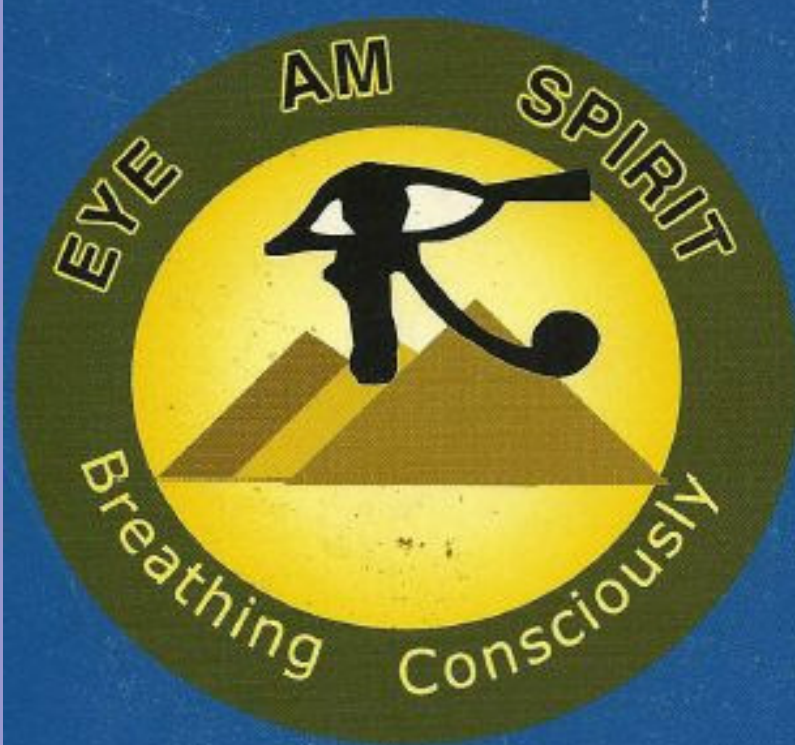


PASSPORT



TO A HEALTHY LIFE STYLE

Desmond D. Green

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This version of this book is available for free. This book is derived from the original The Passport printed by Oasis in Jamaica.

To learn more about the author you can visit the following online resources

www.reverenceforlifeuniversity.com

www.themoodschannel.com

www.globalbreathconsciousnessinstitute.com

www.breathosphere.com

www.breatheconsciously.com

www.ruralinnovationinstitute.com

www.visionexcelsator.com

www.experiencecoevolutiongroup.com

Some Other Books by Desmond D. Green

The Practice

Global Citizenship Passport

Trust Your Breath

Apple Seeds

Oasis

Full Circle Cameo

Design by Dawn Vaz-Green

Compiled by Andrew Skadberg, Ph.D.

PASSPORT

To a Healthy Life Style

By

Desmond D. Green

Design & Layout—Dawn Vaz-Green

Compiled by Andrew Skadberg



INTRODUCTION—PASSPORT—to A Healthy Life Style

The Passport (now The Practice) is a template for successful living. To be effective, it must become a daily standard of living. Its benefits are self confidence, clarity of vision, freedom from anxiety, a lasting sense of security and true abundance.

Practitioners of this model are more in touch with themselves and those around them. They are able to move from a brain-focused approach to life, to a breath-based relationship with all of life.

The Practice encourages openness, truthfulness and a willingness to trust yourself. Success depends on a commitment to growth as well as complete honesty and integrity.

You can talk but *The Passport* supports the walk.

Imagine accepting yourself as a founding Faculty/ Student of our: Reverence for University and Community

With a byline reading something like the following;

"Growing ourselves consciously, into Passionate World Citizens Playfully, through Conscious Deep Breathing"

Imagine our GBCI team all over the Planet wearing our T-shirts, Caps, Totes, jewelry, and displayed on Sportswear and other garments - that you helped to design!?

Or, Imagine all people who are ready to accept themselves completely being coached to do so by us.

No one is really stopping us! We are on!!

Feel! See! Hear! Taste! Smell! the rest of the world signing up as new Global Team NOW! The first stage of our Jamaica Reverence for Life University, already. Love and Gratitude for all of us in these magical times!!!

ABOUT THE AUTHOR

Desmond Green is a Research Psychologist with over 35 years of experience. After graduate studies in Psychology, Philosophy and Theology he spent the next 25 years doing post graduate work with Prof. Ross Mooney of Ohio State University and Milton Senn M.D., Founder of the Yale Child Study Clinic.

Founder of the Reverence For Life Foundation (RFLF) in Jamaica, W. I., Green successfully implemented this program in Jamaican penal institutions in 1994. Positive effects of the RFLF model is evidenced in the rate of recidivism, which was reduced from 90% in 1995 to 30 % in 2000 as well as the dramatic reduction in prison violence that continues to be the report from all institutions.

In 1981 he founded the Family Recognition Committee in Washington D. C. This organization hosts a week of family celebrations annually in August. Now headed by Gracie

Rollings, the Family Recognition Committee continues to uphold family values through its community outreach programs in Washington D. C.

Desmond Green resides in Hartford, Connecticut where he lectures on the 'The Practice,' his 7-point principles, which he describes as the life-time practice of Reverence For Life.

Recent books by the author:

Full Circle Cameo

Living Psalms

Eyeology

The Oasis

Apple Seeds

Forget Me Not

Wrap Your Consciousness Around Your Potentials

Visions Of Jamaica

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Global Breath Consciousness Proclamation

Eye am all of creation Breathing, Pulsating and expressing myself as all of my fragrances; images; tastes; textures; and sounds.

