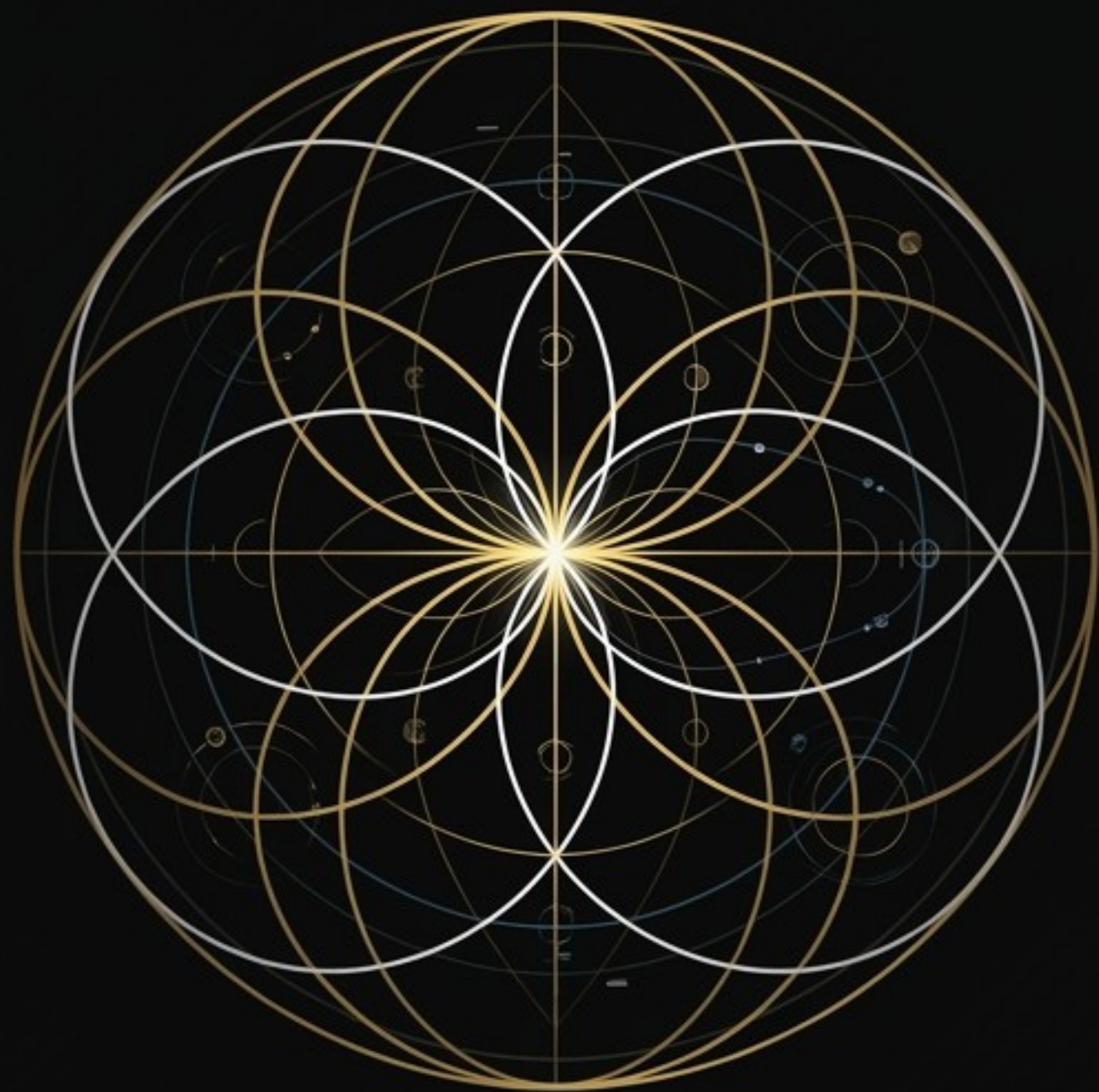
