

Pathways to Spirit Institute

Centre for Spiritual Development & Growth



Namaste – Newsletter

October 2019

*“In these changing times
the only investment worth
making - is in yourself.”
“The purpose of our lives
is to be happy”*
Dalai Lama



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**“When you truly
realize your worth,
you cannot help
but shine”**

Scientists identified how breath changes your mind

Neuroscientists have identified how exactly a deep breath changes your mind

By Moran Cerf

Breathing is traditionally thought of as an automatic process driven by the brainstem—the part of the brain controlling such life-sustaining functions as heartbeat and sleeping patterns. But new and unique research, involving recordings made directly from within the brains of humans undergoing neurosurgery, shows that breathing can also change your brain.

Simply put, changes in breathing—for example, breathing at different paces or paying careful attention to the breaths—were shown to engage different parts of the brain.

Humans' ability to control and regulate their brain is unique: e.g., controlling emotions, deciding to stay awake despite being tired, or suppressing thoughts. These abilities are not trivial, nor do humans share them with many animals. Breathing is similar: animals do not alter their breathing speed volitionally; their breathing normally only changes in response to running, resting, etc. Questions that have baffled scientists in this context are why are humans capable of volitionally regulating their breathing, and how do we gain access to parts of our brain that are not normally under our conscious control. Additionally, is there any benefit in our ability to access and control parts of our brain that are typically inaccessible? Given that many therapies—Cognitive Behavioral Therapy, trauma therapy, or various types of spiritual exercises—involve focusing and regulating breathing, does controlling inhaling and exhaling have any profound effect on behavior?

This recent study finally answers these questions by showing that volitionally controlling our respirational, even merely focusing on one's breathing, yield additional access and synchrony between brain areas. This understanding may lead to greater control, focus, calmness, and emotional control.

The study, conducted by my post-doctoral researcher, Dr. Jose Herrero, in collaboration with Dr. Ashesh Mehta, a renowned neurosurgeon at NorthShore University Hospital in Long Island, began by observing brain activity when patients were breathing normally. Next, the patients were given a simple task to distract them: clicking a button when circles appeared on the computer screen. This allowed Dr. Herrero to observe what was happening when people breath naturally and do not focus on their breathing. After this, the patients were told to consciously increase the pace of breathing and to count their breaths. When breathing changed with the exercises, the brain changed as well. Essentially, the breathing manipulation activated different parts of the brain, with some overlap in the sites involved in automatic and intentional breathing.

The findings provide neural support for advice individuals have been given for millennia: during times of stress, or when heightened concentration is needed, focusing on one's breathing or doing breathing exercises can indeed change the brain. This has potential application to individuals in a variety of professions that require extreme focus and agility. Athletes, for example, have long been known to utilize breathing to improve their performance. Now, this research puts science behind that practice.

Scientists identified how breath changes your mind

Beyond studying the ability of humans to control and regulate their neural activity volitionally, the study was also unique in that it utilized a rare method of neural research: directly looking inside the brains of awake and alert humans. Typical neuroscience studies involving humans use imaging techniques (i.e. fMRI or EEG) to *infer* the neural activity in people's brain from outside the skull. But studies involving electrodes implanted in humans' brains are rare. The ability to look inside the humans' brains allows us to study thinking, deciding and even imagining or dreaming by directly observing the brain. The study subjects in our work were patients who had electrodes implanted in their brain as part of a clinical treatment for epilepsy. These patients were experiencing seizures that could not be controlled by medication and therefore required surgical interventions to detect the seizure focus for future resection.

Given that detection requires the patient to have a spontaneous seizure in order to identify the exact seizure onset location, which can take days, the patients are kept in the hospital with electrodes continuously monitoring their brain activity.

The research findings show that the advice to "take a deep breath" may not just be a cliché. Exercises involving volitional breathing appear to alter the connectivity between parts of the brain and allow access to internal sites that normally are inaccessible to us. Further investigation will now gradually monitor what such access to parts of our psyche that are normally hidden can reveal.



Namasté

(nah-mas-tay)

*My soul honors your soul.
I honor the place in you where the entire universe resides.
I honor the light, love, truth, beauty and peace within you, because it is also within me.
In sharing these things we are united, we are the same, we are one.*

The Path of Progression Course

Are you searching for answers in your Life? Do you feel like there is more to life than what you are seeing? Do you yearn for more peace, more balance, more joy, more happiness, and more spirituality in your life? Do you intuitively know that you have a purpose to fulfill in life but don't know which direction to go?

Are you asking yourself, "Where Do I Begin?" in your spiritual search?

If you seek a higher level of understanding, if you suspect there is a greater purpose for your life, to your journey on this planet, then join us for this intensive course.

