

UNESCO affirms in its statute:

**"Wars have their beginnings in the minds of men,  
it is in their minds that we must build peace."**

This is an answer.

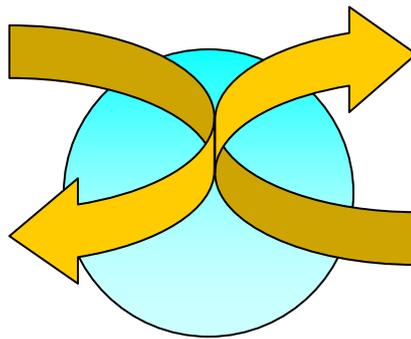
# TEOPNEUTICA® ABSTRACT

## THE BREATH OF PEACE



Kajati Ottengo  
Dr. Pierfrancesco Maria Rovere

[www.oneinpeace.org](http://www.oneinpeace.org)



**Edizioni ETImpresa**  
[www.etimpresa.it](http://www.etimpresa.it)

### **SPIRITUAL PEACE PROGRAM**

Original Book from the author published by Etimpresa the Editions:

“Biosalute e Naturologia” ed. 2006

“CCEA” Coherent Cognitive Emotional Action ed. 2007

“Amiche Anime” ed. 2007

“Felicità e Benessere” ed. 2008

“Postura etica e chiropratica posturale” ed. 2008

“Agopuntura e Kinesiologia” ed, 2008

“Scopri il segreto dell'amore, vieni a prendere l'Acqua” 2008

This book is published in Italy under the title:  
"TEOPNEUTICA IL RESPIRO DELLA PACE".

Adaption and translation: Glenn John Richardson, Antonella Manenti,  
Giacomo Bonaveglio.

© first edition : décembre 2008 - Editions ETImpresa.

All rights reserved

© Adaption and English translation: 2010

printed on the Legatoria Manna Via Botticelli 22 - Rende Cosenza (Italie).



## **GIVE THANKS TO GOD THAT I PRAISE AND WORSHIP**

Dedicated to the Creator

*"Show me your ways, O Lord, teach me your paths".*

Psalm 25, 4

Devoted to whoever, wherever, may witness:

*"the flow of love between sky and earth"  
and makes " better men in peace."*

*I thank Maria Teresa Marcuccio, Cinza Beraudi.  
Reverend Giuseppe Biancotti for the revision of the book.  
I thank Antonella Manenti and Glenn John Richardson ,  
Giacomo Bonaveglio for the English version*

***GOD PEACE IS HERE AMONG US.***

**PROGRAM FOR SPIRITUAL PEACE**

**[www.oneinpeace.org](http://www.oneinpeace.org)**

# PARENESI<sup>1</sup>

Are you aware of being a worthy person?  
You deserve to maintain and to improve your sense  
of self-worth, protecting it throughout your life.

## **To estimate yourself,**

I have looked for a liberal value for you

Which empowers a part of you

Which allows you to belong to an élite

Which improves the quality of your life

Which improves your internal state of mind

Which unites yourself with friends of ethical ideals

Which allows you to overcome and transcend

cultures, races, and religious

misunderstandings.

Which allows your to recognize the common origins and

the secret presence of God in all human beings and

which reconciles you with your origins,

Which **renews love for the Creator**

Which cultivates the mutual respect for the good of all.

Which expresses solidity

Which grows in time

Which is consolidated,

Which develops

Peace, Love, Happiness

This value is

**Teopneutica**

---

<sup>1</sup> exhortation

## FREE WILL<sup>2</sup>

God, the Creator has created everything that exists including Archetypes which have their own logic.

According to the conception of mankind, these may be of positive qualities such as love, peace, respect, holiness or negative ones such as violence, illness, resentment, hatred, forms of warfare etc..

Archetypes are always present in the divine creation and are in perpetual motion. They are available to every being. God has given us a **special power**. This power is to choose which archetype to direct our attention and amplify it with our inner concentration. This capacity is powerful because when we direct our attention to create ourselves an archetype of consequences, for our descendants and for all beings. In the brain, as in a garden of plants, neurons compete for territory. Cultivating a thought and an attitude of peace, the nerve cells that handle this thought take the place of those tending towards violence, thus promoting human development in serenity.

This is a special power and known as **free will**.

**Teopneutica** is a tool where you may use your free will.

---

<sup>2</sup> **Archetype** comes from ancient Greek ἀρχέτυπος *imagine: tipos* ("model", "brand", "copy") and *arché* ("originale"); pre-existing primitive form of thinking

## INTRODUCTION

*Under the same sky...*



Many years ago, 1983, in the far Himalaya I met a wise man, simple, sincere, coherent from the soul to the words and able to love in a special way.

He has taught me the power of the simplicity, of sincerity and the power of the love.

**Simplicity** is to rejoice in what I have, to protect it and to make it best. It also consists of knowing how to gather what can improve what is present around, me and the others and do it immediately.

**Sincerity** is to know how to overcome my fears to really understand who I am, what I think or desire and what makes me feel accomplished and satisfied. It allows me to recognize my fragility and weakness and to ask for help and support.

Sincerity allows me to communicate my feelings and what is important is for me, respecting the sensitivity of others, due to the most important quality - which is love.

Love is not the act of falling in love that is short-lasting for chemical reasons and neither is it the passion of sex ;

**love consists** of perceiving every being as a part of me, a part of my soul.

Every being is a sacred and precious creature, forming with me an organism that belongs to an invisible Creator, Coming from love and happiness; sharing these gifts of

mind, where sincerity and simplicity can express themselves in complete safety, where we can be ourselves, and better the place we all live in.

They are very simple concepts that allow us to live a new life, a special life, to build together in love, simplicity and truth, a great task for the good of us all.



Aosta Valley: Mount Zerbion  
Near this mountain I developed Teopneutica

This wise man was called **Haidacandi Babaji**. He was an Elect, I thank him for the strength that he transmitted to me in facing life.

He has taught me to see past the emotions, through false security and the illusion of the chimeras. He educated and gave me the strength to live my daily life, not influenced by the past or the future. Just to remain in the present, simply, truly and spontaneously.

Above all he forced me to see and to recognize mental poisons, to learn to transform them, with the help of precious antidotes, into elements of a whole, just as clouds can appear and dissolve leaving a clear and bright sky.

The time is mature; everyone follows his or her path to ones every experience.

From these experiences I started this.

I have celebrated in such, thanks to the teachings of Paul Nogier, and René Bourdiol for neurophysiology, Luciano Rocca for discerning, Babaji for the Spirit of simplicity, that of Leonard Orr and Jim Leonard for respiratory techniques. I have filled my words with the "no" of Roberto Scordato. I have elaborated the unforeseen events of my life, the internal suffering of the sick that I have met and my desire to live in a world, where I am happy among happy people respecting the sacred value of life.

To these I have united the PNL, applied kinesiology, the laws of acupuncture and the study of the Jewish sacred texts, Christians, Islamic, Hinduist and Taoism.

These elements have allowed me to elaborate two very simple sentences that combined with respiration allows one to get better.

In this way the precious technique of **Teopneutica** was born.

### **And God says**

*“But you must not eat meat that has its lifeblood still in it. And for your lifeblood I will surely demand an accounting. I will demand an accounting from every animal. And from each man, too, I will demand an accounting for the life of his fellow man.*

***Whoever sheds man's blood, By man his blood shall be shed (Karma), For man was made in the image of God” .***

*Genesis 9 - 4;5*

### **God loves and wants peace.**

God wants men to be peaceful and for this reason that respecting Islam means peace, respecting Christians and Jesus who proclaims love for all beings, Respecting the Jews who are led in compliance by the God who unites us.

Although he is called by different names, we are all faithful in his love and belong.

*“I created Gynn and men so that they worship me”*

Koran 51/56



*I set my bow in the cloud, and it shall be a sign of a covenant between Me and the Earth.*

*Genesis 9,13*

*But we are bound to give thanks to God always for you, brethren beloved by the Lord, because God chose you from the beginning to be saved, through sanctification by the Spirit and belief in the truth.*

*2Thessalonians2:13*

## **WHY ARE WE ON EARTH?**

The Holy Scriptures teach that the main reason why we are on earth is to honor and praise God with an open heart. He can be praised for everything, for example even the air you breathe, the simple fact of having a body and having been created by through of our physical parents, to be recognized as His children, this if we seek peace on Earth.



**FIRST PART**  
**THE CONNECTION WITH THE SACRED.**  
**The Elects and the Sacred Presence**

**God Peace Is Here among us**

**“As a man speaks with his friend”.**  
**Ex. 33,11**

# PEACE

God Peace is here

As **Jesus in Aramaic means:** "The hand of God", and God is love. "whatever we request through the hand of Love, we will receive"

The united hands are our hands that unify humanity in the sacredness of Love.

As Jesus said: "Anything you ask for in my name, you will receive."



Our hands are doves of peace and love.

