

THE WAY THIS SECURITY SYSTEM WORKS

The job of the Security System is to make sure that the amount of energy you add through inhaling will never exceed the amount of effort and energy you use up.

When you relax, like meditating or getting relaxing bodywork, your breathing slows down. If you exert yourself, like jogging or thinking a lot, your breathing speeds up. The Security System is constantly monitoring how much energy you are using up and then adjust how much breathing you are 'allowed' to take in.

**This Security System
Makes sure we use up all the Energy that we take in.**

Once we realize the benefits of breaking this Security System, we will work on retaining more than energy than we use up. That is what is happening with some meditation systems. It is also what happens when we do Natural Breathing.

If we break this Security System, we will **RETAIN** more energy than we use up, and end up with an excess of energy and that energy must go somewhere.

This retained excess energy will go to places in your body and your mind and enliven those areas. It will go to and remove blocks in our "energy body" and uproot any sub-conscious blocks – leaving us more healthy and alive.

Our job is to break this Security System and retain more "Source Energy".

There are 2 ways to do that:

- We take in more Source Energy by breathing more than we are inclined to.
- We use up less energy by moving and thinking less than we are inclined to.

**As Conscious Creators
Our Job is to BREAK this Security System.**

Letting go of sub-ventilating improves your whole life!

Natural Breathing is essential to a vibrant life and to live life to your full potential.

The metaphor of how you drive your car is similar to how you breathe. Good driving skills are necessary to have a safe, comfortable and exciting journey and to keep your car functioning well, like breathing freely is necessary to be healthy and enjoy your goals.

If your car needs frequent brake repairs and consumes a lot of fuel, you take it to your car mechanic to be fixed, like you seek the help of your health practitioner when you don't feel good. Once your car is fixed you continue driving your car until you find that another repair is due. After your car brakes have been replaced several times your car mechanic informs you that it is unusual that they need replacement so often. During test drives the car seems to be normal, so the mechanic asks you to test drive it with him. As you start driving your professional helper immediately notices the problem. You have not let go of the emergency brake. Driving with your emergency brake on makes the fuel consumption be high and it quickly wear down the brakes. When you let it go, your car consumes less gas and needs less repairs, and it is much more fun and pleasant to drive.