The journey of self discovery is the most rewarding adventure anyone can embark on. We offer many classes and programs that can give you answers and help you in your spiritual expansion. However there is a "hidden" progression of knowledge in our classes that will really help you advance in your spiritual understanding.

By following this "Path of Progression" Intensive Course you are able to take all our classes in a specific order. Each class builds upon the last. Within a two (2) to four (4) months period you will reach a new depth of understanding about your Soul's Mission in this lifetime; and you will begin to transform your life and manifest your dreams.

If you are ready please give us a call or email us. We will build this life changing journey around your schedule. The Path of Progression is not for the faint-at-heart. We are looking for sincere students who are ready to make a commitment to their spiritual growth and want to be of service for humanity's evolution and transformation.

If this resonates with you...let's talk!

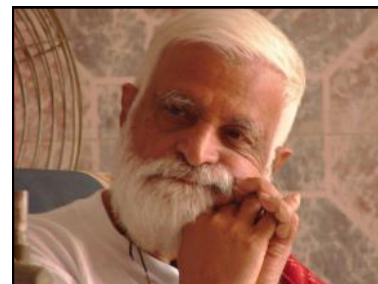


*The Key to Abundance
Join us in our monthly Intenders Circle
Check our calendar page at our website for dates:
pathwaystospirit.net*



Manifestation 101

The Universe responds **to your frequency**. It doesn't recognize your personal desires, wants or needs. It only understands the frequency in which you are vibrating at. For example, if you are vibrating in the frequency of fear, guilt or shame, you are going to attract things of a similar vibration to support that frequency. If you are vibrating in the frequency of **love, joy and abundance**, you are going to attract things to support that frequency. It's like tuning into a radio station. You have to be tuned into the **radio** station you want to listen to just like you have to be tuned into the energy you want to manifest in your life.



*"There is no you, no me.
We are one.
That is the truth.
Love brings people together.
So respect love.
Do not degrade it with anger,
violence or lust.
Love is worship."*

*~ Sri Amritananda Natha
Saraswati ("called Guruji"),
he was Devi Parvati's Teacher.*

Deepen Your Connection with Spirit

By John Holland

I began my training as a medium by what is known as sitting in a circle. A circle simply means a group of like-minded people, whether it's for psychic development or the development of a certain type of mediumship, all sitting together and sharing each other's energy. These circles are usually led by an experienced teacher or medium who can give advice as your abilities begin to unfold.

I spent my first two formative years studying in the UK. I was lucky to land on my feet in my first circle with other mediums who were developing their abilities. Some circles are closed circles, which is when you have to be formally invited to join, as I was in this case. There's also what's known as open circles where anyone can come and develop their psychic abilities further.

Sitting in circle definitely helped me increase my psychic strength and the length of time I could maintain the link with Spirit. Our leader would observe us, help us with our technique, and make us aware when our guides drew close. I was so fortunate with this circle since it showed me how to develop a stronger link with Spirit, receive and give Spirit messages and focus on how to receive Divine inspiration from my guides and helpers.

During these months in the UK, I'd heard about the Arthur Findlay College-devoted to the development of psychic sciences and mediumship. For those lucky enough to attend, they'd be taught by experienced mediums who traveled from all corners of the world. I affectionately referred to this school as "Spirit Boot Camp." Once I found out more about it, I couldn't wait to enroll.

One afternoon, we were asked to give an inspired speech on an unrehearsed subject. We were all going to be "put on the spot," so we could connect with Spirit and be inspired by our guides. To practice this technique, we were asked to choose a card with a single word printed on it. Then we'd talk about the subject to the group.

When it was my turn, I chose the card that said, Gift. I was blown away by the significance of this card. I looked at the word again, closed my eyes, and felt Spirit draw close. I tried to put my own thoughts aside as I created space in my mind. These are the words that came out of my mouth:

"Your gifts are like a rose unfolding.

You cannot force the bloom. When the rose is opened, then and only then, will you feel it, smell it, and finally, touch it."

My tutors and fellow students knew that I'd succeeded because they hadn't heard me talk like that since I arrived. Again, the words weren't those I normally used; yet, they felt so right.

JOHN'S MESSAGE

This exercise is a great way to start developing your psychic abilities at home.

You can try this on your own or with friends by putting several words into a hat and then giving an unrehearsed speech on the one you pick. The first few times you might draw a blank, or you might find yourself waxing poetically on a subject that's foreign to you. Just speak from your heart, let your guides assist you, and tap into the inspiration you feel at the exact moment you draw the card. More often than not, wonderful things will happen.

Live a Soul-filled life!

How I Flunked The Science Fair But Saved The World

By Alan Cohen

Even at a science fair, you can learn a valuable lesson from A Course in Miracles.