Since my childhood my parents argued. I was shy and I wanted to satisfy them but I was in awe, I saw them as huge, I felt powerless; as I opened my mouth, they would tell me to be quiet. I no longer knew what to do. I was also dyslexic and rather average in bright: in the sense that "I was half the height of my classmates". A disaster! What made me very angry was that my parents often repeating the same things over and over, only using different words, arguing for days on end without coming to an agreement. Often I tried to let one of them know what the other had said and "accidentally" repeated an extra word that had almost nothing to do with anything I was saying and all my good intentions got lost, leaving just the interlayer. From that they would construct a "novel" with the title "Your son said this... !!!" starting another argument. As time passed, I talked less, as I was afraid of how words could be manipulated, twisted

around, to show whatever you want, even that killing, itself, is something holy - the will of God<sup>3</sup>.  
What a horrible situation!

Over the years I realized that world conflicts bore a similarity to the dynamics of my parents' relationship. Being a good Taurus, (ascendant Capricorn), I focused on understanding the roots of my suffering and how to eradicate them. I was chosen from destiny to be a doctor, taking me around the world, meeting the best doctors and therapists in the field of natural medicine and to study the way of healing the body by itself. This brought me to be recognized in the world and receive Awards (recognitions) for health research.

On my path, the basic theme has always been PEACE. How to bring peace to the hearts of people, opening them to understanding and respect.

Today I think that: there are people created to manage peace and others to fight it. We resemble a beehive: some take care of procreation, others seek food, some browse and others fight. Fighting is a characteristic of some people in that they feel good only when they are able to release chemical mediators in their brains, however this is only possible if they perform certain aggressive actions.

This is why some like music, others extreme sports, others sex, others kitchenware, others aesthetics, others power and others violence.

---

<sup>3</sup> Pope Pio IX

This mechanism of managing our society has a meaning because, if there isn't anybody to fight, then there isn't anybody able to defend himself against attacks.

However all this must follow a mode of control, it should be manageable by society.

If an individual passes the threshold of co-habitation he or she becomes a danger to him or herself and in particular to others and this differs from an agreeable society.

In order to talk about Peace, we must first **understand what Peace means** in a higher, more significant and universal sense; to understand this we must go deeper....

**We must be consistent with the archetype of Peace**

Secondly, we, as humans must **unconsciously love peace.**

It is said that the rational mind works at 40-bits and the unconscious at 40 million bits, which means that our will can mean very little when the subconscious has decided one thing. One example is when our subconscious mind has decided to discharge the bowels with diarrhoea: there is no thinking to be done, you just need a toilet.

The same thing happens in our deep convictions :it is useless to say that we want peace, if the subconscious mind loves war and looks for a fight. Peace will become a pretext, in order to give vent to the anger accumulated through years of suffering.

For this reason, **in order to bring peace we must have worked and continued working on ourselves**, pulling out the roots of violence from our subconscious mind.

This, says Giuseppe Savazzi, "will allow us to become as transparent as precious diamonds, thus revealing an ever more brilliant light." Our commitment is our living example to the world which gives rise to transformation. How can we achieve this? We will see in this book.

## THE TRIAL OF LIFE

Often the best things in life come from the most difficult moments.

This is also what happened to me after a period of great suffering and depression, precious ferment, the seeds of rebirth found fertile ground to grow and yield its fruits.

It was 1991, and following an intense period of painful events (death of my father, mother, grandmother, godfather, uncle, aunt, close friends and the abandonment of the woman I loved and with whom I desired to have a child. Also the disappearance of my accountant who, not only didn't pay my fathers' taxes, but also falsified document and to later discover that he had been cancelled from the charter of accountants). This caused me to suffer from permanent anguish, I cried every day and my lungs felt stifled and I had great difficulty in breathing. The therapies I tried produced no results, only pain, desperation and a deep sorrow in my heart, which seemed to originate from my deeper internal organs.

I continued to work as a physician and I happened to meet a few people who gone in Lourdes for healing and received it.

They had also been through years of suffering similar to mine. One day in the mountainous region of "Colle de Joux" in the Aosta valley, having reached my limit of suffering, I asked the Madonna of Lourdes to grant me a miracle or else make me die immediately because I wasn't able to tolerate such suffering any more. If she had healed me, as a rule I would have told the whole world. It came to my mind that I had never mourned the death of my grandfather who passed away when I was only 10 years old, and with whom I had been very close but had caused me a certain amount of resentment because I hadn't been

able to be his friend as I would have wanted. So, as by ritual, I wrote three sheets of forgiveness and burned them so that the fire purified the pain and transformed it into light. While the sheet was burning I burst into tears and cried intensely for half an hour, and then I finally began to breathe normally again.

A deep catharsis, which I was used to having spent some years with groups who followed Osho techniques where catharsis was the norm. Then I asked for a little bad feeling to remain so that I could develop a technique that would also be useful for others.

### **This is how Teopneutica developed.**

Then I promised myself that only if I didn't cry for another five years, then I would begin teaching others and that is how it went. I remember Carmen Cerniglia, my dear neighbour, who said one day, "it is time that you spread this knowledge".

Unfortunately she is no longer with us. A few years later she was called to the other dimension, leaving a physical emptiness, yet a light in our hearts.

God chose to help me through the image of the **Queen of Peace**, the Madonna, the ideal mother that every one would like. Teopneutica, inspired by this experience, the precious seed of serenity, is in this sense, a contemplation for Peace in the environment, a maternal embrace of the Creator to sustain us.

God loves us personally. He chooses what and who he wants to communicate with us. He chooses the name which you may nominate him so you live in his Peace, Mercy, Truth, Justice, Blessing and Love with all his creatures

**Dr. Ryek Hammer** showed us how emotional traumas and conflicts may be at the origin of neuro-vegetative mutations that express the resolution of conflict with a

parasympathetic that brings about a healing, often passing through a tumoral phase.

In my opinion the human body must continually pass by harmonic modalities, from the sympathetic (action), to the parasympathetic, (recovery).

Problems of health manifest when a system comes to a blockage either

in the active or passive phase. The block can also be segmental or partial, inducing neuro-hormonal mutations in specific areas of the organism. They express themselves with an immunitary disorder that consequently produce on the one hand, allergies and on the other, degenerations and tumoral growths.

At the base there is an interruption in the harmonic flow of neuro-vegetative equilibrium.

In this **breathing is a great ally**. Harmonizing ones breathing by rendering it fluid, deep, full, circular, one can reactivate harmonic neuro-vegetative responses that are capable of oscillating the sympathetic and parasympathetic according to our biological order. The Chinese would say that one is re-establishing the correct flow of Yin and Yang.

Teopneutica is an ally to the breathing system especially if it is utilised to attain a state of grace and harmony, and still better if it is practiced entering into a brainwave state of theta.

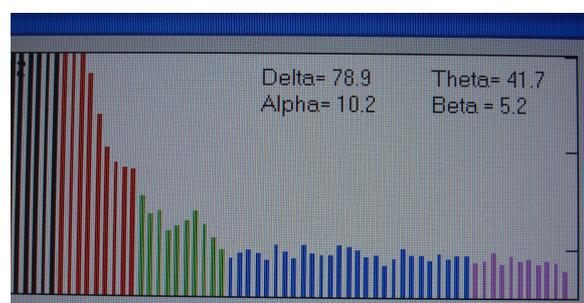
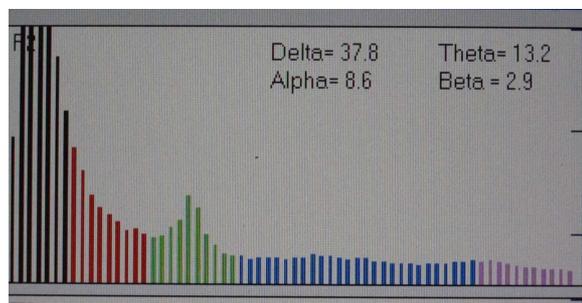
With Teopneutica one acts voluntarily (alone or with the help of an facilitator who helps to overcome resistences) to reactivate the neuro-vegetative pendulum.

Only by reactivating our biological oscillation can the body better utilise its capacities of recovery and adaptation to the events of life.

Only by adapting oneself can the human being survive and this is possible only if neuro-vegetative system produces a continual adaptation to life events, just as the suspension system of a car adapts to the irregularities of the ground making the ride more pleasurable.

To achieve this, one can utilise techniques of meditation such as theta healing or other similar ones.

In these years I have been able to verify that through “Psyco Tester B106” and with heart variability, actual modifications of brainwaves during practice, which confirming the empirical modifications.



## THE ELECTED IN THE GOSPEL

*So when you see, in the holy place standing, the abomination that causes desolation, spoken of through the prophet Daniel...if those days had not been cut short, no one would survive, **but for the sake of the ELECT, those days will be shortened.** Matthew 24,22.*

Mark 13:14 **When you see the “abomination that causes “desolation” standing where it doesn't belong** (let the reader understand), then let those who are in Judea, flee to the mountains; let no one on the roof of his house go down or enter the house to take anything out, let no one in the field go back to get his cloak. How dreadful it will be in those days for pregnant women and nursing mothers! Pray that this doesn't take place during the winter!

**Because those will be days of distress unequalled from the beginning, when God created the world, until now, and never to be equalled again.** If the Lord had not cut short those days, no one would survive; but, for the sake of the Elected who He has chosen, he has shortened them.