Eye am my Breath! Eye am your Breath! Eye am our Breath, Breathing, Pulsating and experiencing myself as my mineral frequencies! my plant frequencies! my animal frequencies! My human frequencies! and my Angelic Frequencies.

Eye my Breath am my galaxies! My Planets! My Breath-o-sphere! My atmosphere of earth vibrations. What we are is what we have and our Breath is all there is. Trust your Breath; Love your Breath; Accept your Breath as your Divine substance and your human constitution! Accept your Breath as your only reality. Glorify your Breath as your Health, Wealth and Happiness! Accept your Breath as your paradise of original sweetness! Feel your Breath as your wisdom, significance and true understanding! Accept and treasure your Breath as your living ingredients expressing you as itself and all of what you are worth!

Trust your Breath with all of your heart, soul, strength, mind and passion! My Breath , Your Breath, Our Breath is all of who we are forever!

Desmond Donald Green

Editor's Introduction

This little book is the most important in the world. This belief is based upon thirty-three years of personal spiritual and intellectual efforts to find my place in the world and cosmos, and to be of service to humanity, the Earth (Gaia) and God.

This book is practical. It is readable and understandable, yet contains the most profound and yet simple guidelines for Self Discovery and Self Awareness, or as Abraham Maslow put it "Self Actualization".

You will find no fancy intellectual discussions in this book. It is not time for more intellectual digressions and arguments. It is time for each human who intends to remain on Earth for the next chapter of our evolution to "discover" the truth of who and what they are.

This little seed of a book came to be from Desmond Green's mission to reach people who most people would not have the courage, nor the understanding of love and humanity, to address. In the early 1990s the Jamaican prison system was in chaos and Desmond invited himself to deliver his life held knowings to death row and multiple life sentence prisoners. After five years those individuals became free and the effects of this little book continue. But that is another story.

(see <http://www.globalbreathconsciousnessinstitute.com/rfl-prison-reform.php>)

This introduction could easily be ten times longer. Since meeting Desmond in 2007 I have found myself immersed in the most amazing, sometimes challenging, process of life discovery, my own and all of life. This little book is an offering of the Reverence for Life University which has great visionaries and humanitarians like Jesus of Nazareth, the Buddha, Socrates, Abraham Lincoln, Albert Schweitzer, Ross Mooney, Norman Borlaug, Dr. Richard Ewing and many other Spirits/Souls who have contributed to this new foundation for life.

But our soul aim is to assist each individual to discover the truth of who and what

they are, and to know the unbelievably simple fact “I am my breath”. This, I have come to refer to as the proverbial “eye of the needle” through which each person must pass.

The intellect will argue, guffaw, yell, or any number of efforts to complicate or add to the debate, only to have the means by which to “follow your bliss” (Joseph Campbell) dribble away in a long winded discussion which is only possible riding on “One breath at a time”.

Carl Jung said “what you resist, persists”. The breath persists. And love is urgently asking us to set all other endeavors aside other than getting “the horse before the cart.” This order of things I call getting my consciousness straight, or aligned, first. If the Spirit of love is not taken as the first step in this new chapter of human experience in the cosmos, then individuals might delay their blessings that the breath has in store for them. There is always a first step in a new journey.

Recently I was asked about how a significant project might affect things. Ultimately, I was thinking of this endeavor as a means of delivering self-love, harmony and peace to the world through what we call “Breath Consciousness”, so I replied, “Change the world.”

And then person asked, how this would occur. My response, “One person at a time.”

I am sure this book is the “mustard seed”. If read, studied, practiced and integrated into a person’s Being, they will discover their greatest treasure – themselves.

Andrew Neil Skadberg, Ph.D
August 28, 2014

Introduction - Cosmic Conscious Deep Breathing Society

by Andrew Skadberg

excerpt from "Breath-O-Matics" at www.reverenceforlifeuniversity.com

During a short contemplation yesterday I thought about the amount of chemical/electrical reactions that happen inside just one organ of my body. These same activities are happening in everything, from a blade of grass, to the digestion inside a bug, to the energetic reactions within stars and galaxies. There is precise timing that must occur for the process to continue. One link in these endless chains of activities and life as we know it would end. The infinite intelligence of the cosmos manages these without our meddling. We are the living results.

The same processes that make sure the timing happens properly are also going on with our individual and collective conscious evolution. To think of this with dualistic thinking causes great stress and overwhelm-ment. Our consciousness has us discussing all that we think is "wrong", and not happening in the proper time. We think we can manage, organize and get things done better, as we think about our past experiences as we project these "theories" of something being wrong with nature into the future. The truth is, there is no way to push a river, nor do we really need to. The way to come to peace with the knowing that everything is proceeding perfectly is to move to the simple realization/experience of One Breath. Remove one breath from that wave of breaths that you are, is not possible. The NOW is entered, and becomes eternal in One Breath, and provides complete security and satisfaction, like no other activity that we can participate in. Appreciating Your Breath, as Your Source and Supply and as being everlasting puts you in your point of power to create your life consciously, not by accident, or happenstance. Thinking will not solve our current conundrum, it has created it, for a very important purpose, but it will not get us out of it. It was not its function. Thinking's purpose was to discover a vast new level of experience, of the idea of separation, apparent, disconnect from our Source, which is not possible. Now as this pursuit has run its course, we are being invited to leave complexity and return to simplicity, One Breath, which instigates Reverence for Life, the foundation for the new Earth experience. Drop the old stories, cease arguing or questioning life. IT is being guided, supported and orchestrated with something to beautiful, wonderful and powerful. The Breath is the currency of Infinite Love, which is inviting us to enjoy the next chapter in our evolutionary process, of awareness, as individuated consciousness as YOU. Join our Cosmic Conscious Deep Breathing Society.