In the ninth grade, I did a project for the city science fair. It was about photosynthesis. I set up a little lab in my bedroom with colored lights on African Violets. I had no idea what I was doing, and I learned nothing. I would rather have been playing baseball.

When the big event came, I displayed my experiment in the sprawling exhibition hall, next to kids who knew what they were doing. Science teachers milled around the hall, inspecting the projects, and quizzing the students. A teacher approached me, and the conversation came around to genetics. "If you cut the tail off of a rat, will its children have short tails or long ones?"

The answer was obviously "long ones." But since my mind was with the Yankees more than hypothetical mice, I answered, "short." The teacher nodded briefly, said nothing, and moved on. I didn't win the science fair.

Fast forward many decades. I've moved on from the Yankees to *A Course in Miracles* and other spiritual studies. The Course Workbook repeats one lesson more than any other: *I am as God created me*. One morning I wake up, and a stunning realization gobsmacks me like a hundred-mile-an-hour fastball: The baby mice have long tails because the external changes to their parents cannot alter the genetic blueprint passed along to them. The parents' innate wholeness is their legacy to their children. What is embedded deep within the parent is not affected by external manipulation.

Our spiritual nature ensures that we are whole and perfect. We are created in the image and likeness of God. What goes on in the external world cannot change who we are or affect our true nature. No matter what happens to our body, personality, relationships, career, finances, or worldly politics, external events cannot affect who we are at our core. Our divinity remains intact.

I learned about a healing method in which when a child is born, the parents save the placenta and freeze it. If, later on in life, the child contracts a disease, the parents take some of the placentae and infuse it into the child's body. The placenta contains the original code for the child's wholeness or, we might say, innocence. When a threat or denial of innocence attacks the body, its strongest response is to return to innocence.

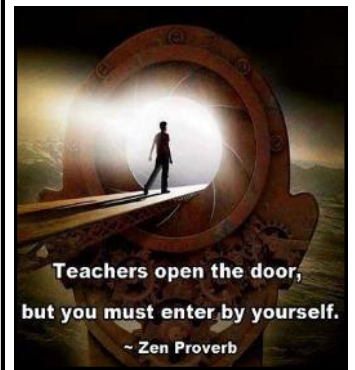
The title of Marianne Williamson's book *Return to Love* captures this principle. When the world assails our well-being, we will not prevail by pushing harder, working more furiously, or attempting to manipulate external circumstances. Instead, we must drop into the place deep inside of us that has never been touched, changed, or damaged by the world. At our core, we remain who we always have been and always will be. I am as God created me.

If I am as God created me, so are you, and so is everyone. We don't need to fix or improve ourselves. You cannot improve upon perfection. The only thing we need to fix is the thoughts that define us as less than we are, limited, broken, ugly, unforgiven, and unsavable. The Course tells us that it is not what we need to be saved from that is important. It is what we need to be saved *for*. Our destiny is to come home to our original innocence. All that appears lost will be restored as we recognize that we can never lose ourselves. There is no loss in heaven.

In the movie *Bedazzled* (2000 version), nerd Eliot has an industrial-strength crush on the gorgeous but unattainable Alison. The devil comes along and offers to help Eliot woo Alison in exchange for his soul. Eliot agrees. What the devil doesn't tell Eliot is that every scene in which he gets the girl will leave him disappointed and suffering. Finally, Eliot ends up in jail, awaiting the devil to take her due. When he tells his cellmate about his predicament, the fellow (who is an angel) tells Eliot, "No devil can take your soul. It's not yours to give away. Your soul belongs to God." What God created cannot be damaged, compromised, or lost. God in you is God forever.

Many of us regret the decisions we have made. We believe we have sinned, offended God, and set in motion karma that will hurt us and others. *A Course in Miracles* tells us that none of this is true. It declares, ". . . all that you believe must come from sin will never happen." The world in which sin seems real; the Course explains, is an illusion. The world of forgiveness, love, and wellness is a reality. The title of a book based on the teachings of spiritual master H.W.L. Poonja, known as Papaji, captures this liberating principle in three simple words: "nothing ever happened."

After the science fair, I went home and studied the mice and their tales. I realized that my answer to the teacher was dead wrong. Even if a parent has been damaged, the child is born whole. Now, many years later, the lesson has sunken in. I flunked the fair but learned how to redeem the world. You can lose your tail, but not your soul.