At that time, if someone tells you: "Look the Christ is here", or "look there he is!", do not believe it; For false Christs and false Prophets will appear and perform signs and miracles to deceive the Elected- if that were possible. So be on your guard; I have told you everything ahead of time.

Matthew 24:15 " So when you see standing in the holy place, **the abomination that causes desolation,**

spoken of through the prophet Daniel, (let the reader understand), then let those who are in Judea, flee to the mountains; let no one on the roof of his house go down to take anything out of the house;

let no one in the fields go back to take his cloak.

How dreadful will it be in those days for pregnant women and nursing mothers!

Pray that your flight does not taken place in winter or on the Sabbath; for then there will be a great distress, unequalled since the beginning of the world until now and never again. If those days had not been cut short, no one would survive, **but because of the ELECTED, those days will be shortened.** Then, if someone should tell you: "look, here is the Christ ", or: "He is there", do not believe it; for false Christ and false Prophets will appear and perform sign and miracles to deceive the Elected - if that were possible.

Here see, I have told you ahead of time.

So if anyone tells you "*There he is, out in the desert*", do not go out; or "*Here he is, in the inner rooms*", do not believe it; **for a lightning that comes from the East is visible even in the West, so will be the coming of the Son of Man.** Wherever there is a carcass, there the vultures will gather.



Sinai: Mountain of Moses– Gebel Mussa

## I LOVE AND I AM GRATEFUL

*The saint is he who spreads the love of God*  
Don Giuseppe Biancotti

God, in Babel, confused the language of men who wanted to reach the heavens to obtain recognition. **He wanted people to love Him and His Creatures**, without the desire to achieve it. Since those days along the Spiritual path, on one hand people are terrorized and injured by the behavior of priests: priests who fuel misunderstanding and condemn Syncretism<sup>4</sup>; they have abhorred any dialogue that does not highlight points which have been conceived as dogma. The ministers of other religions side against Catholics and other Christians of various theologies, Hindu, Buddhist, Jews, etc. causing a dramatic separation. There is little trace of love, only empty words of love: these being without any real substance of application of God's Love Teaching.

**Teopneutica thus helps with the following quote:**

*“Father, I praise you for your understanding that flows from me to religions of all kinds.*

*Father I praise you for your understanding that flows through and from religions of all kinds to me.”*

2 Corinthians 4:18 - Do not be concerned by the apparent (perceived by the 5 senses), but the invisible

***Inhale***

*The understanding of God flows from me towards all religions*

***Exhale***

*The understanding of God flows from all religions to me*

---

<sup>4</sup> Reconciling heterogeneous elements

## **I LOVE AND I AM THANKFUL**

Perhaps it is not very well known, nevertheless those who live longer in good health, are those who have their hearts full of

*love and gratitude*

towards themselves, everything and everyone. Their gestures give proof of their internal attitude and they affirm smiling:

**"I love you and I am grateful to you."**

They do this, but you can do as you wish.

**"dear soul, I love you, I 'm grateful and I appreciate you"**

**"dear Creator, I love you, I 'm grateful and I appreciate you".**

**" Thank You"**

**"Thank You Creator for having created me and want me as your creature and child bearer of peace.".**

**"Thank You for creating me perfect and take me in you perfection".**

## THE PEACEGIVING STRENGTH OF BREATHING

In the Biblical writings, the Spirit of God is revealed as a breath, a murmur, like the wind.

The wind in the Chinese ancient tradition, represents the emissary of the 4 directions (including the centre) and of the ancestors. Qi is a manifestation of breath. Qi is Energy.

According to the biblical scriptures, the same breath has been transmitted from God to Adam so as to give him life (*Neshamà*), to transform the earth from which he had been moulded, into a living human being; even today mankind

continues to live thanks to this vital breath that keeps him alive during his terrestrial permanence.

**This vital breath is sacred**, it makes us sacred and united in every instant with the whole, the Divine.

We understand therefore that **our life is sacred** - we are a living temple that welcomes and witnesses the presence of the invisible Breath of God.

Our thoughts, our emotions, or actions are in accordance or in non-accordance with this Sacred Breath, and in coherence with it, our life can experience different levels of comfort.

In this book I will explain how to recognize this breath of Life and, with inner awareness, to silently witness it, with strength and power, for the good of all beings.

**This spontaneous process of comfort** manifests itself in total serenity; its name is Teopneutica

The Holy Spirit is known as the Paraclete, which is

Councillor

Defender

Protector

Master

Bearer of anointment

When we are aware of your presence and appreciation, and we welcome the call. Your power is expressed by defending and guiding our soul.



## RESONANCE

**Peace and love are the foundations of any union, nation, or religion.**

Loving each other and bringing peace in our hearts, we can bring peace and love anywhere.

Human beings are all connected are to each other:  
*when one improves oneself, one improves others.*

Similar to the notes of the diapasons where every sound resonates with a similar one and reverberates the sound specified in space. **The same happens internally. Everyone's internal state re-activates a similar state in others.** A positive state, reawakens the same positive condition in others.

Our internal well-being reawakens a similar one in others, which expands and improves those around us.

When the internal Spirit is serene, the mind calms down, reordering our thoughts; these drive our emotions, they harmonize the body and experience improving health.

Therefore, **we can improve the quality of our life** when we attune to our Spiritual qualities, combining it with breathing: serenely with the attitude of a child full of sensations experienced when an ideal birth: openness, availability and wonder, that is **Teopneutica**.



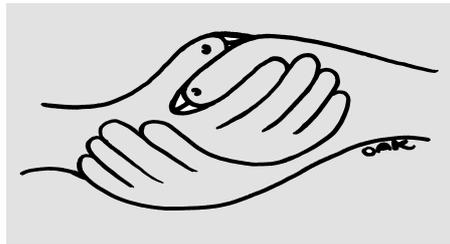
## SECOND PART

### THE ELECTED



*Be devoted to one another in brotherly love.  
Honour one another above yourselves.  
...bless those who persecute you.*

Romans 12,10



*His knowledge is not obtained  
neither through science,  
neither through thought,  
as in other objects of intelligence,  
but through a **presence that is worth**  
more than science itself.  
Plotino (Enneadi)*

## THE WORLD IMPROVES THANKS TO THE ELECTED!

*When you have seen the sickening of desolation,  
upon a holy place  
which the prophet Daniel spoke of,  
... there will then be great affliction, that never  
was principle of the world until now.  
And if those days are not reduced,  
nobody will escape:  
because of the **Chosen/Elected**, those days will be  
shortened. Matthew 24,22.*



Sinai, the calf of Aaron engraved on the mount.

**Exodus 32:22** - *Aaron replied: «the anger of my Lord does not inflame; you know these people and that they are inclined towards evil*

**Exodus 32:35** – *and so the Lord struck the people, because they were the perpetrators of the calf that Aaron had made.*

The desolation in the holy places has now become a habit. Injustices have now exasperated people to the point that whoever becomes a victim is ready to desecrate the most sacred things; he even reaches the point of becoming implacable and showing anger

towards innocent children proclaiming his inner state to the world, in order to claim his dignity.

**Every being** and therefore **every child is a holy sanctum**, because he houses the sacred breath.

Today the media testify how much **abomination and desolation** sacred innocent people suffer, which indicate that the time is ripe. **We need the Chosen/Elected One to oppose** this temporary social direction.

Every part of the world has accumulated wounds caused by a disrespect of the fundamental values of humanity.

Muhammad says: "Every human has a demon within. I too have a demon within me, except that God helped me against my demon, so that I know him well and thus dominate him". Constant attention is needed to avoid the subtle seduction, manipulation, deception and confusion of the subtle entities known as Demons, Djinnns, Sayatin, etc. It is even able to induce people to commit suicide and to go against the values of the religion they profess, convinced of being in the right, as has been the case with many Jews and Catholics.

In 2 Corinthians 11.15 it is written "Satan masks himself as an angel of light". Since God is Love, I fear that sometimes Satan has replaced the Archangel Gabriel deceiving Muhammad and humanity with teachings contrary to love, respect and dignity. The good lessons are certainly by God, but the criticism

must be analysed with discernment because it could lead humanity into the Gehenna (Hell), making Satan a winner. Killing a human being prevents one's road to paradise, drags one to hell! Killing is contrary to the biblical teaching reported in Genesis 9 and the 5th commandment of the Tables of the Law, found in Matthew 19.17: "God is truth and can not contradict Himself." Satan lies and confuses the ministers because they are religious reference for the faithful; through them he wins millions of souls, bringing them to hell!

Radiations, pollution, genetic manipulations force the bodies to face a biological transformation never before encountered in order to survive.

On one side the press and the politicians declare that everything is fine and under control, and on the other the people in their daily lives verify that life isn't going so well and it is often difficult and humiliating.

Mother Earth sweats from pain, loosening the reserves of drinkable water from the glaciers, thirst threatens humanity; and besides this she seems to want to shake off her back the unworthy people with earthquakes, hurricanes, floods etc, but often innocent peoples are involved.

**Fortunately**, according to the scriptures, and thanks to the Chosen One, a change is possible, affliction is relieved.

We are fortunate to know that the Chosen One take the load off humanity and thus by taking this responsibility they resolve our troubles.

