

RAISING VIBRATION WITH CONSCIOUS PRANIC LIVING

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My hope and intention for this paper is that it may serve as inspiration to shift perspective, to open the mind to possibility and to help it embrace our inherent unlimited potential. Even though I refer to the Pranic Lifestyle, this paper is not intended to espouse Breatharianism or explain it in detail. I use it as an example because, to me, it beautifully highlights breaking with accepted limitations of living and is also perfectly suited to making us become more aware of our beliefs, patterns, emotions, etc, and can therefore be a great asset in helping us shift out of them and into a higher vibration.

As a brief introduction, Breatharians are living to a greater or lesser degree on Prana, or universal energy, rather than depending on food or other supplements to sustain and nourish their bodies. There are a few documented cases of people throughout the world living without any solid or liquid food at all, and even a few cases that have been living for decades without food or water of any kind. There are many examples of past and some current gurus, saints and followers of different religions, like Hinduism, Catholicism and Taoism that have been demonstrating that it is absolutely possible for us to live on Prana alone. Historically, the Pranic Lifestyle has been embraced as part of a higher Spiritual Path. Nowadays, however, Breatharianism has been gaining a wider exposure and popularity among many seekers in our Western culture. It seems that the higher vibration needed to attain and sustain this lifestyle is now much more readily available, even within the hectic and polluted environments of our modern lifestyle. * *** (see footnote on page 4)

My underlying passion for this kind of lifestyle, and the theme for this paper, is how to raise our Consciousness, our Vibration, so that we may live from the place of our greatest Potential. In our classes, we have explored the concept that we are all vibration, in fact that all there is is vibration in all its many aspects of manifestation. We have played with the idea of our very own, personal Soul Song, or Home Note, and we have looked at the different layers of the Aura and at our Causal Body – our personal blue print of our Perfect expression of Health and Alignment on every level of our being. How can we tap into this aspect of our being and draw directly from this Source and beyond to start embodying this Perfect State of Being, and what is keeping us in our current states of contraction and imperfect health and happiness? To me, the first step towards these answers is Awareness.

First, let's shift our perspective from the linear to the multi-dimensional, non-linear; from this vantage point, we realize we already ARE our highest aspect of Self; we ARE simultaneously still one with Source, a perfect, individualized extension of Source, and the many limited versions of self that we have chosen to embody. There is, from this perspective, no need to work towards healing anything, there is nothing to heal, because we are already whole. It is just that we have currently fixated our attention on this particular expression of self that we identify with at this moment in time (which exists only in our minds). Since this is where we currently find ourselves at, it is here we must begin.

Now, this subject is vast, and the scope of this paper is very small, so I want to limit this exploration to merely highlighting a few different ideas and approaches that feel very accessible to me to help us shift our perspective and alignment back towards the Perfection of Source and re-learn to live from that place. It is in no shape or form exhaustive.

In his many books and discourses, Dr. Joe Dispenza ** explains how, at around the age of 35, most of us have become quite fixed in our way of feeling, being and thinking. Our neurons have become hardwired to fire in certain ways which keep us locked in a repetitive loop of thinking, believing, and behaving, which determines our persona, and ultimately our health and happiness as well as our external reality and our perception of it. We all have the innate capacity to change and heal ourselves on all levels, by breaking these established pathways of addictive patterns that literally run our “program” on a neurological and chemical level. The key to this are our thoughts and emotions. Dr. Dispenza repeatedly states that *how we think* and *how we feel* changes our State of Being, and that *we can only accept, believe, and surrender to our thoughts equal to our emotional state*. In other words, repeating positive affirmations all day long can only be a band aid at best if it is not also backed by our emotions. The trouble is, our true emotions and beliefs are often hidden way down in the recesses of our subconscious or even unconscious minds, from where they keep programming our autonomic nervous system. In order to change our inner as well as our outer reality, we must first change our personality, our fixed way of seeing and being in the world. Which is where Awareness enters in. In order to change a thought or behavior, we must first become aware of it and the need for change. Only then do we have the choice to choose differently and re-wire our programmed brain. This point is crucial, and it may take some considerable practice to truly begin noticing our thoughts and patterns and then be able to stop them, ultimately before they gain any momentum. With some awareness and practice, it becomes effortless to recognize a judgmental, self-deprecating, angry thought etc. before it has a chance to influence our emotions or behavior, and we can choose to think and act from a different place of forgiveness, compassion, peace, love, etc.