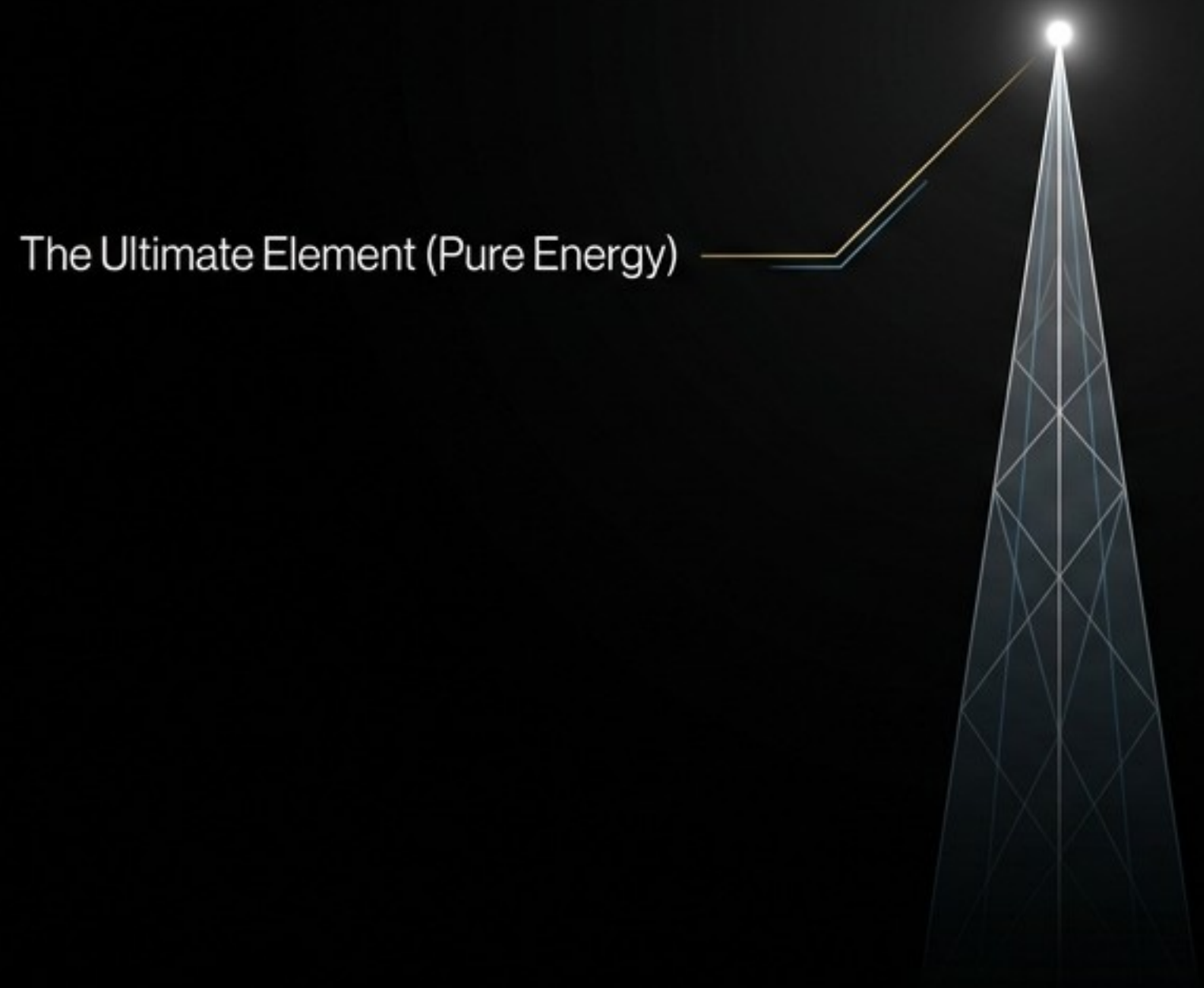