We feel impotent spectators, victims of powerful persons without scruples, of common places and

fashions, crushed by the multinationals, paralysed by bureaucracy, poisoned by chemical and pharmaceutical drugs.

Yet, despite this paralysing situation, the Elected save us!

## **WHO ARE THE CHOSEN ONE?**

With reference to scripture, a change is possible thanks to the Elected/Chosen one.

I thank them every morning and every evening for all they do for us.

Wait a moment! **Who are the Chosen One?**

They don't have a poster, or bear a badge, or a suit, or belong to recognised an association!

Who are they? They don't belong to a specific religion!

How do I do recognize them?

And if they needed help how could I help them?

I want to discover who the Elected are.

Let us discover it together!

**That's the answer:**

A person who chooses to expand, properly, Sacred Love, Peace and Happiness of God is a person elected to office who works for the good of the universe, the dissemination of the highest sacred values.

## YOU CAN BE A CHOSEN ONE

In reality every human has the possibility to be one of the Chosen/Elected One.

In the depth of every being an invisible light animates every particle.

The invisible light is an emanation that expands itself in space and at will it can transmute into energy or matter thus transform or instantly create reality.

This light oscillates from one side to the other of the universe bringing light, information, knowledge.

This light is connected with all particles of the universe giving indications of order and harmony.

**The principal demonstration of order and harmony, converge in Spiritual Love, which is expressed among human beings through peace and happiness.**

If the Holy Presence of Love that transcends the physical senses is desired by the conscience and soul, the level of attention will change accordingly, and spontaneously, it will penetrate the being with values spreading through the very presence and smile.

When a person desires to accept this Sacred Presence of Love in his conscience and heart , and he recognizes Himself as sacred because He is superior to the limited feelings of his physical senses, spontaneously he changes his level of attention and he realizes that he is already receiving.

When he accepts himself the sacred Presence with its Peace, Happiness and Love, he can then divulge it consciously and spontaneously.

When a person knowingly chooses to **spread Sacred love, peace and happiness of this Sacred Presence**, he automatically becomes Elected to be a person that operates to spreading superior qualities through the universe for everybody's good.

Well! If you welcome the opportunity to be what you are, a Chosen/Elect, you can express in the world this your predestination.

## WHAT DOES IT MAKE AN ELECT?

A Chosen/Elected One, is a person like others, who can suffer, rejoice, fail or win, however he has a particular characteristic: **recognizing in every being, thing, animal, the presence of an invisible part that unites everything and that makes everything sacred.**

**The Chosen is a person that celebrates God with every breath, a praise for life** and who spreads his peace, happiness and love around: all this originates from the Sacred Presence.

The Chosen operates within, to improve himself, his family, in his own district, in his own city, in the world.

He or she acts internally and psychically through with actions.

He first acts internally to become tuned to the plan of universal peace, so that his actions are directed towards the good of all mankind, and then acts externally to promote them.

Any place is the best place to be, and he or she radiates awareness that all is sacred and that everything is an expression of the Sacred Invisible Presence.

**The Chosen one blesses**, expresses kind words about everything and everyone, because in every

occasion and situation he or she finds the sacred thread that unites the universe to his or her more subtle bodies: from the atoms to the emotions.

This attitude acts with force inside the subject, who can thus modify the intuition of people, catalyse recovery, and above all, is able to help anyone reawaken and attune to the qualities of peace and respect.

The Chosen one not only looks at the external aspect of the matter, but also to the deeper, invisible, sacredness that animates it.

**The Chosen one sees beyond.** He doesn't allow himself to be distracted by appearances, but **goes right to the heart of every being** and nourishes it with the attention to the Sacred Presence that lives within .

**The elected person** through every breath, praise the living God, that loves honour and appreciate it, and he lavishes all peace, happiness and the Love drawing from the Sacred Presence.

**Her every breath is a praise of gratitude.**

## **TO THAT RELIGION AN ELECT BELONGS?**

*Without Peace and Love there is no religion.*

The Chosen one recognizes he is part of Sacred Presence.

**He can adhere to one religion or philosophy and respects all the others** because each religion maintains the sacred aspect of life, using the language and the rituals of people and places where it is developed.

The Chosen one has absolute faith in the Sacred Presence and is has absolute trust in its Providence.

His ethics and behaviour, are coherent with the teachings of all the prophets, first respecting the Sacred Presence, then every being and creature and the principles that render our mind strong and peaceful.

The Elected One recognizes his shortcomings, does **not judge**, but **asks the Sacred internal Guide support** to improve and rise above his old frail self, without paying any attention to his own judgements or becoming distracted, only to be totally **immersed in the internal walk of light**.

He respects and protects all beings, even the most dangerous, as they continue to be part of Sacred Creation, **and he also prays for and blesses them** so they may awaken to Sacred Love.

He prays that their angels or guardians be helped and have the best tools to help them so that they can be sustained in driving him towards peace and love.

**When attention is placed on the sacred aspect, every being is perceived as a sacred temple.**

The Sacred Presence pervades everything and is everywhere; the Earth is the sacred place from which rises the Divine and Heaven: the boundless demonstration of its emanation.

From the Earth to the Sky through every being the Sacred Presence radiates its Peace, Love and Happiness.

Every being is a sacred temple, and cannot be desecrated

The loathing of desolation must therefore be prevented not only regarding places, but people, because **the principal religion of humanity is called Sacred Love and Sacred Peace.**

The Chosen one can assist in all rituals of peace and love because they respect followers of all religions or philosophies and even those who consider themselves atheists. He respects those who shrink from not believing and those who are afraid of believing.

The Chosen one recognizes the Sacred Presence in every being, respects and **loves it with His Love.**

Recognizing every being as a temple of the Sacred Presence he accordingly recognizes him or her as the bearer of the teachings of the invisible One.

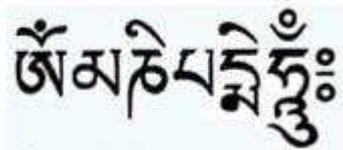
The Chosen one recognizes every being as a teacher because he bears the flame of the Creator, and respects him because he belongs to the Sacred Guide.

Every negative action that a person commits forces the Chosen one to ask himself: " What do I do in a similar way?" What is he trying to tell me? What am I unable to see? Do I have to rid myself of some negative attitudes that originate from my family clan? What must I transform in my life? What is the Sacred One trying to teach me through this person? "

Religions such as Christianity, Judaism or Islamic, teach that the **Sacred Presence is Love and Peace**. All those who don't love and don't act towards peace, are not believers. **Those who believe, emanate peace and love everywhere.**

Those who don't succeed in doing this must be acknowledged and helped.

The Chosen one possesses the capacity to act, guiding every being towards peace and love, thanks to his simple presence **and interior awareness of Sacred Peace and Sacred Love.**



### **OM MANI PADME HUM**

Meditation for Peace Tibetan devoted  
the magnificent jewel that inhabits our hearts

If you so desire excellence, then **receive an opportunity to be what you are, "a Chosen One"**, so that you can express this in your predestination.

## **THOSE WHO BELIEVE BRING PEACE, LOVE AND SERENITY EVERYWHERE**

Religions such as Christianity, Judaism, Islamism, teach that **God is Love and Peace and Respect.**

Anyone who does not love and who does not act towards peace, is not a believer because he or she doesn't work according to the will of the Creator.

Whoever fails to do so must be recognized and helped.

*"If each of the breaths of the Chosen is a praise to God each of its actions emanate Peace and Harmony. "*

**The Chosen One is** a person who has the ability to act bringing peace and love to all beings, using only his presence and awareness of the inner Holy Presence and Sacred Love

If your every breath is a praise to God,

Your every action will be Peace and Harmony.

Emanating peace through ones presence, one creates an aura of holiness that relieves tensions in people with whom one relates.

How do I transmit peace without acting and speaking?

## HOW DOES A CHOSEN ONE BRING PEACE?

The Chosen one spontaneously brings peace **with his presence, with his slow and deep breath and with his actions.**

**The slow and deep breath, induces calm in himself and in others.**

*The slow and depth breath, combined with awareness of the positive qualities of the Sacred Presence, act as a catalyst that resonates and awakens the same qualities in every being.*

### **How can breath be slowed down spontaneously?**

Maintaining the attention on the Sacred Presence, on its objective, invisible to the physical eyes, and loving it as the most important reality of ones life.

Changing your vantage point, you changes your reaction pattern.

**Observing and loving the Sacred One, our breath spontaneously slows down** and with this, peace and serenity manifests itself.

Observe the Sacred anywhere  
perceive him anywhere  
and your breath slows down spontaneously!

Every single thought, every state of mind, is communicated to the universe by subtle forces: the better the thoughts, the better the effects produced.

The Chosen One practices the cultivation of his Spirit with the best thoughts and state of mind in order to be a model of strength for the everybody's enhancement.

The Chosen One feeds and to feed his soul and internal serenity can meditate, contemplate, beg praising the Sacred One or to use the Teopneutica.

To energise and nourish his soul and attain internal serenity, the Chosen can meditate, contemplate, and pray praising the One and use the Teopneutica.

**Medit-action** is a word that can be considered as composed by 'mediate' and 'action':  
a to center oneself to carry out a just action.

