

# From Christian Larson's Healing Yourself

## Chapter 2

### The Super-Physical Breath

**Important Fact.** — The physical atmosphere with which we are surrounded, and portions of which we inhale with every breath, is not composed of physical elements alone. And when we breathe, we take into the system something more besides the air that enters the lungs. The fact is, that the physical atmosphere is charged with certain vital forces, or life energies, that are drawn more or less into the physical system when we breathe; and that invariably tend to increase the vital energy of the system. In some localities the atmosphere contains more of this vital force than elsewhere; and we always find that the population of such localities feel stronger, more energetic and more alive, and accomplish a great deal more, both in the physical and the mental fields of activity. We also find that certain individuals have the happy faculty of drawing into their systems a greater supply than usual of this atmospheric life force, regardless of where they may live; and, in consequence, have far more energy, under every circumstance, than the majority.

**The Energizing Breath.** — It is not always convenient to select those localities where the atmosphere has the most energy; besides, the atmosphere in every locality may change its energy-producing power with every change in climatic conditions. We cannot depend, therefore, upon conditions as they come and go in the external; but we can depend upon our own power to extract from the atmosphere all the life

energy we may desire; for the fact is, that there is an abundance of this life energy in the atmosphere of any locality, regardless of climatic conditions; and we can, through the energizing breath, or the super-physical breath, draw into our systems as much of this force as we can hold or apply. This must become our purpose, therefore, because the human system does require a certain amount of this atmospheric energy in order to maintain perfect health. And when we can draw into the system a great deal more of this energy than is required for perfect health, we may increase remarkably both our working capacity and our joy of living. This latter fact is most evident, because it is when we feel as if we were literally charged with these highly refined life energies that life becomes nothing less than supreme joy. And it is then that we want to live for an indefinite period, and achieve wonderfully upon this planet.

**The New Way.** — In the usual way of breathing, we inhale what we can appropriate of the physical atmosphere, so as to supply certain demands of nature; and if the atmosphere happens to be well charged at the time, we draw into the system considerable life energy with every inhalation; but if the atmosphere does not happen to be well charged, we receive but a scant supply of this energy, and in consequence do not feel as strong or as well as usual. In the new way of breathing, however, we do not rely merely upon what energy may be received in the usual manner; we make a special effort to draw into the system an extra supply of life energy with every inhalation. And this we can readily do if we observe a few important laws in connection with general breathing and special exercises in breathing.

**How to Begin.** — Realize that the atmosphere you breathe is charged with certain vital energies and that a certain supply of these energies is taken into the system with every breath. Then realize that you can draw into your

system a far greater supply of these energies; and that your body will have greater vitality and better health with every increase of this supply that you receive. The fact is, that, although your body may be too weak to move around, you can, by drawing more energy from the atmosphere into your system, make your body so strong and so vigorous that you will actually feel as if you were electrically charged through and through. You can, through the super-physical breath, restore your physical system to full health and vigor, no matter how low your vitality may be. And you can, in the same manner, increase your physical and mental power remarkably every year for an indefinite period.

**General Exercise.** — Whenever you breathe consciously, think deeply of the vital energy of the atmosphere; and as you inhale, desire with depth of feeling to draw more and more of this energy into your system with every breath. In ordinary physical breathing, the object is simply to secure oxygen for the lungs; but in super-physical breathing, the object is to secure a greater and a greater supply of that finer life energy that permeates the atmosphere everywhere. And as you make a special and a conscious effort, in your general breathing, to attract more of this finer energy, you will soon develop the faculty of attracting more of this energy at all times, with every breath, whether you think of your breathing or not. The result will be that you will always have more energy than usual, and in every kind of atmosphere or climatic condition.