This applies to all levels of our daily thoughts, emotions, re-actions, ways of being around others, habits, and so forth. The reason I have chosen Breatharianism as a topic to bring this point home is because I, as I am sure almost everyone who has ever fasted for a length of time, have become acutely aware of how much habituation and emotional bypassing is inherent in our eating patterns, and how ingrained our belief that we need food to survive and get through our day is. We are all aware of how, when we are feeling “high” on being in love, being in the flow of a creative project etc, we usually don’t feel hungry and need to eat less, or not at all. Conversely, when we feel low, depressed, tired, annoyed etc, we tend to want to binge eat and snack. I often find myself wanting to snack on something just out of habit, to occupy myself, or just to put something in my mouth, even when I am not even the slightest bit hungry. This desire to occupy ourselves with mindless eating becomes very obvious when we are fasting for any length of time and have to become aware of this impulse in order to curb it. It is fascinating to me to witness how much this correlates to my energetic and emotional state of being, my level of vibration, at any given time. It is a perfect way for me to become aware of my deep seated programming, which might otherwise have slipped my attention. Having become aware of a program, in this case my impulse to eat even though I am not hungry, now gives me the choice to check in with where I am at emotionally and energetically and change it by tuning in to a “higher level” of my being. I am being given an opportunity to become aware that I have identified with my body, and can now shift my focus to my other, higher vibrating aspects, like Unconditional Love, Joy and Bliss, which are closer to my true identity.

This works beautifully for me, because I have practiced these states of being for a long time and have laid the neurological wiring in my brain to access them quickly and effortlessly. For someone who has never given this much conscious thought or attention, however, this will need some initial groundwork. The first step, again, is becoming very familiar with the programs that run us, so that we can develop increasing AWARENESS of when they are sneaking up on us. The second step is to STOP the thought, behavior etc. in its tracks. Step three is to CHOOSE AGAIN and replace it with a higher vibrating,

more desired feeling, thought, behavior. But how do we do that when we do not even know what for example Forgiveness, Bliss and Unconditional Love feel like, let alone how to access them at will?

First of all, I want to make it clear that this is not about avoiding our feelings, or about ignoring or discrediting the body and its needs and desires. It is, however, about *not identifying with the body* and its needs and believing that is all we are. There is a difference.

In class, we have talked about dis-ease showing up in the different layers of subtle and gross bodies because of stuck and constricted emotions. We cannot ignore these emotions and places of constriction by mentally talking our way out of it. We could just choose to focus on Love and feel all constriction dissolve into Love, which is, after all, all there is. In my experience, however, this seems to mostly be a temporary effect, unless we learn to reside in Love as our primary state of being. That is not easy when we are still pretty tightly bound up in the programs of our minds and bodies. I have personally found it to be incredibly effective to give these stuck areas in our bodies a voice and to vocalize them without censorship or holding back. This is extremely challenging for a lot of people in our society, including myself. But I credit my long bath tub screaming and wailing sessions with the most immediate and deepest healing that I have ever experienced – and I was literally a textbook case of the bound up and repressed Western individual with no way of expressing or even feeling myself. Through my own experience, I have become a full believer in the power of expressing our emotions on a physical level in order to restore an even and healthy flow of energy. Once energies flow fully, the higher vibrational feelings such as Vibrant Aliveness, Bliss, Joy and Love will be much easier to access and often even arise automatically. On the other hand, these higher vibrational energies can also help our energy flow better, once the stuck areas have become at least somewhat more open and relaxed. If someone is still feeling too inhibited to give voice to their emotions, or is still pretty dissociated from their own feelings, I have found that it is possible to facilitate a release for them by intuitively tuning in to the area and emotion of constriction and vocalizing it for them. There are many methods to employ here, but this paper is not to go into any detail, merely to give some inspiration for possibilities.