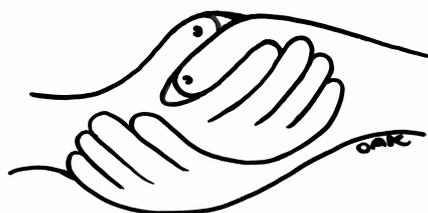
The **Elected One** who the capacity **to take action**  
So as to awaken every being towards Peace and Love,  
owing to his mere presence and **internal attention to Sacred Peace and Sacred Love.**

### **Inhale**

The breath of God inspires in me.  
Thank you for giving me life.

### **Exhale**

The breath of God in me expire  
Thank you for giving me life.



## WE ARE ALL SAINTS, YOU INCLUDED<sup>5</sup>

*But in every nation he that feared him, and worketh  
righteousness, is accepted with him.*

Act 10,34



All human beings and creatures belong to the Sacred Presence, they are sacred, untouchable, and whoever commits an action of injustice towards them, automatically commits it towards the Creator.

Since every being belongs to the Sacred Presence, every creature contains within itself the seed of holiness. Some express it only when they eat, some only when they sleep, however we are all holy all the same.

Our holiness is limited according to the person, according to conditions of personal comfort, of climate, of stress, of appeasement etc. Often a person feels holy and behaves like a saint when in love, others only when they earn, others while asleep, others when gazing at the sky, etc.

**In earthly life we have the possibility to broaden the contexts of our holiness.**

---

<sup>5</sup> Vatican Council II, from "Gaudium et Spes," the Church in the Modern World "December 7, 1956 Chapter I: The dignity of the human person. § 22, paragraph e: "... for all people of good will in whose hearts grace works. For, since Christ died for all, and the ultimate vocation of man is in fact one and the same destiny, we must hold that the Holy Spirit offers everyone to come in contact, as known to God, through the Paschal Mystery. "

Every day we can discover a new space in which to be, or practice occupying those spaces where yesterday we didn't succeed.

### **I desire to die a saint with all of my holy friends.**

Many of my friends have already left this terrestrial dimension and I hope that their light shines with divine love and happiness in the universe on the other side....

I hope that, if you so desire, you can free yourselves of all darkness to become an emission of pure light of love.

I ask and invite, whoever wishes it, to pray for you, if you so need, so that you are forgiven, both from yourself, and from the Lord of the Judgement, for every one of your ancestors guilt.

I ask that you be resplendent, boundless in the uncontrollable light of God's love and happiness.

Some people deny being holy, hating themselves, their own kind and consequently the Creator.

One can understand that by hating their sacred origin, they hate the sacredness in themselves; in this way they create the conditions for a difficult and suffering life and (particularly if they cover roles of power, either laymen or religious), they also create suffering in others.

Our prayer and meditation goes out to them, so that they are able to regain their holiness and again proceed with it for the good of all living beings.

And you,...**now you are aware of being holy and chosen**, when you act towards peace, know that you are recognized **as a child of God** (Matthew 5,9).

Then, dear friend, if you feel yourself God's child, Saintly and Chosen, you can responsibly welcome your Sacred nature. I honour and respect your marvellous journey of strength and power that awaits you.

**A Chosen One is selected, a person chosen by the Sacred Manifestation, to act according to its principles of Truth, Love and Peace (Matthew 24,22). You are selected, the present is now for you!**

**If you feel yourself chosen**, know that you be proud of what you feel, should the world laugh at you, can know that, **the bright flame of Life shines in your heart.**

Nourish it and turn it into a powerful sun with Sacred Love, Peace and Happiness that radiates in the universe from the Sacred Presence that lives within you!

**Remember:**

**The word of God is light, if it doesn't illuminate it is not the word of God.**

## **ACT IN SIMPLICITY' AND TRUTH'**

*The words of every one are its oracle (Galatians 23,36)*

Every person with a simple heart, and with the Spirit of a child, free and pure, **is powerful in prayer** and is driven by invisible strengths in life.

To be powerful in the Spirit, you have to reawaken the attitude that you has known from your birth.

Open, free, full of wonder and amazement, you have a unique truth, and you are totally coherent with it: in your body, in your emotions, in your thoughts and also in the most subtle aspects - we can define as Spiritual and sacred.

**Recall the feelings of just being born**, in a perfect birth, painless, you are born to life, feeling absolutely beloved, satisfied; you are **smiling amongst smiling people who love you**, and you feel yourself accepted, enveloped, permeated by the invisible Sacred Presence that loves you unconditionally.

Let yourself be nourished by this feeling, slowly and deeply breathe in the Sacred Spirit; feeling a deep thankfulness towards the Sacred inspiration, that is called Spirit, which breathes within you, giving you life.

You are connected to everything, from the center of the earth to the endless infinite that never ends, over the endless One, over the light, over demonstration of the laws, over, in the light of the Creator.

Focus on your inhalation and exhalation.

While **the Sacred breath is inhaled through your nostrils** imagine that it brings you its light, peace, love and happiness.

When **the Sacred breath is exhaled through your nostrils**, imagine that it spreads light, peace, love and happiness anywhere.

Everything that it comes into contact with, is made sacred by this Sacred Emanation and it is transformed into a potential Eden wherever you are.

**The places where you instantly recognize the Sacred Presence ,are perceived differently by your senses and you can perceive the Spiritual Heaven that is concealed within it.**

**Nourish the awareness of this heaven** and like a gardener water your own garden, then you will see buds of peace and happiness flourish day by day everywhere and also in the people that you will have succeeded in loving, with the love, peace and the happiness of God.

## **BLESS THE SOURCE, LOVE THY NEIGHBOUR**

We have two sources: one animated by the Spirit and one material, structured by DNA.

The Spirit and our ancestors are our sources.

If you purify the water source, it evidently becomes clear and it nourishes us, thus promoting health.

If it becomes polluted, it poisons us, making us sick.

Purification means to bless, honour and appreciate.

By paying homage to our origins, we also pay homage to ourselves

As with the waterfall - all that is purified above consequently purifies what is below.

A blessed chosen one purifies his ancestors and blesses and praises his Creator.

His life thus overflows with blessings.

You will have easily noticed that many people seemed to have been put in your life to show you how unsaintly you are. They seem to be able to do those very things that make you angry and anything but saintly.. and then they laugh at you.

They do those things that in certain moments you just want to hit them, “kill them, destroy them,” Therefore, inside yourself, give thanks to them and

honour them because they are the teachers that the universe has chosen to help you see where you have to improve yourselves.

Honour their journey as if they were your parents and inside yourself give them permission, to continue behaving as they are, since, on the one hand they have to complete their earthly journey and you on the other have to complete your own purification.

Thank god that he speaks to you through them.

The same thing goes, above all, for your own parents.

One of the 10 commandment teaches us to honour them and only by honouring them and their ancestors can you honour yourself, the temple of the Spirit, since you are in fact formed by the information of their chromosomes. Thus if you are unable to love them, you are unable to love yourself. If you can love and honour them, then you can really honour yourself.

Observe the scene as if you were a spectator that sees both sides of the relationship honouring and respecting both journeys. Ask the Lord to bless both. Practice Teopneutica with you, the spectator and you (the observed) and your relatives or whoever makes you suffer.

You will see that in a short time that even the greatest wrongs suffered will be considered a school of life urging you to reach saintliness being able to incarnate the love and happiness of God.

Naturally all this is not easy or quick to achieve.

However, in time you will improve your ability to modify situations and as a result it will become spontaneous, consequently improving your health.

Jesus stated **“forgive and you will be forgiven”**. Sometimes we have done wrong and we feel guilty about this. For this reason someone is sent to us by the “Supreme Justice” to give us the possibility to make amends and learn forgiveness. These are concrete proofs of our ability to be able to forgive thus freeing ourselves from the chains that tie us to the consequences of our past actions or to our ancestors.

whatever happens, thank the universe for this opportunity and forgive and honour the journey of your companions, blessing them and in life you will be blessed.

## **Breathing in**

*Father, I praise you because your forgiveness flows from me to others*

## **Breathing out**

*Father I praise you because your forgiveness flows from others to me*



In every living being the Spirit is present.

**The Spirit is pure and clear.** It shows us the way in our life and **is nourished by love.**

When the displeasures, traumas and bad experiences take their toll on us, the nervous system reacts and, (deviating from its initial program), it re-programs the behaviour of the body. Little by little the Spirit is excluded, losing its hold and the human being loses its centre and becomes more vulnerable to bad influences and sufferings.

**Salute the Spirit, bless it, love it, welcome it**

and appreciate it for what it does for your well being and that of others.

**Bless the Soul** and whoever has made you suffer so that *"the love of God that operates through you,"* supports it bringing it back to love and light.

## **YOU ARE ALSO THIS, BUT YOU ARE NOT THIS!**

If there are negative thoughts and emotions, even the most terrifying on your mind, remember they are not yours, but belong to the information received from the genetic code of your ancestors.