Outwork – a forward

Every generation gives birth to its own philosophers as guides to the philosophical principles to strengthen our minds. There was Thoth for the ancient ancestors, Epictetus soon after Jesus Christ, Marcus Mosiah just a century ago, and Robert Nesta Marley for a generation in the passing. The magic of their words and the beauty of their articulations are constant reminders that the philosopher's chief function is to elicit in us our finest remembrances of what inspires us on to Divine perfection. We are thus reminded of the importance of principles such as the Divine, writing and reading, measurement, information and its communication, sensing and its positive responses, timing and its place in all things, and the majesty of growth, development and transformation. Our generation has our seminal reminders from Desmond Green.

It has been said before, but it might as well be said again, Desmond Green is well suited for this function of spiritual guidance. Aside from the usual academic credentials, Green brings unique talents to his task as articulated in Millennium Honey Nuts, The Global Citizenship Passport (The Practice, and The 1st "R"), Trust Your Breath and Breath-O-Matics. He is first and foremost a student of Life and a devoted follower of Divine principles as that stargate to the nature of mind. He is constantly searching and researching multiple avenues for spiritual growth as the basis for experiencing a richly rewarding life. Desmond Green's philosophy embraces the concept of life at its deepest levels and supports the affirmation of the human growth and development to its highest potential, in the most enlightened reflection. His philosophy touches from the lowest to highest among us and subsequently lifts us all up and shows us the beauty of the nature of our minds.

Reading the Millennium Honey Nuts is reminiscent of Epictetus' Art of Living. Then as well as here we are reminded to recognize appearances for what they really are, make full use of what happens to you, approach life as a banquet, and avoid adopting other people's negative views. Like his philosopher ancestors, Green reminds us that "self acceptance is the foundation of self preservation," "Every shadow is the indisputable equal of the light that casts it," "It is impossible to be lonely while affirming ourselves and appreciating the rest of creation," "Positive self-esteem is accepting ourselves as our Creator's dream," etc. Within the Millennium Honey Nuts, we hear the ten universal principles articulated over and over again in myriad ways. Desmond Green reminds us of numbering, timing, writing, measuring, transforming, structuring, informing, ordering, sensing, and the Divine nature in the mind.

This precious little book is a special gift from the philosopher's mind. Pick it up; read it; read it again, and again until you feel the wisdom in the truism that "The only things in life which are truly ours are our unforgettable memories." My own mind has been a richer place since I picked up and read this little book. Our generation is

blessed with having our own philosopher in our midst to remind us of our Divine heritage and legacy. Millennium Honey Nuts goes beyond the “Yard Style Philosophy” of Vintage Jamaica to a universal reading of the current human yearning. We wait anticipating its translation into the Jamaican language.

John Fray
Professor, Cellular and Molecular
Physiology Graduate Program
University of Massachusetts Medical School
Worcester, MA, USA

(Authors note: John passed August 3, 2007. John considered his most important accomplishment not his academic stature, but his efforts to translate the Egyptian Book of the Dead).



Deep Breathing

Conscious deep breathing is the first of the seven principles undergirding the passport to a healthy lifestyle programme.

Breath is life. You are living because you are breathing. A “shallow breathing practice is the ONLY root of all evil” and should be urgently replaced with conscious deep breathing. The more diligently we practice the art of conscious deep breathing the easier it will be for us to achieve those goals which we set for ourselves in life. Here now and always we will focus on conscious deep breathing as the healthy lifestyle habit to develop and keep.

See your breath as your spiritual fuel: RECOGNIZE, ACCEPT, APPRECIATE and EMBRACE it as your lifeline to love, happiness, health, wealth, inner peace and lasting security.

When you mind
your business;
It pays you the
biggest dividends.



12 Ideal occasions for practicing deep breathing

During heated conversations, to avert arguments

When stuck in bumper to bumper traffic

When awaiting news of an emergency nature

While waiting to address a public gathering

When facing the unknown

Before responding to verbal attacks

To diffuse boiling anger or pent up rage

When facing critical choices

When you want to create positive results

When you want to feel on top of the world

When you want to overcome haunting fears

WHEN YOU WANT TO FEEL CENTERED

Listen to others
but follow yourself and
you
will never be
lost.



Appreciate your
own insights
they are divine
gems which can
only help you to
value life more.

Self Talk

. . . Is Port of entry number two. My self-talk determines my identity. I become what I think and say about myself and others. What I feel about my enemies affects me far more deeply than it will ever affect them. My words create images, which give birth to my actions and experiences. There is always a direct connection between my actions and my innermost thoughts.

As I take full responsibility for my self-talk I consciously determine how I am experiencing life. Ultimately my self-talk becomes the blue print for my lifestyle. My breathing pattern regulates my thinking, what I say, and what I feel and how I act. Next to my conscious deep breathing habit, my self-talk has the greatest influence over the quality and outcome of my daily activities.



Share your
talents with
others, because
hiding them is the
biggest waste
of your energies

10 positive “I Am” Affirmations

I AM my Creator’s breath, light, intelligence, feelings and energies forever.

