

The Breath of Life

BY MARIANNE STREICH

Several months ago, a client with advanced lung cancer remarked that the only time he could breathe easily was when he was on my treatment table. During his treatment that day, a mantra was given to me with the information that he should repeat it anytime he felt he wasn't getting enough air into his lungs from his oxygen tank. The mantra proved helpful to him in the last months of his life. I have since used it with other clients and have passed it on to my students.

The Breath of Life Mantra

I take in the breath of *life* easily and effortlessly,
I take in the breath of *light* easily and effortlessly,
I take in the breath of *love* easily and effortlessly,
I take in the breath of *delight* easily and effortlessly,
I *am* the I Am. I *am* the I Am. I *am* the I Am.

I have found this mantra to be a powerful support for the work of Reiki in healing issues related to breath. For clients who experience difficulty breathing, physical symptoms may show up as feelings of constriction in the throat or chest, a tendency to hold the breath, asthma, sinus problems, TMJ, bronchitis, thyroid problems, or lung disease. Energetically these symptoms are often related to throat and heart chakra issues that are rooted in trauma experienced during this lifetime or in past lives.

Physical symptoms and attendant emotional issues may stem from having been silenced as a child, sometimes violently, or from rejection of expressed ideas as wrong, stupid, or sinful. An acute intuitive sense in a child may have been discounted as lying or treated as mental aberration. A child's creative expression may have been squelched, ignored, or punished. Adults who have suffered these types of experiences may have difficulty giving voice to feelings, ideas, and opinions. They may judge that their expression is unworthy or inadequate, and they may go to great lengths to avoid conflict of any kind.

To use the Breath of Life Mantra in treating both the symptoms and the causes of breathing difficulties:

If you are Level I, request that the client repeat the mantra after you at least three times, or repeat it yourself silently (substituting the client's name for "I") if the client is sleeping or in a deeply relaxed state. Beam Reiki to the head and torso and/or use standard hand positions. Imagine that all dense energy is dissolved.



If you are attuned to Level II or higher, draw the Power symbol, starting at the jaw and moving down to cover the diaphragm. Next, imagine a Power symbol inside each lung, gently rotating clockwise, cleansing, healing, and expanding the lung. You may wish to draw the Distant Healing symbol and/or the Mental/Emotional symbol over the area of the trachea, thymus, and heart. Masters may wish to use some, or all, of the Master symbols. Ask the client to repeat the mantra after you as you give Reiki, or repeat it silently to yourself. It is especially useful to beam Reiki to the head and torso if the client has had surgery. Use standard hand positions to treat the area as long as you are guided to do so. Imagine that all dense energy anywhere in the client's body is dissolved.

Finish the treatment by cleansing, activating, and connecting the chakras. Imagine white light entering the crown of the head and moving down the spine, or beginning at the root chakra and moving up, intending that each chakra in turn is cleansed and activated.

I find that clients are able to breathe more easily soon after I begin this treatment. One client who had had a five-pound tumor removed from her lung reported that she felt she was taking in huge gulps of air as I was doing the treatment. Another reported sensing an oppressive, dark energy being released. Others have reported the sensation of a weight being lifted off the chest. During one treatment I had an image of the client, who had died a violent death in another lifetime because of her religious beliefs, chanting in a beautiful and powerful voice that touched a multitude of people.

I often chant the mantra for myself during meditation, at other times during the day, or prior to falling asleep at night, especially if I am feeling stressed or scattered. I invite you to embrace the Breath of Life Mantra for yourself and in your practice of Reiki. I would be delighted to hear from you about the results you experience from its use.

Reiki blessings!



—Marianne practices and teaches Reiki in Seattle. She can be reached at marianne@reikiforliving.com, 206.523.4456, or through her Web site: www.reikiforliving.com

You are invited to share your Reiki wisdom in this space as well. Articles are to be a maximum of 500 words and should be submitted as Word documents by email to: GTMFR@reiki.org