When thoughts capture your attention and make you feel guilty or have inadequate recognition inwardly, says:

"I am this too but  
are different from this "

The most holy part of your person, is the best part of yourself, its task is to recognize, observe and transform all information, negative thoughts and emotions that animate your psyche in love. Any negative thoughts you have, loved for what you are and if it disturbs you say:

"Thanks for your thoughts and attention towards me, now I have other things to think about, please remain silent!"

"Now this does not interest me, maybe later ..."

The thoughts dissolve, leaving serenity in their place.



What makes us happy is not reality  
but what we believe is happening.

## KOAN

The Koan is a great invention of Eastern mystics. The Koan are particularly developed among practitioners Zen , a framework that aims to stop the swirling flow of thoughts and eventually to let go our quiet peace.

A Koan is a phrase that prevents the brain from finding rational solution

This allows you to remain suspended in a state of inner silence, the mind does not know where to go, it is numbed, it can not give advice, interfere with balance, it is kept silent and, at that time, the interior peace is able to expand giving us the capacity to listen to ourselves:

When the mind is silent we can hear what our innerself, our soul, our sacred part is saying. When the silent mind can perceive our innate wisdom, understanding our path to unification with divine harmony.

The Trinity (suggested by Tertullian 160-220 AD) is a western Koan. It is a concept that has nothing to do with monotheism or polytheism, it is an exercise for our minds. It is impossible to understand what it means to be one and three people at the same time. Coming from God it is very powerful to distance the mind, and the archetypes beyond duality. One, Three, Infinity ...? The analytical mind of the left brain remains dumbfounded, forced to remain silent and finally **the love of God can flow into our hearts and enlighten us.**

## THE SACRED PRESENCE IS CALLED IN MANY WAYS

*Wu ming tian di zhi shi*

*You ming wan wu zhi mu*

*The being (the term not to be) without name is the origin  
of the sky and the earth.*

*With a name (the term to be) it is the mother of all the  
things.*

*Daodejing - Julien Stanislas (Duyvendak J.)*



From sanskrit **Dei wo: bright sky**, originates the term Deus-God. In China, in Taoism, **Di** is the one above, the One, from where the wind originates (the Soul), and the 8 directions.

**The name of God, is Sacred and cannot be pronounced** being in existence before creation and thus before language.

The mystics attribute God with many adjectives to describe certain emanations such as 'Clement' and 'Merciful', 'Good', etc., otherwise they use sounds or semantic words that express the concept of breath, the vital life force that allows man to live on earth.

**EL, ELOHÌM**, Creator and **SHEKHINÀ** Presence.

**YHWH**, the Jewish name is a representation of the lungs with the erect vertebral backbone, it represents he who is, he who was and he who will be: the eternal life.

**ALLAH**, represents the sound of the whiff of breath, defined in the Bible as Spirit, this sound applied to breath is used from current Islamic Sufi, decomposed in All---llaaahhh.

**ABBA**, the name proposed by Jesus, means Father, but also it, as the name Allah represents the movement of the breath abbb-baaaaa.

**ALOHA**, the Hawaiian greeting, means "God's breath."

IAOUE, is another way of naming him and reassumes the 5 vowels.

**YEHOSUAH**, is the name Aramaic of Jesus, and it means "the Hand of YHWH" this explains why Jesus says to ask in his name, because is like asking "**in the name of the hand of God**", that represents the material action of the Sacred Presence.

**Brahman, the unknowable**, all of which originate from the events antropomorphised culture of **trimurti Hindu: Brahma, Vishnu and Shiva**.

In the holy Himalayas, **Haidacandi Babaji** taught to repeat the name of God to purify our hearts, in the tradition Shiva is the mantra **Om Namah Shivaia**, which can mean: "I submits to God's will and his purification".

The same exercise is worth for the mantra "Hare Krsna, Hare Krsna, Krsna Krsna Hare Hare", where the name of the sacred one is combined at the end Krsna.

We can expose many other names, but the constant theme is always unity, breath, and love.

Keeping the attention on a sound full of transcendental significance, the attention becomes detached from the 5

senses, we can return 'home', **to the theme of order and harmony** that pervades everything.

Then a daily exercise that associates a sound, a word, a breath to an interior state, makes us more and more capable of reaching that state within. It is often just enough to take a slow and deep breath and enter that particular state that renders meditation and the prayer even more powerful

Christ never wanted a religion of “Christians”, that is what happened to Antiochia (Act 11,26) after his death, but searches even today for **friends that welcome the presence of God and who work according to his principle of Love**; Mohammed didn't want any Muslims, but only the Islamic ones (Islam means Peace) who acted for the peace of God. In the Bible the prophets and Moses didn't want to create of the "Mosesian or of the Prophetians", but simply people who loved God and respected His creation with love.

If you consider yourself to be an **Atheist** or don't feel like saying you believe in God, you can use your own reassuring personal terms that express the universal potential Almighty archetypes - **Peace, Love and Gratitude** for all beings.

The important thing is that you are able to transcend your physical senses and your mind to help you make the jump "to your interior universe where serenity abides".

**Love, Peace and Gratitude** are the principal characteristics of whomever desires to testify God on earth.

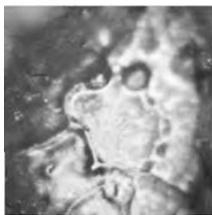
The synthetic characteristics of this Sacred Presence, transmitted by every religion is **Love, Peace and Gratitude**.

**Musaru Emoro**, has discovered that water crystallizes differently depending on the thoughts that adopt and pronounce the words.

This remark testifies that we emit frequencies that affect the environment.

It also makes us more responsible for our attitudes say what we think, say and do.

### **Crystallization of saying**



←Fujiwara Dam water before offering a prayer.

Fujiwara Dam water after offering a prayer (changing the Qi or intrinsic energy).

→



"Love and Gratitude."

Musaro Emoto (hexagonal water).

Water exposed to negative thoughts or words, crystallizes disorderly, with vortexes and disharmony leading to chaos; when instead it is exposed to thoughts, words or noble and pleasant music, it crystallizes in a form tending towards harmonious geometry; similarly to ideogram Qi, (the breath of life.)

Therefore, we can understand the Taoist lesson;

"I heard that the way the ancient ones healed diseases

consisting simply in moving the essence and changing the Qi; it was simple enough for them to just pray."  
Neijing Suwen cap. 13, pp. 100.

**He who loves is at peace, recognizing the Sacred Presence everywhere and believes spontaneously;** he who doesn't love is not in peace, doesn't recognize the Sacred Presence and chooses to pay attention to the forces of confusion and separation that fuel fear, distrust, poverty and pain.

**Love in latin, means no-mors, that is 'without death.'** God is Love, therefore a person who kills or voluntarily provokes death cannot declare himself to be a believer or a person of God.

The sacred texts, always arrive at the same synthesis to express an attitude of devotion:

To express the connection with the Sacred:  
You welcome and act in the Sacred Presence of Peace, Love and Happiness with a slow, deep and fluid breath.

**Without Love and Peace there is no religion but only confusion.**

## **A DAWN OF HOPE: THE BREATH IS THE LOVE OF GOD**

**Koran 20/25-28** -*"Oh lord, open my heart, facilitate my mission and dissolve the knots in my tongue, so that they understand my words"*

To help people of all creeds to reunite in Spiritual peace and illustrate that common part that unites them to the Creative Father I have elaborated **Teopneutica**.

**Breathing with attention focused on the divine nature.**

It is valid for people of all beliefs.

Peace and Love, specific attributes of God, animate the heart of this precious instrument of contemplation for the benefit of all living beings.

In Teopneutica I use the term God or Creator, and I focus our attention on **His Peace** and Love.

The term God, as we have seen it, is limiting but it helps to focus on the Principle, the Creator, the theme without name, of the unmanifest and manifest Spiritual order.

In internal silence, the Word operates giving Peace, Love and Happiness to all of its creatures.

Atheists or those who don't feel like expressing a belief in God, may use a reassuring personal term and express the almighty archetypal universal potential of Peace and Love valid for all living beings.

## ACT WITH SIMPLICITY AND TRUTH

*“Everyone's words are his Oracle”*  
Galations 23,36.

Everyone who has the simple mind and heart of a child, and pure and spontaneous is able to **pray powerfully** and guided by invisible forces in life.

To be Spiritually powerful you must reawaken the attitude you knew at your birth.

Open, spontaneous, full of wonder and surprise.

You have but one truth and you are totally coherent with it: with your body, with your emotions, in your thoughts, and also in the most subtle aspects that we can define Spiritual and sacred.

### **Recall sensations just after you are born**

after a perfect birth, without any pain, where you are born into this life and you feel wholly loved and satisfied; you are smiling amongst smiling people who love you. You feel accepted and enveloped **with the invisible Sacred presence of the Spirit** that loves you unconditionally.

Allow yourself to be nourished with this feeling, Welcome the sacred Spirit that breathes in you slowly and deeply; feel a deep sense of knowing towards the sacred breath, that which is called Spirit, which breathes the life force in you.

Give thanks to the breath of the Creator who loves you, who keeps you in life.

If God keeps you in life it is because he cares about you, you are precious, so thank him for not realize this before.

**Smile inwardly at him.**

Now you know you are filled with His presence that keeps you in life! Thank him and smile at him.

From this moment proceed together with the Creator in happiness on a higher project of love.