I AM Spirit breathing consciously forever.

I AM creating how my life is unfolding right now.

I AM a channel of Divine wisdom and energy here now and always.

I AM a storehouse of Divine abundance and prosperity now.

I AM Spirit creating and experiencing what God is and how God works.

I AM God’s perfect and complete expression.

I AM God’s flowing abundant, love and intelligence.

I AM secured and protected by God’s indwelling spirit and power right here, right now.

I AM what God is and how He works forever.



I am my
Creator's riches.
nature, will, and
residence
forever.

The more you
can help others
without making
them feel
helpless, the
more they will
be inspired to
help themselves
the next time
around.

The more you
do the things
you can for
yourself the
more others will
enjoy
themselves when
they are around
you.

Diet

. . . is port number three in our program. We are what we eat and drink. It is therefore crystal clear that the kinds of foods that we eat influence both our physical constitution and our emotional well-being.

Enough has been written and said about healthy eating to satisfy all of the concerns and questions any one may have about the issue. Suffice it to say healthy eating and healthy lifestyles go hand in hand. Our interest in eating beneficially is another one of the corner stones of our program.

The simple truth is that when we listen to our bodies care of ourselves and show to breathe, talk to our selves and eat only in our best interest.

The only way to
get rid of fears
from your life is
to face them.

As
you learn to
accept, respect,
cultivate and
express yourself
all of your fears
will disappear.

Eating For Good Health

EAT

Plenty of raw fruits and vegetables

Whole wheat products

Brown, unpolished rice

Honey, molasses

Cereals from banana, plantain, corn, etc.

Herbs (bush teas)

Fresh fruit & vegetable juices

Soybean, coconut, goat's milk

Fresh herbs & spices (garlic, onion, escallion)

Butter, cold pressed olive oil (small amounts)

fish, shellfish, chicken, turkey (baked, broiled or steamed)

nuts (raw, unsalted)

sun dried fruits, e.g. raisins, prunes

tubers & root crops (yams, potatoes, cassavas)

not more than 3 eggs per week

DO NOT EAT

Canned, frozen or processed foods

white flour, products made from white flour

rice (white, par-boiled, polished)

sugars (white, artificial sweeteners)

refined cereals e.g. Cornflakes

coffee (regular, decaf, black tea)

Appreciate
yourself and
your
opportunities
today and you
will be better
off for it
tomorrow as
well.



Eating for good health, continued . . .

soda (diet or regular)

alcoholic beverages (rum, wine, beer, stout malt, etc.)

dairy milk (regular, skimmed, powdered milk, condensed, evaporated)

cheese, yogurt, ice cream

salt

condiments (black pepper, MSG, soy sauce, white vinegar, meat seasoning)

fats (margarine, shortening, lard, fats from meats)

beef, beef organs, pork products

roasted nuts (especially peanuts)

When preparing foods, combine as suggested. With proper combinations the body will build up no toxins and you will have more energy.

Have 2 of your daily meals raw. If this is difficult, try it for 2 or 3 days of the week until you are comfortable. (fruits are cleansers of the body, while vegetables are builders)

Your breakfast should consist of 3 or more fruits: allow 3-4 hours for digestion.

Your lunch should be raw vegetables or raw vegetables and 1 starch: allow 4-5 hours for digestion.

It is the little
things that we
do and the kind
words and
pleasant smiles
which we share
that all go to
prepare our
path, and when
we least expect
them often
return to
surprise us and
brighten our
days.

Eating for good health, continued . . .

Dinner may be vegetables-raw, stir fried or steamed and 1 type of protein (e.g. chicken or fish). Do not mix starch with this combination. Allow 8 hours for digestion.

Chew your food properly, especially starches. This helps to activate the enzymes needed for proper digestion.

Do not drink liquids while eating. This will dilute your digestive juices and interfere with digestion.

Eat when hungry and do not overeat.

Do not add salt, black pepper or sugar to your foods. Do not eat fried or barbequed foods.

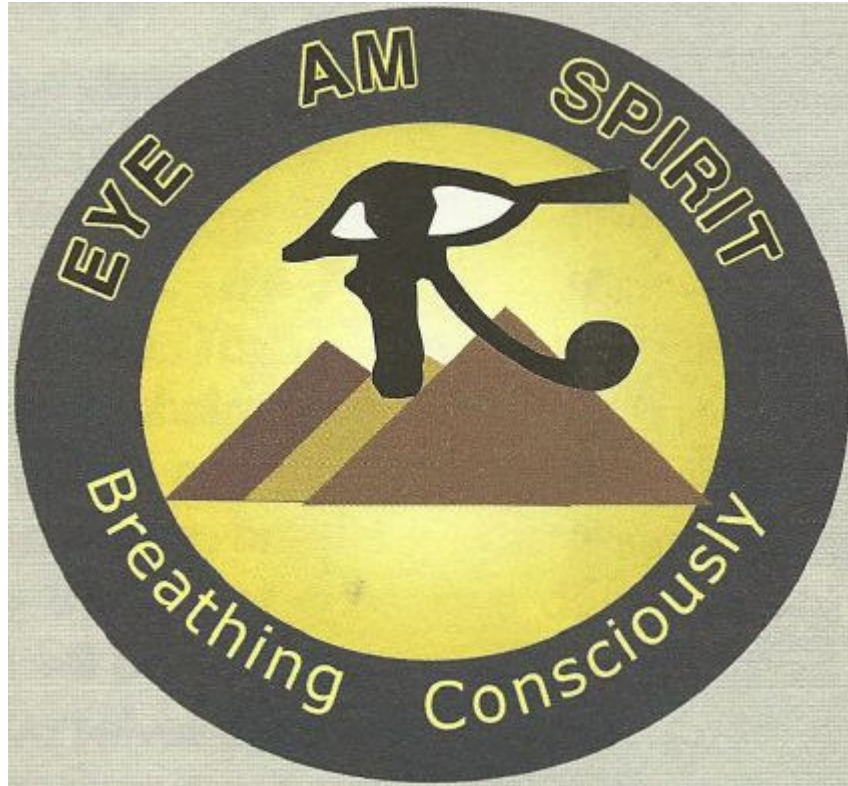
Drink at least 8 glasses of pure fluids per day. Water, fruit juice or vegetable juice to which no sugar or milk has been added.