The Universal Respiration

Mapping the fractal cycles of elements, breath, and the sacred syllable AUM.

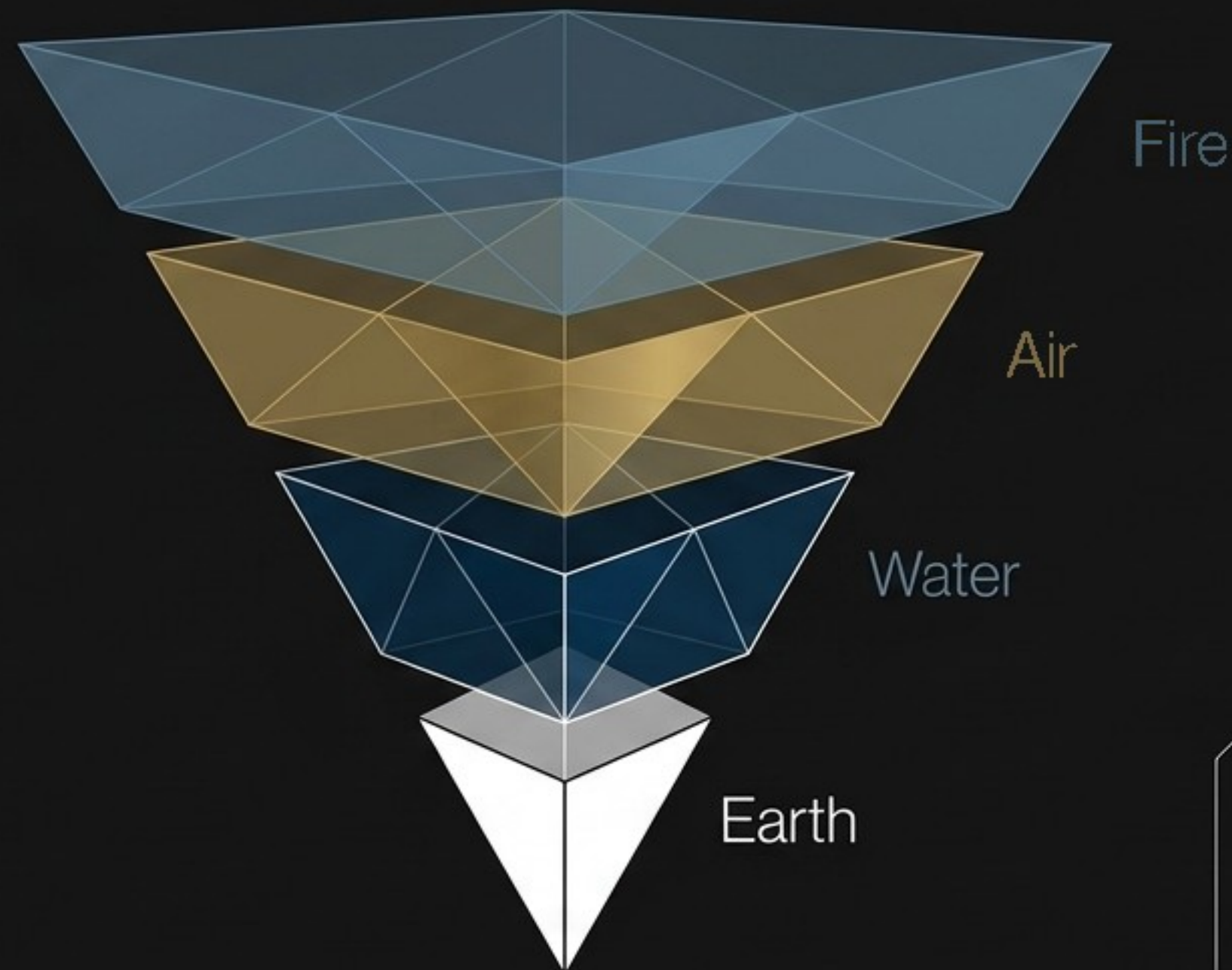


The Ultimate Element (Pure Energy)

Everything begins with the Ultimate Element.

Before form exists, there is only pure Energy. What we perceive as the physical universe is merely this Ultimate Element experiencing different degrees of solidification.

The four penultimate elements are merely degrees of solidification.

