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**THE JOURNEY OF  
WISDOM AND  
FRATERNITY**



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## I. BREATH

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Breathing is an essential aspect of the soul's journey. It is a fundamental part of many spiritual practices and initiatory traditions around the world and plays a significant role in inner development, self-discovery.

### The Importance of Breathing

Many initiatory and spiritual traditions use breathing techniques as a portal to clearing thoughts and clearing the mind. By focusing on the breathing, *one can eliminate mental tension and create a conducive environment for introspection and meditation.*

Some spiritual traditions view the breathing as a vehicle through which we can access the vital energy or the universal life force. This can contribute to healing and revitalizing the body and spirit.

In many initiatory cultures and traditions, breathing is used as a technique for integrating teachings and experiences from everyday life. This helps everyone to live according to the principles and values learned during the journey.

Regular practice of breathing techniques requires discipline and concentration. It helps develop self-control and the ability to manage stress and difficulties in life.

*Deep, conscious breathing* can serve as a tool for *exploring the inner world of the soul*. It helps us become more aware of emotions, thoughts and deep feelings, thus contributing to the development of personal wisdom.

Mindfulness breathing techniques are an effective way to cultivate awareness and bring peace and clarity to your mind and body. These techniques focus on noticing and regulating your breathing in a conscious way. Here's how you can use mindfulness techniques in your breathing:

*Find a quiet place* – Sit in a quiet and comfortable place. You can sit on a chair or on a meditation cushion, or you can choose to sit cross-legged on the floor. Make sure the place is quiet and you won't be disturbed.

*Choose a comfortable position* – Adopt a position where you feel relaxed. The back can be straight, but not forced. Place your hands on your knees or in a comfortable position.

*Become aware of your breath* – Begin to become aware of your breath. You can close your eyes or keep your gaze on a fixed point. I personally use the eyes closed method. Notice how the air moves in and out of your body.

*Be present* – Focus on the sensations of your breath. Feel the movement of air in your nostrils, the rising and falling of your chest or the movement of your abdomen as you breathe. Notice the rhythm and quality of your breathing.

*Let yourself go* – Do not try to control or change your breathing in any way. Let the breath flow naturally as it is. If

your mind starts to wander, bring your attention back to your breathing without criticizing yourself.

*Counting your breaths* – You can start counting your breaths to keep your attention anchored in the present. For example, counting breaths and an exhalation as a cycle and continue to count to ten, then start again.

*Returning to the Breath* – If you find yourself distracted by thoughts or external stimuli without judgment, bring your attention back to the breath. This process of returning to the awareness of the breath is essential in the practice of mindfulness.

*Exhalation* – Some mindfulness techniques emphasize exhalation to release tension and stress. You can take longer exhalations to help relax. I recommend longer exhalations to help with relaxation.

*Duration of meditation* – You can start with just a few minutes of meditation and then gradually increase your practice periods as you become more comfortable with this technique.

By practicing regularly the mindfulness of breathing can have significant benefits for your mental and physical well-being. It helps you develop awareness, reduce stress and improve your focus. It's a wonderful way to connect with the present moment and improve the quality of your life.

Breathing self-awareness techniques are effective ways to develop self-presence and deeply explore your physical and mental sensations and state while breathing. These techniques can help you become more aware of your thoughts, emotions, and sensations, and develop a deeper

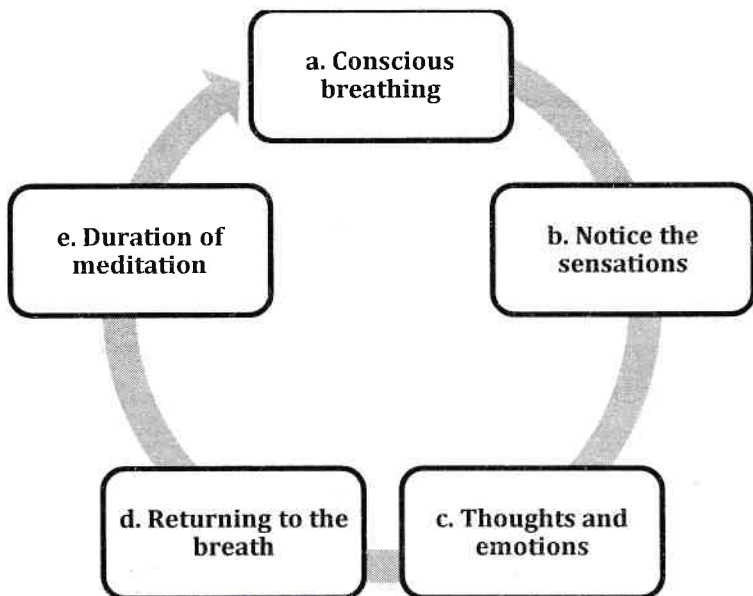
understanding of how your breathing can influence your overall well-being.

