my death experience at age 18 and in the unfolding due course of my spiritual work, I have received thousands of letters of gratitude from readers of my books and from many grateful attendants of my workshops who have found their soulmates or their Twin Ray life companions, or made their wildest, most impossible dreams come true. A few days ago, I received an email from someone who recently obtained and read my 360-page autobiography.

Dear kindly eBook reader,
This is what Carolyn Tester had to say to me about *Autobiography of an IMMORTAL*. Bless her heart.

I don't think I have ever enjoyed reading anything as I am now doing with your autobiography. I'm now beginning to read slower and slower ... as the end of it gets nearer ... a habit I've acquired when in a GOOD read.

*Love to you and yours,
Carolyn Tester*

If you enjoyed this or any other books of mine, please encourage your loved ones, friends and associates to obtain and read them all.

I suggest that you obtain my own *Autobiography of an IMMORTAL* or any of my current 13 eBooks—soon to be 20 or more.

Enquire now (or later) at:

www.TheSecretIsNoSecretAnymore.com

Or contact me at my personal email address:

Michael@RussMichaeleBooks.com

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You can soon listen to my 3-minute podcast, read my brief bio or surf through the “Table of Content” pages of my many obtainable eBooks.

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To receive my **FREE** daily spiritual “Michael Worldwide Newsletter” in your inbox, email me at:

Contact@RussMichaeleBooks.com

and ask to be subscribed. (Again, this is free. Just ask!)

We appreciate and love to have new readers come to Russ Michael eBooks through you.

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Bless your heart, forever and forever.
Bless us all. We are all blessed.

.....

*In living and loving gratitude to All That Is
I Am–Russ Michael*

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