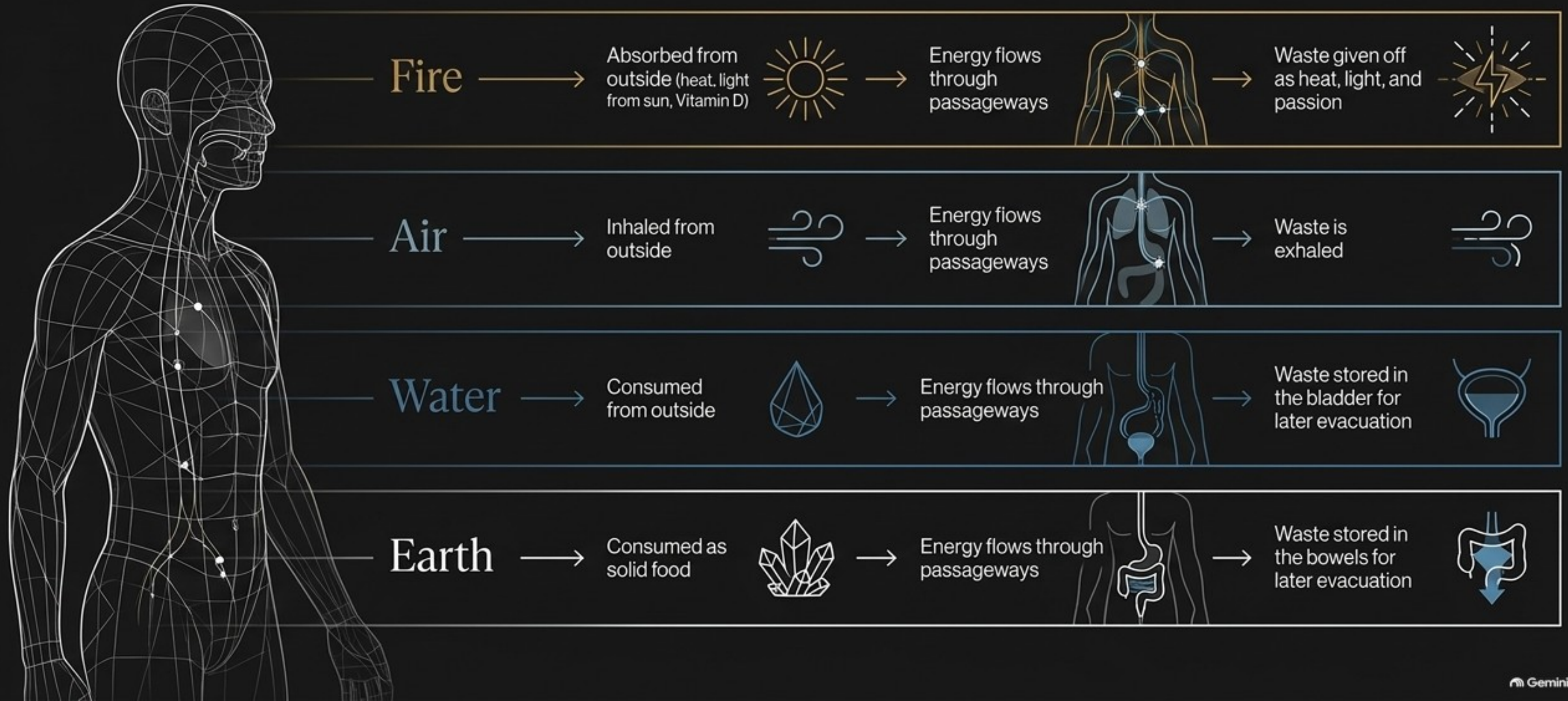


The five elements are not truly 'five'. There is only the Ultimate Element, manifesting through four penultimate stages of density.

The architecture of universal respiration.



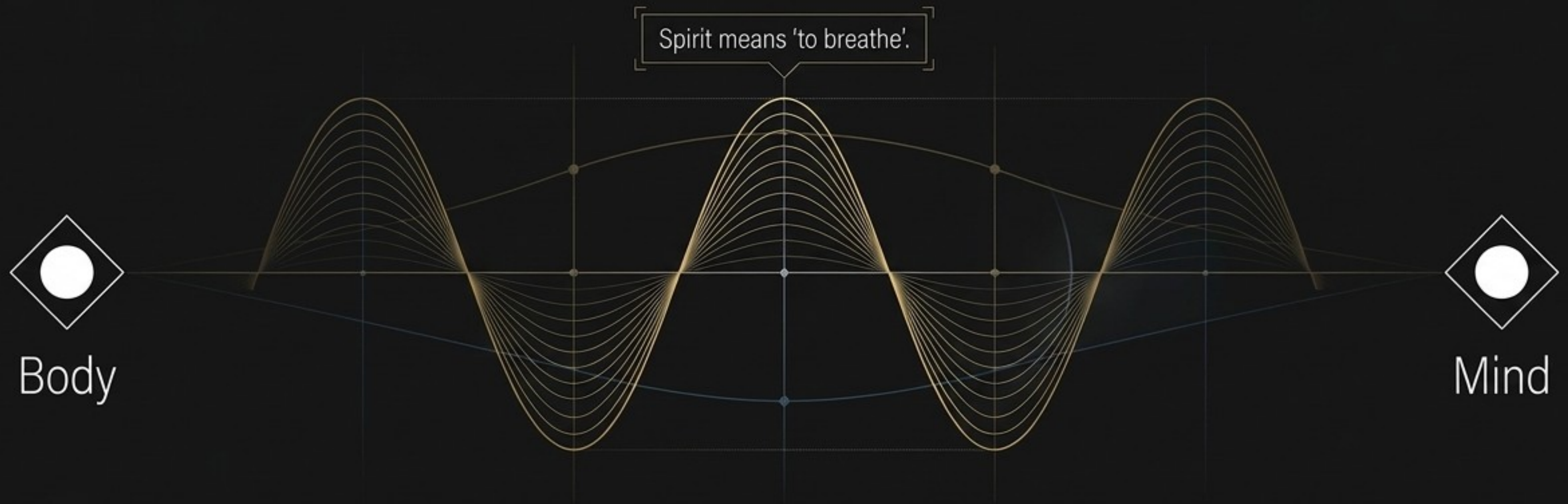
The human form breathes all four elements through the exact same cycle.