**Special Exercise.** — Be seated in a comfortable position, a position that will permit of a free and easy exercise of the lungs. See that there is an abundance of fresh air in the room. Then begin to breathe, gently and deeply, inhaling and exhaling slowly, holding the breath a few seconds after each inhalation, and being particular to note that the lungs are filled comfortably, through and through, with each

succeeding inhalation. Continue this mode of breathing for ten or fifteen minutes, and as you do so turn your attention upon the finer life currents of the atmosphere. Try to get into conscious touch with the finer forces of these currents, and try to draw a goodly supply of those forces into your system with every inhalation. In this connection, it is most important to realize that the finer forces of the atmosphere that surround you will obey the desires of your mind. Therefore, if you place your mind and thought in touch with those forces, and deeply desire to draw them into your system as you inhale, those forces will actually obey; and you will receive a far greater supply of life energy from the atmosphere than usual.

**The Chief Secret.** — In order to draw more and more of this life force into your system as you breathe, the chief secret is to get your mind into such close contact with the finer side of that force, that you can actually feel it coming into every atom of your body with every breath. And this closer contact may be secured, by thinking deeply and frequently of the finer energies of the atmosphere, concentrating attention, as much as possible, upon that finer feeling in yourself that can feel the finer forces within you and about you. With practice and perseverance this finer feeling will come; and by using the mind in the attitude of that finer feeling, you can get into perfect touch with that finer force, thereby mastering the chief secret in the super-physical breath.

**Further Information.** — During this special exercise, try to draw an extra supply of atmospheric energy into your system with every inhalation; then as you hold your breath for a few seconds, try to feel that this finer energy is penetrating every fiber in your being, giving new life and vitality to every nerve and cell; and as you exhale, try to feel that all the extra energy received is retained in the system,

as a permanent addition to your physical and mental power. Then inhale again, as before, repeating the entire process again and again, gently and in poise, for ten or fifteen minutes. At the close of this exercise, you will feel that you have a great deal more vitality in your system than you ever felt before, even though you did not get fully into the real secret of the exercise. But when you do get fully into the real secret of this exercise, you will actually feel like a “live wire,” and you will feel strong enough “to move the world.” However, do not permit yourself to be carried away. Be calm and continue in poise.

**Positive Results.** — This special exercise may be taken twice a day, preferably in the morning and early in the afternoon; but it is an excellent practice to employ the same process for a minute or two any time during the day when you have the opportunity. The result will be a steady increase of energy and vitality; and where the body is ailing, this increase of energy will soon provide you with sufficient health-giving vitality to eliminate completely every trace of disease, and restore your system absolutely to full health and vigor. And here it is well to repeat the great fact, that whenever the physical system becomes thoroughly filled with vital energy, it is impossible for any form of disease to remain in that system any more. When the room is filled with light, all darkness must entirely disappear. One of the great secrets to perfect health, therefore, is to fill the system thoroughly with vital energy; and super-physical breathing can positively do this under every circumstance.

**Further Application.** — The reason why we speak of this process as super-physical breathing is found in the fact that it deals with the attraction and appropriation of forces that are finer than the usual physical forces; and that it is a higher form of breathing added to the ordinary physical breathing. It is in every sense super-physical in its

application; but it provides those finer life energies that alone can give the physical system that greater measure of vitality and force required for the highest state of vigorous health and power. It is “therefore physical breathing extended, advanced and perfected to a much greater degree of effectiveness, and lifted up, so to speak, to a plane of action where we may draw upon the tremendous forces of nature in its finer and inexhaustible domains. This being true, we realize that the further application of the super-physical breath holds, within itself, most remarkable possibilities. We find that we may, through the simpler application of this breathing, supply the physical system with more and more vital energy until the body becomes strong enough to put every form of disease out of the way. And this is indeed a great achievement in itself. But when we find that we are surrounded with a limitless sea of inexhaustible energy, that permeates the atmosphere everywhere, and that we can learn to draw, more and more, upon this vast sea of energy through what we speak of as the super-physical breath, we realize what the further application of this great secret will mean. And our conclusion must be, that we will not delay this practice or study an-other day, but proceed at once to master this remarkable secret in every form and manner.