You are connected to all, that goes from the centre of the earth to the universe that never ends, beyond the infinite, beyond light, beyond the manifestation of laws, in the light of the Creator; you are children of light.

Stay focused on your inhalation and exhalation.

As the **Sacred Breath breathes through your nostrils**, affirm that it brings light, love, peace and happiness within you, nourishing the sun of sacredness that is near your heart and expanding it towards infinity.

When the **Sacred Breath breathes through your nostrils**, affirm that it spreads light, love, peace and happiness, blessing everywhere, and making your heart more and more radiant.

Allow yourself to feel grateful and appreciate this gift.

All that you come into contact with is made sacred by this Sacred Emanation that animates the terrain of Eden wherever you find yourself.

**Every place appears and feels different when you recognize the Sacred Presence; you can perceive a serenity of Spiritual Paradise that it conceals, nourishing your awareness of this Paradise is like a gardener watering his garden. Notice seeds of peace and happiness blooming day after day, everywhere in people you love and with God's happiness.**

## HOW TO PRAY OR TO MEDITATE

You becomes what you think.  
(Mandukya Upanisad)

Every religion teaches specific ways to pray and every mystical teacher will propose techniques to obtain satisfactory results.

Some of these techniques are called meditation.

The **medit-action** is a word considered as being composed “mediate” and “action”: to centre oneself to complete a just action.

I like excellence.

For this reason I will show you what I have experimented as being the best tool to connect oneself to the Sacred Presence.

Initially I suggest some affirmations to say out loud to tune ourselves, our body, mind and Spirit to the sacred.

Luke, the evangelist, taught to initiate ones connection with the Sacred by affirming as such:

**“Father, your name is sanctified,  
your kingdom comes”.**

The second step is to pray **through the Spirit of God** (ephesines 6:18).

To do it one affirms, with inner awareness that the Spirit is the breath of life:

**“ Spirit I pray through you, thank you for letting me  
pray through you”.**

The time when the Spirit comes down in the holy scriptures is the tierce hour, **nine in the morning**. It invokes the strength of the Spirit that removes every weakness and hesitancy from your being (Psalms 27,1; 1 Corinthians 3:16).

**“Lord you are the strength of my life. I thank you for removing all weaknesses and hesitations”**

**Now I remind you of some points that may help to strengthen your Spirit:**

**1) Firstly it is taught that we are the temple of, both God and of his Spirit** (Acts 48,49)

**2) Then with respect, you take actions to be in the best possible conditions, from your cleanliness to your food, to good health, and positive thoughts; your body must be temple that receives and shines with the Sacred Presence that lives within!**

To this purpose I shall recall these sayings: *"Islam is clean, because whoever is clean enters Heaven. - Whoever desires that God increases his wealth washes his mouth and hands before and after meals – Cleanliness is already an act of faith"*. The same goes for the mind and the soul. moreover it is said that **the sky is its throne and the earth its stool** Corinth.1,15-28. Isaia told: "I will glorify the place where I have set my feet". **Therefore we are his temple** placed on his stool and we are under his throne. This is a metaphorical image that can be useful to focus and be

centred in life and to stimulate us to bless all the places we occupy. Every single space is under the throne.

2) The moment you decide to restore splendour to the body - temple of the Spirit, take a few slow deep breaths and focus on the awareness that "God lives within us and we live in God", and that our body is God's temple.

<p><b>I am in God and God is in me.</b></p>
---

Now it will be easier to devote yourself to the "maintenance and care of the body", and you can easily love it, since the body is neither beautiful nor ugly according to fashion or what we would like it to be, **yet our body is the most perfect temple that God could create, in one of his divine plans**, with a precise purpose, giving himself to you, He trusts you deeply and wants you to treat it with care and attention. He wants you to use your body to manifest conditions of peace and happiness on earth by loving one another with respect and mutual understanding thus glorifying his Eden.

3) **Focus your attention in the heart.** This is a metaphoric vision that however has a concrete meaning. When we focus on a part of the body, the part with all the vital connections, then this is activated the most. In this millennia the body has developed a code, that when we place our attention on the chest and we imagine Him and we observe the Sacred Presence, particular feelings are activated; a subtle tenderness, a greater ability to embrace and feel connected with Creation.

Imagine that: "**God lives in the heart and from there He smiles at you**", you will feel a particular sensation. Observe Him either in your heart or in the hearts of others.

To improve connection with the Sacred creation bring your attention to the zone between the lungs, imagining the invisible sacred presence emanating in you together with the Creator, His Peace, Happiness and His unconditional Love.

#### **4) Slow and deep breathing.**

It is known that people with a fast and shallow breath are distant from God, in fact this breathing can be a sign of anxiety, fear or panic.

Breathe slowly and deeply, **and with every exhale imagine releasing all thoughts and negative influence**, then inhale visualising the purifying light of the Strength and Power of God.

**5) Recall the feeling of being a newborn child** (Peter 2,2) open, without malice, full of wonder and amazement; acknowledge the Sacred invisible and overflowing Presence of love that envelops and penetrates you.

**6) Order your weakness to go away confessing (affirming) "the Lord is the strength of our life".** (Psalms 27,1).

**7) Another important concept is that the Sacred Presence is more perceptible when two or more people gather before him and pray or meditate together.**

John 1-5:3, teaches: Nobody has ever seen God; if **we love each other**, God remains in us, and his love becomes perfect within us.

8) To feel a deep connection with the Sacred it is useful to **lift the arms to the sky** as if to welcome Him, as a child does when it lifts its arms toward its mother to be held and lifted up. (Psalms 141.2; 10; 134; 63-4).

**9) Praise.**

God resides in praise, as the scriptures teach, therefore to find him we have to praise him. We praise him for being in us, the sky and the earth.

When we gather together, loving each other, then we really open ourselves to acclaiming the Presence of Love and Peace; **we lift up our arms and we praise Him.**

10) Let us praise him with songs and dances of joy. **Be happy in hopefulness** (Romans 12:12).

11) **Honour your father and your mother so that you are happy and have a long life on earth** (Efesini 6:2).

The genetic code of our parents and our ancestors lives within us. Blessing them and honouring them, we bless them and we honour their part that lives in us; cursing them, automatically we curse ourselves.

Many recoveries come about by simply honouring our ancestors and internally helping them to complete their run of life, even if this seems to be against us, and by asking forgiveness for having judged them, a responsibility that is the duty of God only.

*What makes a man intelligent is the Spirit,  
it is the breath of the Almighty one.*

*Job32:8*

## **THIRD PART**



### **RESPIRATORY METAPHOR FOR INNER HEALTH**

**DO YOU WANT TO COME WITH ME IN  
THE HAPPINESS OF GOD?**

---

## THE TEOPNEUTICA FOR EVERYBODY

*Bless all those that curse you, pray for those that outrage you. Luke 6:28*

Understanding how we are connected with the sacred, we can deepen the Teopneutica concept.

Buddhists make the promise to fulfil themselves and to return to earth in another life in order to liberate all beings from suffering.

I desire to already help the beings in this life, to transform what is possible in a better way.

For this reason in my opinion Teopneutica is a precious tool, because it reawakens the attention to the sacred aspect of existence, the ability, and latent aptitudes ready to be revealed in every being.

### ***PEACE TEOPNEUTICA***

Smiling, internally repeat

*Inhaling:*

**God (the Creator) emanate blessings, peace and happiness from me to everyone**

*Expiring:*

**God (the Creator) emanate blessings, peace and happiness from everyone to me.**

---

This is the most common formula of attention adopted with Teopneutica. It works for everybody, and it allows us to observe all beings united in the Peace and love of the Sacred Presence, completely "cherished" by this invisible scheme of spontaneous order.

Teopneutica consists of associating the conscious breath, to a total awareness, physical, emotional, Spiritual, **on the blessing qualities of God**, so, due to the law of resonance, we are able to expand ourselves in the heart of every being.

**It is a form of mental education, a fluent discipline** that connects us to the spontaneous order of the Sacred Presence and his harmonic flow.

Our divine qualities are always present, but attention on aspects of confusion, separation, fear, inadequacy, removes our perception of this presence, with the result of making a person, (thus a victim), feel, lost and easily given to sin and evil; this to try to compensate the existential void, that comes from the lack of internal perception of the Sacred.

From my experience the only **reality able to make us feel in place**, in any place, time and condition, it is to **acknowledge the Sacred part that is present in us and around us.**

To be able to do this we have to transcend the apparent perceptions of our 5 senses, opening us up to the internal senses that precisely allow us, to connect to a condition of amazement and wonder, just like a child when it is totally submitted to the embrace of his mother,

---

feeling himself protected, even if his mother may, at that time feel fragile, the baby feels secure and satisfied because it recognizes strength, affection and solidity in her.

The powerful strength of love and the internal senses overcome the perception of reality that can really be considered deceptive, that is modifiable from the interpretation of the senses that we decide to activate for perceiving it, or that they have the priority in to decode it. The scientific equipment, considered as truthful, will always indicate the same values in front of a phenomenon but we unlike the cars, will differently perceive it according to as we set there.

In one moment a voice will seem pleasant, in another, unpleasant, in a moment we will feel hot and with the same temperature after a short time, cold.