Eat watermelon as a meal by itself, do not add other fruits or foods. It has an alkaline effect on the body, flushes the kidneys and is easily digested.

What I do with
my life today
also determines
how I
experience
tomorrow. My
future is
therefore in
what I do today.
I am indeed the
master of my
fate.



What I do today
will make me
wiser, stronger
and a better person.
I will open myself
therefore and
give my best to
the situations in
which I find
myself. I believe
that what I give
out is what will
return to me
with interest.



FOREVER

Exercise

. . . is port number four in our program. Anything we have and do not use we are sure to lose. This statement applies equally to our physical bodies as well as our mental faculties. A regular exercise program is essential for every one because the more you challenge your mind and body, the better they will serve you. We simply function better, if we exercise regularly and pay attention to our body, mind, soul and spirit. Select the exercise activities best suited to your situation and make a habit of doing them. Repetition is the key and fun is the name of the game. If walking is your choice, make it a time of pleasure and renewal. Do what comes naturally. If swimming is your choice, enjoy it. If the gym satisfies your need, go to the gym. Take pleasure in doing stress free activities around the house. Be up and about for the sheer joy of it.

Appreciation
is the bread of
life.
Everyone,
Everything,
Everywhere in
the world thrives
on it.

I thank my
Creator
my family, friends
and others for
all of the support
they have given
me
in the past, are
giving me now
and will give me
in the future.



Purpose

Having a clear purpose for living is the most rewarding experience any one can have. This fifth port is essential to the other four natural principles on which our lives run. The clearer our goals or purposes in life, the more satisfying and meaningful our lives will be. Such activities as eating, sleeping, drinking and carrying out natural reproductive functions demonstrate s divine order.

Purpose is however a conscious human enterprise based on appetites, decisions and choices. Purpose is like the steering wheel of our lives and when we act without clear ones, we often have mishaps, accidents or even apparent tragedies.

Your chosen purpose may be to fulfill a personal ambition, raise a family, follow a noble cause, or serve a human interest. Whatsoever your decision me be, it will flow from who you think yourself to be. Identity is the creator of purposes. The most important step we can therefore make in life is to have a clear picture of who we are.



I am in the best
place to learn
what life has to
teach me today.
The experiences
are my lessons
which will assist
my growth and
development. I
open myself to
learn and grow
from them now.

Invest your
thoughts and
feeling in
actions which
you and others
can enjoy and
life will reward
you for it with
inner
satisfaction.

Love of Life

In this section of our program, port six, we explore our natural ability to give and receive love. We explore our natural life support network of family and friends who love us and inspire us to do likewise; We explore all of the challenges which come with our physical life and our strivings to make the best of it for ourselves and others.

We will achieve our ambitions by developing healthy lifestyle practices, habits and attitudes at our own pace. By accepting that the Creator of Life is Love, we automatically experience His innermost support which is love. See and feel passionate self-acceptance as the corner stone of true love.

Enjoy your own
company as
much as you do
other people's
presence and
you'll never feel
lonely.

Feed your mind
on thoughts
which life you
above the things
in which you
find no pleasure,
and you will also
find the
keys which
unlock heavens
innermost wealth
and treasure.