Here's how you can use breathing self-awareness techniques:

*Sit down in a quiet and comfortable place where you can relax and be alone with yourself.*

*Adopt a comfortable position, either sitting on a chair or on the floor, or lying on your back. Make sure the position allows you to feel relaxed and breathe normally.*

*Begin to focus your attention on your breathing. Notice how the air moves in and out of your body. Pay attention to the sensation of the air moving in your nostrils or the expansion and contraction of your chest and abdomen.*



- *Start breathing consciously* – You can try to take deep and slow breaths, noticing each phase of breathing. Be present now by focusing on the act of breathing.

- As you breathe, *begin to notice the sensations and feelings in your body*. You may ask: How does breathing feel in my nostrils? Do I feel a warm or cool sensation as I breathe? Is there tension or relaxation in my muscles?

- As you continue to breathe and observe, *also become aware of thoughts and emotions that may arise*. Without judging them, notice them and let them pass like clouds in the sky of your mind.

- If you have been distracted by thoughts or emotions, gently bring your attention back to your breath. *Your breath can always be your anchor in the present*.

- This breathing self-awareness technique *can be practiced for any length of time you wish*, from a few minutes to a longer meditation.

This breathing self-awareness practice helps you develop a connection with yourself and notice more clearly how your body and mind respond to your breath. It can be used to develop self-awareness, reduce stress and help you be present in the present moment.

### The Journey to Wisdom

- *The soul's journey to wisdom* involves deep self-exploration and deep understanding of one's own being.

- *By practicing conscious breathing*, you can become more self-aware, discovering experiences and aspects of your personality that you would not have noticed otherwise.

- *Breathing techniques can help reduce stress and anxiety*, allowing the mind to relax and open to new insights and perspectives.

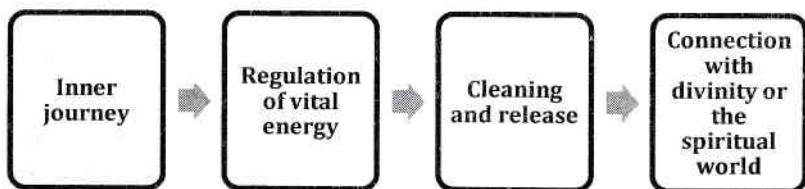
- *Many spiritual traditions* believe that deep, conscious breathing can facilitate communication with higher levels of consciousness and being, bringing wisdom and inner guidance.

- *Through breathing*, everyone can release trauma and emotional blockages, allowing them to live authentically and connect with their inner essence.

Breathing indeed plays a relevant role in many spiritual and initiatory traditions around the world. It is considered an important path to greater awareness, wisdom and spiritual connection.

- *Breath control in spiritual practices*

Many spiritual traditions and religions place a strong emphasis on breath control as part of their practices. Breathing techniques such as pranayama in yoga, qigong in the Chinese tradition, or meditation focused on breathing in mindfulness are used to bring mental peace, center consciousness and open the way to spiritual wisdom.



- *The inner journey*

Breathing is used as a way to initiate a journey into the inner world of mind and soul. Through practices such as meditation or guided visualization, breathing becomes a vehicle that carries you into the depths of your consciousness, where you can encounter answers or spiritual connection.

- *Regulation of vital energy*

In spiritual traditions, breath is often seen as a vehicle for regulating life energy. Through proper breathing techniques, one can influence the flow of energy and balance the body's energy system, which can lead to a state of well-being.

- *Cleaning and release*

Breathing can be used to clear and release negative energies or blockages from the body and mind. Deep and mindful breathing practices can help release tension and emotional trauma.

