



# TEMPLE of THOTH-MAAT

## Paper VIII: THE BREATH AND VIBRATION

### Four-Fold Breath

Use the Four-Fold Breath to calm the body, relieve tension and to still the mind prior to any mental exercise or magical working.

#### THE THEORY

There are many more benefits to controlled breathing than just taking in the gases and solar energies. Good breathing affects the blood by purifying it, and retards aging. The major benefit to your work is the ability of breath to calm the mind, and to some extent the body. These two parts of you often interfere with mental work such as meditation, visualization, ritual, and concentration. The mind can also interfere with your sleep, and can promote unwanted tension. Rhythmic breath combined with relaxation can reduce tension and induce sleep. The practice you will use is called The Four-Fold Breath. It derives its name from the fact that it has four distinct parts. "Four-Fold" has nothing to do with counting. This breath can have many combinations of counting. The one you will start with will be 4-2-4-2. There is another count often used that is 4-4-4-4. Some people prefer one over the other. The important thing is that the count is comfortable for you perform. The practice you are given here is based on a 4-2 count. But you may substitute 4-4 if it is more comfortable.

#### THE PRACTICE

As with all breathing, assume a good posture. Perform a couple of deep breaths to clear your lungs. Then start with a slow intake of breath to a count of four. Hold this for a count of two, then exhale to a count of four. Hold this for a count of two. Remember, **you must not restrict the throat**. Use your chest and abdominal muscles to "hold" your breath. A steady regular count is more important than trying to count long. You can regulate the rate of counting to that which is most comfortable for you. Use the Four-Fold Breath prior to any practice or ritual work that you perform.

## Deep Breathing

Breath is one of your magical tools. Use Deep Breathing to charge your magical batteries with Prana, the solar energy that encircles the Earth. Deep breath is also used to give depth and body to a word of power when vibrated.

### THE THEORY

Besides heat and light, our sun radiates a solar wind of charged particles that affects our solar system, and surrounds our planet. The Hindus call this energy Solar Prana, solar breath. It is of different qualities at different times and they classify it in a system which they call the Tatvas. You will learn more about the Tatvas, and about solar physics in later papers. For now it is enough for you to realize that when you breath, you take in much more than the gasses which permeate our atmosphere. The art of breathing correctly, and with rhythm, calms your mind and helps still your body. It also charges up your psychic batteries. This is the source of your magical energy. Therefor, mastering breath is the most basic and powerful tool you can develop. Everything which follows in your magical training depends upon your level of skill in breath control. So, begin with learning how to breath all over again.

The sedentary life style of most people today has led to shallow breathing. Even active people seldom use the full capacity of their lungs. Breathing properly involves expanding the thorax (your chest area), expanding the diaphragm (your tummy area), and expanding the upper lung areas (just below your collarbones). These are the three distinct zones of breath. You will, like most of us, find that you only breath with the thorax. Breath is a powerful magical force, and you must master the use of breath before going on to more advanced techniques. Especially ritual.

### THE PRACTICE

Begin by assuming good posture. Stop slumping. Slumping compresses the diaphragm and shortens the thorax area. Sit or stand with your spine erect and your head up in an alert position. In the steps that follow, **do not restrict the throat**. Do not close it off in order to hold a breath. Instead, use your thorax muscles to hold your lungs in an expanded position. Practice this. It is a necessary technique for your future work.

Now, take a breath and fill your thorax, pause and inhale some more as you consciously relax and lower your diaphragm, pause again then inhale some more as you expand the upper regions of your lungs. The temptation to close your throat must be denied. Exhale slowly as you consciously empty all three areas of expansion one by one.

Do this exercise sitting down until you adjust to deep breathing. Proceed carefully with one breath at a time. If you are unaccustomed to deep breathing, you will probably experience some dizziness. If that occurs, stop the practice for that session. It would not do for you to induce loss of consciousness and keel over! Three to five such breaths are enough to charge your batteries. You may be surprised at how energized you become. As you discover your capacity, you can eventually expand your normal breathing to a new comfortable level, not so severe as deep breathing but not as shallow as before.

## **Vibrating The Voice**

### **THE MASK**

Guitars, violins and drums all have spacious chambers that allow the amplification of the vibrating string or drum head. The human voice also has a spacious chamber available to it for amplifying the voice. It is called The Mask, and can be used to vibrate words of power and magical names during ritual.

### **NASAL TWANG**

If you carefully listen to the voices professional actors and speakers, you will note that their cultured vibrant voices all have one thing in common - a nasal twang. That is because they have trained themselves to move the speaking voice from the throat, up into the mask that covers the back of the throat and the nasal cavities or sinus areas. These provide sounding boxes that amplify the voice.

### **THE PRACTICE**

Begin by saying "Gong . . ong . . ong . . ong . ." while sounding it with an exaggerated nasal twang. Then try "Oing . . oing . . oing . . oing . ." with exaggerated nasal twang. Try talking with an exaggerated nasal twang. As you do these exercises, they may strike you as funny and silly sounding. That's because the exaggerated nasal twang does sound funny. It is when you back down from the exaggeration of it that you will find the place that gives you an impressive powerful voice. But to find that place you must first exaggerate the practice.

### **VIBRATING WORDS**

Begin by taking a full deep breath, as in Deep Breathing. Then with both the nasal passage, the mouth, and throat open, sound the word fully and powerfully in the mask, expelling all of the breath in the process. This sounds simple, and it is. Mostly people are voice lazy and forget to breathe properly and use their masks to speak from. When you learn how easy this effect is, you may decide to try remembering to speak in the mask until it becomes habit.

There is another technique that you will learn at 5=6. It is called the Vibratory Formula and is used in the advanced work of the Adept.