A place where Knowing & Consciousness thrive

Pathways to Spirit Classes & Workshops:

Metaphysical Intensives
Spiritual Empowerment
Finding your Soul Mission
Spiritual Intuition
Development Series
The Hierarchy of Light
Angels & Archangels
Ascended - Masters
Meditations
Sacred Geometry Series
Crystal Magick
The Chakras
Astral Travel
Dragon Magick
Path of Progression
Pendulums 101
Protection & Boundaries

Intenders Circle

Ancient Wisdom Study Group

Vibrance & Relationship Coaching

Goddess Ritual and Celebrations

Healing Services:
Life Activations
Jikiden Reiki Healing
Energy Balancing
Chakra Balancing
Crystal Healing
Telepathic Healing

Special Services:
Emotional Cord Cutting
House Clearings

As you start to walk out on the way, the way appears.

Rumi

HOW I BECAME A SPIRIT WHISPERER

By John Holland

Many people ask me how they can become a Spirit Whisperer after taking the initial first steps of learning to awaken their psychic potential.

Back in the 1990s, I was in a serious automobile accident that I'm convinced put me on my path as a Spirit Whisperer. After the accident, the psychic abilities I'd experienced as a child were now back, but this time, they were a hundred times stronger. I remember the first time I did a reading with these newfound abilities.

An artist named Maury heard about me from a friend and came to see me. She had several career options and asked if I could give her some guidance.

One minute we were talking about her design business, and the next I felt as if something had shifted in the room. These days I refer to this shift as "the quickening." It felt like everything was going a little bit faster, as though someone had turned up the switch. It also meant that Maury and I weren't alone anymore.

As I looked at Maury again, I noticed that sitting right beside her was an elderly woman. I saw her there as clear as day. "Maury, an older woman, is sitting next to you, and there's something strange about her clothes—nothing matches." Maury let out a scream. I screamed, then she hugged me, and I hugged her!

I calmed down a bit, and then I could hear this old woman's voice in my head. She was relentless, saying the same thing over and over again, "She'll know who I am. Mention the diamond. Mention the diamond!"

I did exactly as she asked. I found myself talking so fast, I didn't even stop to check in with Maury to see how she was reacting. All of a sudden Maury let out a loud gasp for air and just burst into tears. It took me by surprise, and I got up to console her. "So, who is this woman?"

"John, it's my Great Aunt Ada who raised me. She was color blind, yet she insisted on choosing her own clothes. Our family never knew what she'd show up wearing, and this diamond ring I am wearing right now was hers!"

Maury told me how she and Ada had a very strong bond, right up to her death 10 years earlier. "She loved me and was always so kind to me. I could always count on her. Even though she's gone, I have something to remind me of her. She left me her diamond ring."

As she composed herself, Maury whispered, "Is she still here?"

"She's smiling," I said, "and she's asking me to tell you that she's always close by." Maury hugged me once again on the doorstep as she left.

I collapsed on the couch. I couldn't believe what had happened. I lay there and said to myself, Great. First, I have to accept that I'm a psychic with all that goes with that responsibility. Now, I'm talking to the dead!

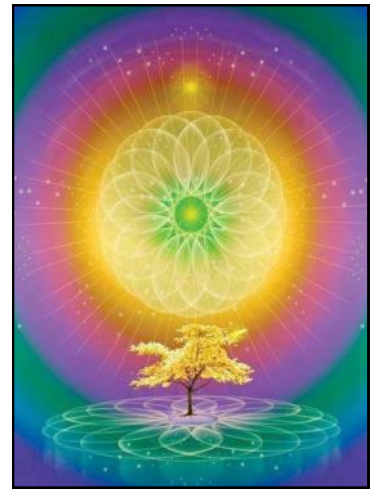
John's Message

This marked the first time I communicated with spirits who'd departed this physical world, and they were present during a reading. I had reached a new level. From that point on, they showed up at almost every reading and started to make their presence known.

Many people ask me how they can move to the next level after taking the initial first steps of learning to awaken their psychic potential. In a way, it's like becoming a world-class athlete. You don't get to the top without the dedication and constant training. When you're ready, Spirit will be there.

Live a Soul-filled life!

Devi and Dietmar Dombkowski are healers, metaphysical teachers & spiritual guides in the ancient Mystery School tradition. They have received special training and empowerments and teach classes and workshops sharing the ancient wisdom of the Mystery Schools which dates back to the earliest spiritual knowledge of this planet and beyond.



Check our website at www.Pathwaystospirit.net

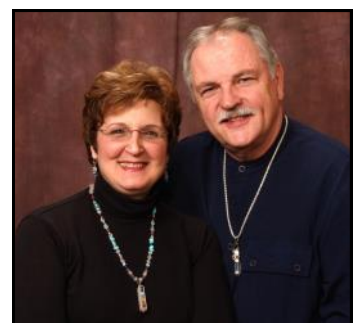
Feel free to pass on this newsletter.

Check our Calendar page for Classes & Programs at www.pathwaystospirit.net

FREE HALF HOUR CONSULTATION

Contact us for a free half hour consultation regarding your path of personal and spiritual transformation and how we can be of service.

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