This continuous flow generates the dimensions of reality.

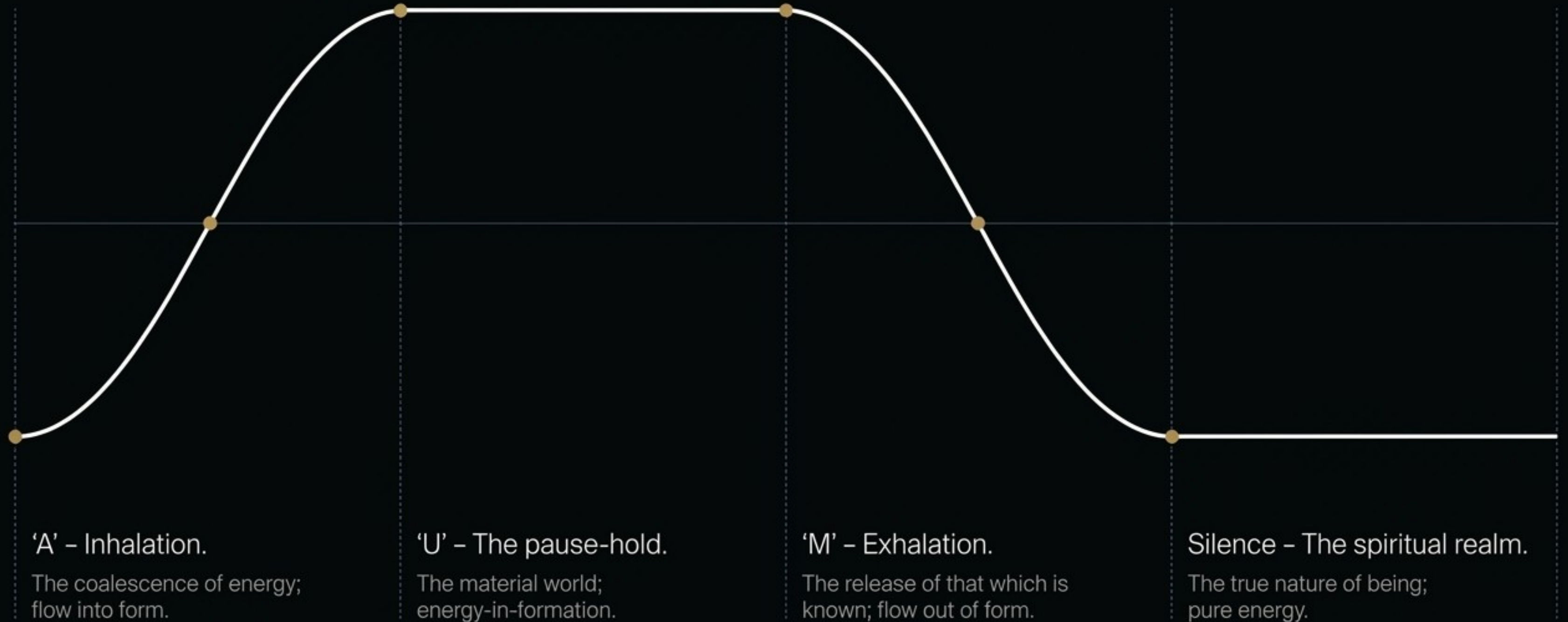


The breath is the mechanical link between the body and the mind.



To unlock the mind, we apply the 4-part cycle not just to physical elements, but to the sounding of the breath itself.