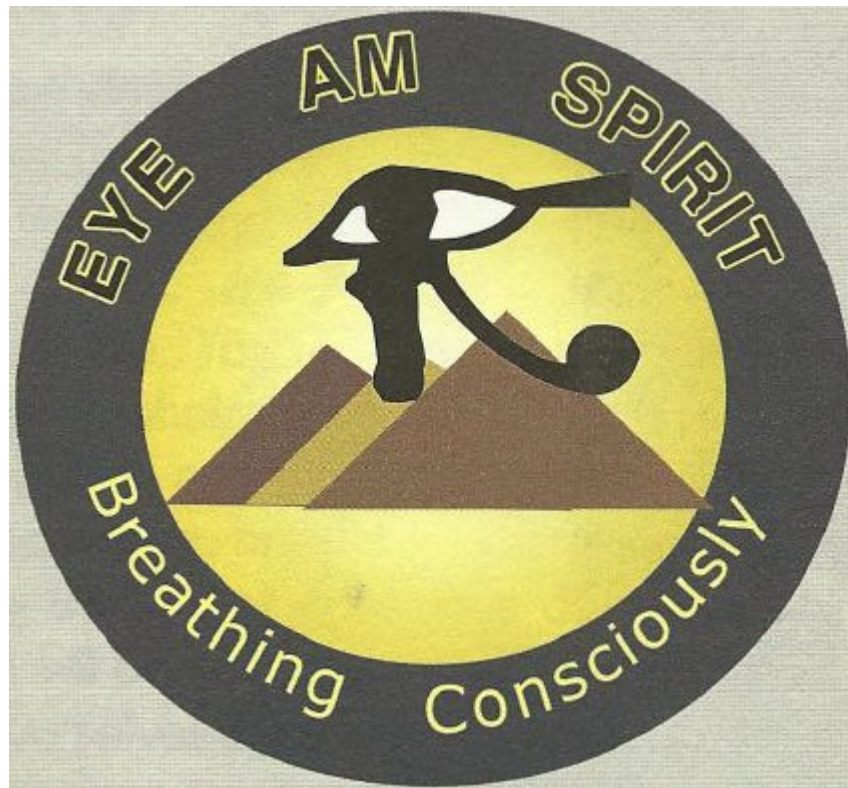


Self Appreciation

In Port seven, self-appreciation is the most important practice to develop. Know that you are the best physical, emotional and spiritual person who life is expressing right now. Accept yourself as the direct off spring of a perfect Creator and as such, you are perfect and whole. Take full responsibility for what you feel, think, say, believe and accept about yourself. Build your self-image on your Spiritual foundation alone and anchor yourself fully in your Creator as your only source.

As you decide to become conscious of how you breathe, how you talk to yourself, what you eat and your exercise program, you are practicing the infallible formula for healthy living.

Take time to
laugh because it
is a divine
expression, you
are in heaven
when you are
having a good
laugh, every
smile does
wonders for all
who experience
it.



FOREVER

Find beneficial
and profitable
things to do with
your
disappointments
in life and you
will only have
time for fun.



Being,
belonging,
beliefs,
behavior
&
benefits

If you spend
your energies
regretting your
experiences in
life you are
missing out on
the valuable
lessons you
need
to learn from
them.



Being

Accept yourself as life's best gift to itself. Know that you have the best self that life is manifesting. Accept life as your heritage, to be cherished and valued. On becoming conscious of your full potential, you also become willing to let go of attitudes that don't work. Question beliefs, traditions, and customs constantly, and review your approach to tasks and projects. Be willing to explore new avenues of self-expression and recognize that the rest of life is in full support of your efforts. Set your goals and move decisively towards them. Everyday should help you to feel more accomplished. Be willing to put what you have on the line in exchange for what you want. Be a creator not a procrastinator. Be an originator not an imitator. Know, feel and understand that passionate self-acceptance seals your freedom forever. Think, imagine, visualize and energize you entire being with the power of your indwelling spirit and life will honour you with peace and prosperity.

Define yourself
by your needs
not by other
people's
expectations.

Seek only after
those things you
are willing to
create and
watch life match
every effort you
make with
amazing
support.

Belonging

You belong to your creator, to yourself and to the rest of the universe.

Affirm your reality in what you do, say, feel and create.

Physically, mentally and spiritually claim and express your sense of belonging because it adds value and purpose to living.



Stand on what is
inside of you not
what's passing
outside.

Beliefs

Our beliefs are our self-management tools. See the relationship between your beliefs and your experiences because they are inseparable. Take responsibility for them and reinforce yourself only with the right set of messages. See, here and think only those thoughts which affirm your sense of self. Recycle all negative self-images by replacing them. Examine your everyday thoughts and feelings. Exchange those that are working against you with ones that will work for you.

Your moment by moment thoughts determine your everyday experiences. Your beliefs regulate your moods. As you take charge of your feelings, emotions and expectations, you enrich your life. It is your life. No one can truly influence you against your will.



Live as if your
life is yours to
cultivate, express
and enjoy.

Behaviour

Your outward behavior expresses your inner feelings and thoughts. This reinforces your beliefs and self-images. Your inner agenda determines your outer actions. Your behavior is the only statement about yourself that the world is constantly viewing. Your behavior is your passport to healthy living. Become conscious of and take responsibility for your behavior and you will live successfully.

Do the best you
can at whatever
you put your
mind or hand to
do – the
satisfaction of
achievement is
life's greatest
reward.

Benefits

Every living human being seeks benefits from life; benefits such as satisfaction, joy, pleasure and achievement of desired goals. A sense of belonging, appreciation, fulfillment and acceptance are other benefits that help to fuel your journey.

As you practice conscious deep breathing, positive self-talk and all the life affirming habits in your programme, you will see and feel the difference you seek. You will become aware of what your life is and how it works. You will feel a new sense of balance and inner security. This will help you in developing a clearer purpose and vision for your life.

Take the time you need to understand yourself, put in the necessary efforts and the changes you desire will come naturally.



Give others the
credit they
deserve and
they
will share the
interest with
you.

Take time to
think before you
act – but do not
use thinking as a
substitute for
actions.

7 Principles of being

In much the same way that we create music from musical notes, language from alphabet and numbers to count, the following ingredients work together to create our moods and experiences.

Life

Love

Truth

Intelligence

Consciousness

Feelings and

Actions

Glorify your
Creator in
everything you
do.

7 Factors of creation

Spirit

Breath

Mind

Body

Feelings

Intelligence and

Consciousness

These seven factors make up your being.

Learn from your
experiences.
There are no
mistakes in life
only trials and
errors.

7 Tools of creation

Some of our natural tools which we use to create how we experience life are our –

Sense of touch

Sense of hearing

Sense of sight

Sense of smell

Sense of taste

Language

Sense of belonging and security

Know that to
attempt to love
anyone more
than you love
yourself is not
only impossible
it is a waste of
your valuable
energy. Love
yourself first
and you will
have enough to
share with
others.