In our classes, we have talked about and practiced many beautiful ways of accessing altered states of consciousness, of opening the Heart and entering states of Bliss. Many have found meditations with binaural beats to be highly effective in altering brainwave states, which can help re-wire those old neurological pathways to higher states of consciousness. Singing, intoning or even just listening to mantras, japa mantras, chanting, toning or overtone singing, especially in groups, can be extremely powerful ways to open the heart and alter brainwaves, and thus helping to rewire our neurology and change our body chemistry. The conscious visualizing or employing of Sacred Geometry and color helps a lot of people who are more visual. Even simply listening to uplifting music, especially when dancing to it, can be an immediate way of changing our energy and emotional state. Breathing exercises have been employed by many traditions, and could even be combined with visualization, movement, and toning to make it the most individualized and potent practice for us, whether it be yoga asanas, Tai Chi, Qi Gong, or any other traditional or free form movement practice.

Whatever it is that helps us access these higher states of Vitality, Bliss, Joy and Love more easily, the more often and regularly we practice them, the more effectively we can replace our old wiring with new pathways, Pathways directly to Heaven, if we so choose. A mantra, specific way of breathing, or a visualized symbol for example, if practiced often enough, could become a “shortcut” to a more peaceful, blissful mind if used when we notice old habits, thoughts and emotions kicking in. Over time, the shortcut becomes unnecessary, and our choice to be at peace, feel love etc is enough to “flip the switch”.

Cultivating the awareness of when we are not in those “higher” states gives us the chance to choose that moment to raise our vibration. Sometimes this choice only lasts a fraction of a second. That is ok. We can choose again. And again. And again. Every time we do, we weaken the bonds of the old neurological connections and strengthen the ones we want to cultivate. Until it becomes easier and easier to reside in these higher states of consciousness and it eventually becomes our new normal. And the most beautiful thing is that by our choice and commitment to changing ourselves and choosing to live from these elevated states of mind, through the law of resonance we are affecting all of humanity. We are literally re-writing the current script that humanity is playing out into a script based on Compassion and Love, Abundance and Bliss.

And of course, we do not have to become Breatharians to embody these states of consciousness and become the best version of who we possibly can be. But it sure is inspiring to me to witness and experience first hand that our commonly accepted rules and limitations of third dimensional living hold no more sway over us. If respected scientists like Dr. Joe Dispenza, Bruce Lipton, and Gregg Braden are proving over and over that we can change and heal ourselves even from the most devastating and terminal diseases, and more and more people are living happily and healthily without food, then what else is possible?

Let’s raise our Consciousness, our Vibration, one Choice, one Song at a time and find out...

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1 * From my personal research, it seems that most people living on Prana in our culture do, after an initial period of adapting to being nourished solely by Prana, return to consuming either some form of liquid food or even eating occasionally, a few days a week, or even small amounts of food once daily. This is not for physical nourishment, but for social reasons and for the pleasure of tasting food. Some, however, do decide to abstain from any kind of food for years and even decades, so we know that even within the stresses of our modern lifestyle, this form of living is indeed possible. I had a friend about a decade ago who chose to live without food and I have never had any reason to doubt her validity. She is the reason I became interested in this phenomena & felt the first stirrings of my desire to perhaps one day embrace this lifestyle myself.

** www.DrJoeDispenza.com; “You are the Placebo: Making your Mind Matter”, “Breaking the Habit of Being Yourself”, “Evolve your Brain”, “Becoming Supernatural: How Common People are doing the Uncommon” ; movie: “Evolve your Brain”; featured in “What the Bleep Do We Know?”

*** Pranic living mentors:

- Ray Maor, www.RayMaor.com; youtube channel; documentary, monitoring Ray on a supervised 8 day dry fast: Ray Maor – Breatharian/Pranic 8 days no water, part 1 & 2, youtube; book: “A year without Food”;
- Akahi and Camila’ www.RicardoAkahi.com; youtube channel