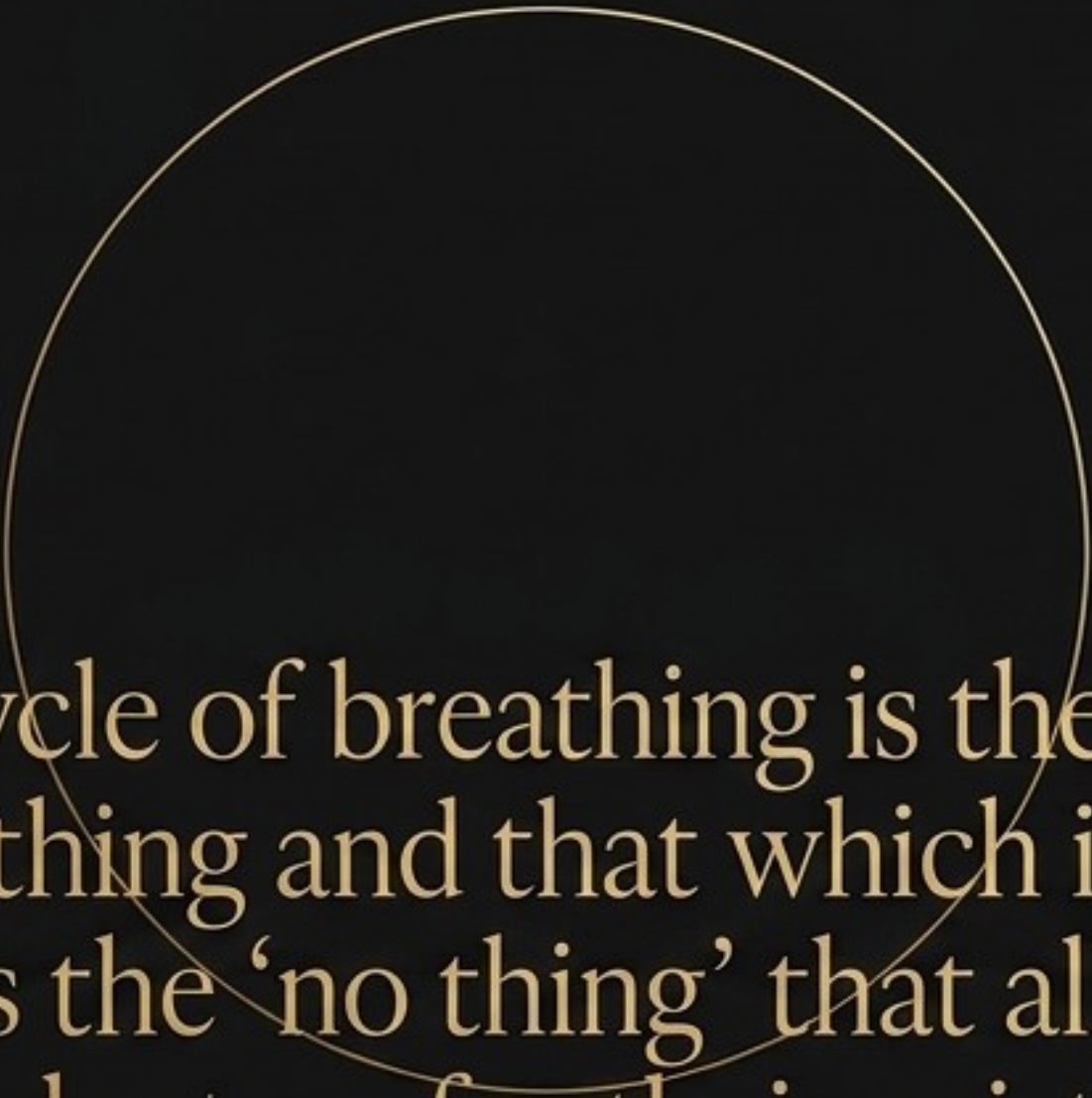
Sounding AUM is a four-part breathing exercise.



The Unified Respiration Matrix

	Flow Into Form	Abide In Form	Flow Out Of Form	Rest In Potential
The Breath Phase	Inhale	Pause/Hold	Exhale	The Silence
The AUM Syllable	'A' (Coalescence)	'U' (Material World)	'M' (Release of the Known)	Silence (True Nature)
State of Energy	Absorption	Energy-in-formation	Waste/Evacuation	Pure Energy
Macro Cosmic Effect	Generation of Space	Maintenance of Form	Creation of Time	The Source

The basic building block of everything is a 'no thing'.



“A four-part cycle of breathing is the basic building block of everything and that which is not a thing... and yet it is the 'no thing' that all things are dependent on for their existence.”

The space between breaths is the ultimate element.