Count your
blessings and
they will chase
your heartaches
away.



Have faith
which inspires
you to take
action.

AFFIRMATIONS

*I am my
Creator's
Breath
Light
Intelligence
feelings and
energy
forever*

Know that no
matter what you
are going
through right
now others have
survived it, and
you will
overcome it, if
you accept the
support life is
giving you to do so.

*I am my
Creator's Spirit,
soul, mind and
body forever.*

*Love yourself
without
reservations you
deserve it.*

*I am
You are,
We are all
Suns of God
Forever*

*Tell those
around you the
things you truly
feel about them
in ways which
they can
appreciate and
accept.*

*I am
You are,
We are all,
Our Creator's
Perfect ideas,
Images,
Substance and
Forms forever*

*Find ways to
express yourself
to your
satisfaction but
not at other
people's
expense.*

*Conscious deep
breathing is my
wings of freedom*



*Do your best to
learn from your
experiences
knowing that
self pity is the
worst possible
form of self
abuse.*

Take
responsibility
for your
experience,
because whether
it is good or bad
you have played
a part in
creating it - now
take it to its
limit and you
will find the
strength to
change it.

At
this
very
moment,
the rest of life is
supplying me with
all the support
that I need to
achieve my
greatest good.

*Realize that life
owes you
nothing more,
because it has
already given
you everything
you will ever
need to fulfill
yourself in your
own unique way.*

*I am my Creator's
light,
Power,
wisdom,
understanding,
knowledge and
internal joy
now and forever*

*Know the value
of good manners
have enough to
share with
others.*

*I have the God
given power to
overcome evil
with good now*

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*Value yourself
highly because
no one else in
life can value
you to your
satisfaction.*



*I am the
Creator
Of my present
experiences*

*I Am
a channel of
Divine love and
power*

*Follow through
on your
promises.*

*Build your
self-confidence
on your
spirituality
because
material things
cannot satisfy
our deepest
needs.*

*Do things
because you
want to, not
because you
have to.*

Proud To Be Me

Inside and out I feel good being me
From head to toe I am important and free
As light as a feather
As clear as a thought
I am better than any jewel sold or bought

I accept what I am as equal with all
And need no pedestal from which to dangle or fall
self-sufficient I am by Divine will and decree
Life has made us all so for time and eternity

I unite earth and heaven by accepting me
And fulfill all conditions to be responsible and free
By feeding my body, my mind and my soul
With a proud sense of self
Sufficient and whole.

My journey in
life is with my
Creator and I
am in his
presence now
and always. He is my
guide, light
love, wisdom,
strength
abiding vision
and complete
security

*Have a clear
purpose and do
what it takes to
realize it.*

Overcome the
sin of ignorance
by learning
something of
value today.

Key Phrase:**My CREATOR is my INTELLIGENCE NOW and forever**

In brief, Passports to Healthy Life styles is the most practical formula for achieving a stress-free life style proceeding on the basis that self knowledge is the master key to freedom and healthy living. We welcome you to our program and the benefits which will come naturally.

Some Immediate and long term benefits of conscious deep breathing include eliminating both the causes and effects of the well known seven deadly sins plus the others listed below: Fear. Anger. Hate. Greed. Envy. Slothfulness. Jealousy. A sense of Separation. A sense of scarcity. Ignorance.

Such emotional states exist on shallow breathing habits. As soon as we begin to breathe deeply we will also begin to get a firm grip on ourselves and in time with practice, Faith will succeed fear; understanding will displace anger; love will replace hate; generosity will replace greed; kindness will replace envy; diligence will replace slothfulness; self-acceptance will replace jealousy; a sense of belonging will replace the sense of separation; sense of abundance will replace the sense of scarcity and vision, wisdom, knowledge and light will replace ignorance.

*You have to help
yourself first if
you want to be
around to help
others.*

*Claim your
heritage as your
Creator's
expression and
look around you
at the bountiful
gifts of nature
which are yours
to appreciate.*

Our Friend Desmond Green

Thursday, November 28, 2013

by Andy Skadberg

I posted this on my blog 13lightmessages on March 20, 2012 which happens to be my wife Sarah's birthday.

Dear friends. Let me tell you a little about Desmond. Since I was introduced to him through my dear friend Yvette Dubel over 4 1/2 years ago I have never heard a single negative statement from him. I have not once heard him complain about a person, place or thing. I never heard him gripe about his living situation. I have not read a negative word that has been written or spoken about an institution or anything. Never. And I mean NEVER!

How can this be? Who is this man? The beautiful man who incessantly reminds me of the importance of the breath? I don't know how many times we have talked on Skype, he calls me like a dutiful friend, day after day. How has God blessed me with such a beautiful, powerful, patient friend as this. Day after day Desmond calls me to remind me to look at the beauty of my life, to notice the flowers, to taste the nectar of making love to a woman, to recognize the Glory of God, the One Infinite Creator.

Patiently, persistently, doggedly Desmond has been reminding of the truths that he has discovered in his full life. I think he is about 75 now. He began his life with a simple knowing, I guess, of God's love. A clarity of the abundance and richness of the glory of this world and other worlds - almost as if through the eyes and heart of a child. He credits it to loving parents, which I know helps. But Desmond just knows something that we need to know. His wife told me the name Desmond means "dweller in two worlds".