- *Connection with the spiritual world*

In some traditions, breathing can be seen as a way to connect with divinity or the spiritual world. Through breathing, one can create a channel of communication with spiritual aspects or a higher consciousness.

It is important to emphasize that the technique and signs of breathing can vary significantly from one tradition to another and from one culture to another. However, in many of these traditions, the breath is seen as an important

pathway to wisdom and spiritual experience, being used to initiate and guide the soul's journey.

This is one way we can access inner peace and connect with our soul. Through the conscious practice of breathing, we can come to a deep understanding of our own being and develop our spiritual connection.

Breathing is an essential tool in the practice of spiritual meditation and plays a crucial role in eliminating negative energy.

### *Conscious breathing*

This is one way we can access inner peace and connect with our soul. Concentrate on being aware of your natural breathing without trying to change it. As you inhale and exhale, notice the sensations, rhythm and depth of your breathing. It brings you into the present and helps reduce mental agitation.

### *Abdominal breathing*

This way of breathing involves raising the abdomen during inhalation and contracting it during exhalation. This brings a deeper flow of oxygen to the body and helps relax the nervous system.

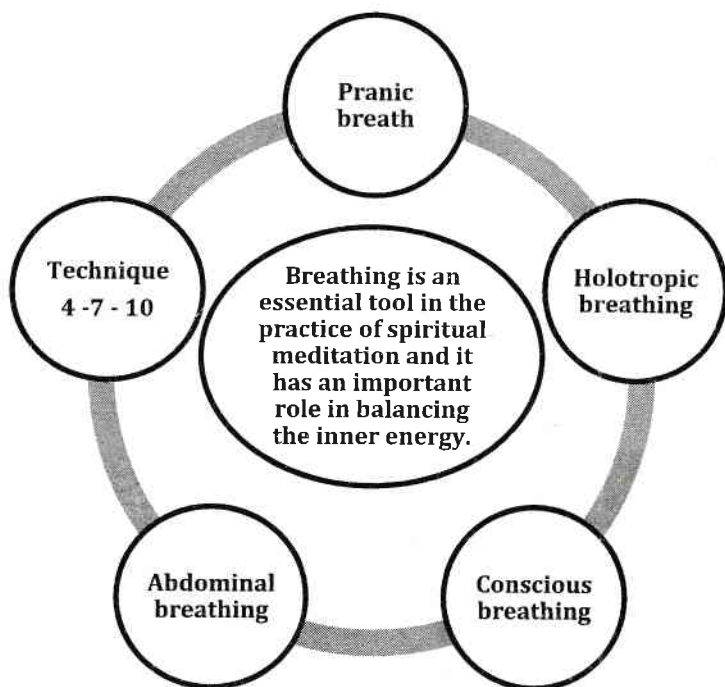
### *Technique 4-7-10:*

*This type of breathing involves inhaling for 4 seconds, holding the air for 7 seconds and exhaling for 10 seconds. This rhythm slows the heart rate and can create a state of relaxation, ideal for releasing stress and tension.*

This way of breathing is often associated with yogic practices and involves awareness of the flow of vital energy during breathing. By consciously controlling the flow of vital energy, you can cleanse and revitalize the body's energy system.

*Holotropic breathing*

This is a technique often used in awareness and personal transformation experiences. It involves rapid and deep breathing, helping to release and process deep emotions and trauma.



The importance of breathing in energetic balancing

- Breathing can help eliminate negative energy accumulated in the mind and body. By focusing on your breath during meditation, you can release tension and stress, allowing positive energy to flow freely.

- Many negative emotions are accompanied by changes in breathing. When you focus on your breathing and rhythm, you can bring some *calm and balance to your emotions*.

- Deep breathing can help *detoxify the mind of negative thoughts*. It can help clear your mind and improve your focus in meditation.

- By focusing on breathing in meditation, *you develop an awareness of the present and your inner state*. This helps you notice and identify negative energies more easily and manage them effectively.

- Conscious and deep breathing can create a state of *deep relaxation in the body and mind*. This favors the elimination of tensions and negative energies, leaving room for inner peace.

In conclusion, breathing is one *essential tool in spiritual meditation* and can have a significant impact in balancing negative and positive energy. By regularly practicing the right breathing techniques, you can reach a state of clarity and inner peace.

Breathing techniques can indeed play an essential role in spiritual meditation and help balance negative and positive energy.