

Whisper's 21st Meditative Insight To The World

Shared by Matthias Chang

We take for granted the act of breathing – because we do so every milli-second and it never occurs to us that if for one moment we cannot breathe, we would die a very painful and ugly death, as when a person is drowning in a swimming pool or in the sea.

So, this insight is to “open” your “drug sedated” mind to appreciate the act of breathing and how to **breathe when meditating**. We tend to focus on the mind, to be precise, you are taught to “empty” your mind while in mediating.

This **is not what I do** in my meditation practice as well as in the training of Yan Shou Qong, the Holy Grail of Qi Qong. We focus on the discipline of breathing, as **the priority** and the transformation of the “mind” will be the outcome and the end result.

This is common sense. Your mind cannot do a damn thing, when you cannot breathe. Period!

Whisper said,

“Matthias, you have yet to master the **“discipline of meditative breathing”** as part of your being, even after such a long time of practice. This does not come as a surprise and you should not be disappointed. The discipline of meditative breathing is the **Ultimate Achievement in Breathing**. What do I mean?”

“When you have mastered breathing – six breaths (inhaling and exhaling) in one minute without having to time your breathing with a wrist-watch or a clock, and your “slow breathing” is part of your daily life, beyond the environment of meditation, a second nature to your being, you have achieved the ultimate meditative breathing.”

“Inhaling deeply and slowly and exhaling smoothly and slowly constitute One Breath, and when a devotee achieves six breaths in one minute, his mind slows down. The devil workshop’s activity ceases and the devotee will be stress free”.

“But, there is a secret which you can share with those you have chosen to share with.”

“When inhaling slowly, and without effort, your **Heart will see HIM** and HIS Blessings and Love will envelope your being. When exhaling slowly and effortlessly, **give thanks** and **return your love** to HIM. Be thankful of this experience.”

“It is so simple but

“After all the years of meditation you are still striving to achieve the ultimate act of breathing. It is so simple yet few have the discipline to cultivate the habit to be second nature to their being. Their addled state prohibits the attainment of union with HIM because their **Heart sees not** the blessings but the burdens of anxieties.”

“Matthias, for years you have shared my messages and insights, but have anyone meditated on my insights and shared their experiences with you? But for our directive to merely convey and not to persuade, you would have been so frustrated and disappointed to the point of giving up your practice. You did not give up and continue to share with no expectations whatsoever.”

“Enlightenment and blessings can never be sought and desired. It must be bestowed by the Gift of Sight, to see with the Heart.”

Breathe In, Breathe Out.....

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So simple but