He spent many years researching psychology with some of the greatest names in the field. He specialized in child psychology. I don't know a lot more about him. He doesn't talk much about himself. I don't think he has any problems because I have never heard him speak about one - not ever.

It is clear to me he knows his mission. Of any single person in this world, Desmond knows his mission. That is to bring to the world, during this incredible time of transformation, the importance of us to know our breath. Through this knowing, and experience we will find ourselves on a red carpet. A red carpet to where? To ourselves. To our heart. To the love of God.

Some years ago, after many, many life experiences, I referred to myself as the "experience miester". This is because I have had a lot. The nature of my being, who I am, is to not let things rest. I have to investigate. I need to turn each rock over. I need to look behind the story. I am always compelled to get to the bottom of the story.

So, some 4 years ago I began to study, and look, and investigate this thing that Desmond has been constantly talking about, The Breath. And what did I find. Consistently, in every place that I have looked. In every spiritual book. In each place, where, after all of the words, and ideas, and concepts, and possibilities of something to think about, or dialog about, or pontificate upon about life as a human being has been put forward - the breath is always the grounding point. I found so much evidence that I was able to write a book with some of the more important places that I have found references. And since putting that book together I have another dozen references, or so. And these are not little, these are important like, Jesus "breathing" on the disciples when he commissioned them. And the citings have continued on.

Some time in 2008 I must have invoked, without really knowing, Jesus's prayer from the Sermon on the Mount "Ask and ye shall receive, seek and ye shall find, knock and it will be opened unto you". So I have sought, and read, and researched, and watched thousands of hours of videos on YouTube, and other informational sources looking to the answers to the big questions of life. I won't get into that here. But my point is to say, I have discovered many of the answers. Of course this always leads to more questions. But I have learned how God made something so perfect and extensive as the universe and our existence. I will write something about what I have found at a later date. But here, what I want to report, is that Desmond knows. He knows. He is aware, somehow, without conducting all of the analysis, without searching high and low, that it all comes down to our breath.

Desmond has written many books. His book of aphorisms are amazing. They are each fountains of wisdom. Short, quippy, witty statements, each if pondered upon for a day, a week, or even a year contain deep and simple wisdom that would transform how you see the world, the universe, your life. Desmond's heart and mind shares freely and openly.

And, in concert with his lovely wife Dawn, who has written her own books, have created a beautiful palette of colors to enlighten and colorize what many have come to see as a drab world. Dawn's book "The Mouse and the Magician" is a beautiful tale of the power of the mind. How perspective changes everything. What seems to be a children's story contains deep lessons for us as we have imprisoned ourselves, like the mouse, in a cage in our own mind.

But Desmond's most important book is The Practice. It is short, easy to read, and

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apparently simple. It is simple, but in profoundly deep and spiritual ways. Contained with those few words are the essence of what a human-being needs to put a solid foundation down in their life. To have something they can depend upon. To make a life, to re-create a life - or to discover their life. And then from their "the sky is the limit" as they say. And so much more than that.

I am like a butterfly. I have been pulled away to many experiences, many people have left my life - some through my choosing, some not. But somewhere in my heart, my intuition, something has told me to "stick with Desmond". So here I am. Telling you about my beautiful, loving friend. The only friend I have who calls me every day. And what does he say? I never know, for sure. But I do know the theme. He might begin with something to the effect "Andy, I had an epiphany, a knowing that has come into my being." And then he shares with me about the precious gift he has found, and knows is contained within the breath.

"And God breathed life into man" we have been told. And all the sacred texts, when you get to the crux of the matter will re-mind you of the breath. It will be the thing you are told to do when you do Yoga, or acting, or music, or mediation. Anytime you want to discover the source of your life, when you are needing to get grounded, you will receive guidance to relax and pay attention to your breath.

I can go on and on about what I have discovered in my spiritual research, which inadvertently always leads back to references to the breath. It always seems to be the bottom line. How did Desmond know this without doing all of this research? I asked him once "He just said he just somehow knew, at least in this incarnation".

So, today I invite you to join Desmond and I. Desmond, I can tell, as my friend - is LIVING LOVE! His words, actions and deeds are of God and the angels. I have never met another being like Desmond. And he is everyone's friend. He is patiently waiting, teaching and Sharing. Inviting us to the home he has always been. Spend some time to read his words contained in The Practice. On the surface they seem so simple. But embedded in them are great spiritual TRUTHS. The words can reach anyone, which is what we have to do now.

If you, like I, are working to save the world, then we have to be able to reach every heart and mind. Our words and concepts must be simple. They must sink into the mind of even the most wretched, the most pained, or the richest. And they must lead to action. That action, simply, is to begin to appreciate their breath. To notice, and play with the idea that the breath is our living, pulsating, gift from God that gives all life, life. That truly the Spirit that has manifested and created and sustains this incredibly diverse, extensive and beautiful creation - does so with the movement of the breath. The "Yin and Yang" the "In and Out" movement of invisible force that allows us to do all of this stuff in this world, and in all other realms - at least as Des-

mond knows.

Please join me in our journey to Share this Love with everyone. It is already here. Help us Share it with others. To remind them. To help them get in touch with their own life force and be grateful for it. To learn a basic, non-dogmatic, set of skills to empower them to begin to make the life of their dreams. And together we will learn that we have great power to make that world a reality, and much, much sooner, than later.

Thank you Desmond for Your Love and Patience. And thank you for being my friend. God Bless You.



LET THERE BE PEACE ON EARTH AND LET IT BEGIN WITH ME