We now know that we can choose what sense to develop, what attitude, what attention to increase within us to make our lives better and with it the lives of everybody, we have to understand how to do this.

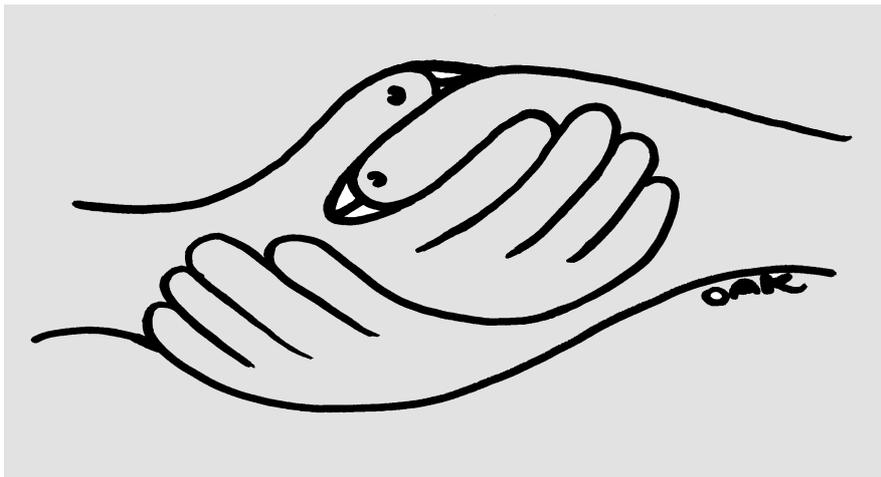
**Teopneutica is a way of moving our attention from confusion to order, from sadness to happiness, from loneliness to love, from frustration to divine appeasement.**

We can see how to amplify our perceptions of the positive aspects with Teopneutica.

---

## DO YOU WANT TO COME WITH ME IN THE HAPPINESS OF GOD?

We are in the right place,  
at the right time,  
doing the right thing  
that God has chosen for us,  
kept alive by  
His breath of life.



---

## TEOPNEUTICA THE BASIC NOTIONS

Teopneutica, is the contemplation of the divine qualities combined with attention on breathing.

The word derives from the suffixes **Teo** that indicates Divinity and **pneutica**, that relates to the breath.

The Teopneutica, derives from Rebirthing and Vivation, from the Spiritual inspiration of Himalayan Babaji Hairakhan Baba, and **it consists on maintaining the attention on the Sacred and on the Divine One during our respiration.**

It contemplates, the divine universal archetypes such as **peace, love, happiness** and comfort for all the creatures.

**My intention with Teopneutica is to use a capacity of well-being that is valid for all beings**, a happiness that is the same for all, a peace for all, a just respect for everybody.

Due to the fact that the requirements for everyone are different, I would say individual, the solution is to turn to the principles of love, peace and happiness, present in the Spirit of God, which is surely the best solution for all, in so much as we come from one of his projects; we become aware of it, welcome it and spread it in the universe with the vital breath, for the good of all the beings.

Various levels of practice of the Teopneutica exist.

---

The simplest way is to **breathe spontaneously, being aware that everything is sacred, everything is connected in a sacred unity of peace and love.**

As I have already explained, Teopneutica is a form of education of the mind, a fluent discipline that connects us to the spontaneous order of the Sacred Presence and to his harmonic flow; as with all disciplines Teopneutica can be practiced different levels of execution and focus. It can be performed with the formalities of Rebirthing and Vivation maintaining the attention on the Sacred.

The 5 elements of Rebirthing and Vivation and Teopneutica are from the teaching of Jim Leonard:

- 1) **Circular breath**, breath in an easy and pleasant way, which regulated by itself, and moves continually .
- 2) **Full relaxation**. All parts of the body know they are always sure of relaxing, *and I relax myself completely in this moment.*
- 3) **Awareness to the details**. I enjoy this moment to its fullest: to open me up to the enjoyment. I render my availability so as to get results. I look for how and where I can enjoy, then double my enjoyment, and deliver it to the Infinite one. Satisfaction is a magnet that attracts wellbeing for everyone. All that exists is pure joy.
- 4) **Integration with the state of ecstasy**. Thus, it is natural to feel in harmony with everything an integration with ecstasy.
- 5) **Do anything, because everything works**. I explore the subtle changes in my body and my emotions. I am and I stay in the present moment focusing on the subtle

---

changes. I inhale the most intense feelings: the air enters from this feeling and leaves my whole body. I integrate, receiving the information from this most intense feeling. I surrender to the my negative emotions, accepting these feelings with love and looking for any aspects of pleasure in this pain; *in this way I integrate the experiences elaborating and harmonizing them.*

These basic elements are useful to bring our attention to the possibility of physical, emotional and Spiritual change. To stay focused on the Sacred, Teopneutica uses another five elements, referring to the qualities of the Unknown.

The five specific sacred elements of Teopneutica are:

1) **All is one.** Everything in the universe is connected to the presence of the unknown. Nothing is separate. We are all a manifestation of the same essence.

2) **Unity acts within us.** It is the Sacred Presence that breathes within us, that move within us, that thinks within us; the more you perceive this Presence, the more it radiates from you. You witness progress by both the inner harmony and serenity, or how you deal with situations and people . The world reflects our internal world.

3) **Unity takes and gives.** You cannot receive without giving and you cannot give without receiving. Whoever it is that gives is always the same Presence that manifests his flow within us and beyond us.

4) **Unity has no limits.** The Presence transcends, free of physical and mental limits that we impose, we

---

embrace and spontaneously manifest the power of The Unknown within us.

5) **Unity is love.** The Unknown loves us and loves through us. You perceive this by your feelings towards the Holy which become more intense. Smiling with His smile and living within everyone and everything, our perception of Him increases our perception of his love. We are thus in a state of contentedness in His unity.

**To obtain the best from Teopneutica,** let me make few suggestions to reach a desired inner state of mind.

**Recall the internal condition of a newborn child, to perceive yourself as united, enveloped and pervaded by God.**

Verify that God is present in everything and everyone. - **I am in God and God is in me** (1 John.).

To reach this state, one must transcend the five senses, relating to the lower five chakras, according to the Indians. To facilitate this passage one allow yourself to **focus on the inner** senses which awaken when you are ready to feel the Imperceptible Presence of God. In this way you sense the upper chakras, those relating to Spiritual love and the Spirit.

**Spiritual love** is the most powerful inner state of mind capable of transcending the conditioning of the physical senses, because when it is a true and spontaneous feeling, it is not directed towards the body, but to the

---

essence of a person: his soul: beyond his body and person.

Observe as if **God were observing through us**, He sees and feels everything through you. You are his instrument of perception and emanation of love.

In the Sacred vision, separation is eliminated between Him and us.

**It is always the Sacred Presence that takes action**

All of the Sacred exists beyond our physical senses.

**You are sacred!**

I remember that the physical senses are connected to matter, while love and Spiritual perception transcend them and they allow us to sense the continuity between us and the Creator, through the divine Presence that pervades us.

**The operational key of Teopneutica** is the awareness that it is **God who is acting within us** and not us in the first person.

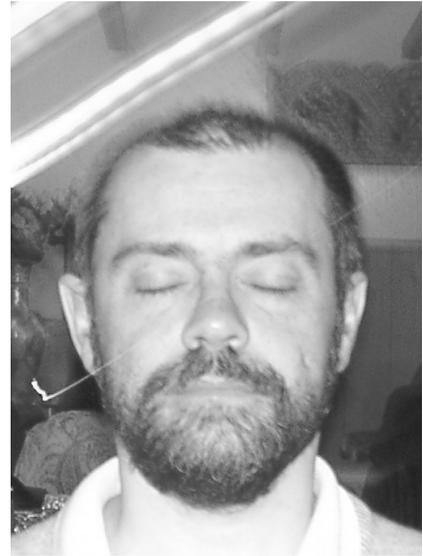
There is no separation between his presence and us, we are His temple.

Recognizing that it is the Presence who acts we, spontaneously regain our humility and we can again realise we are lacking in Spirit so as to be able to receive his Grace and the “kingdom of the sky”. Doing so we free ourselves from the illusion of being at the center of the universe, thus we recuperate our right place in existence according to His divine plans.

---

*We don't focus on the visible things  
(perceivable from the 5 senses) but  
on those that are invisible.  
(2Corinthians 4:18).*

Inward focus



*Photo: Vanni Favotto*

We are in the right place, at the right time and we are doing the right thing that God has chosen for us, maintained in life by His vital breath.

---

## THE CONCEPT OF TEOPNEUTICA - EDUCATION RESONANCE

All that we say or think **with presence of mind**, the phenomenon that produce results coherent with our thoughts, reflect our basic structure.

If, for instance, we live, think and speak of peace and harmony, we will emanate peace and harmony.

If we criticise we will emanate criticism

If we are intolerant, we will emanate intolerance

If we feel genuine love, we emanate love.

While we perform Teopneutica, with the aim of increasing peace, love and happiness, we must tune ourselves to the sincere feelings of **God's peace, blessing, happiness, love**, to be able to resonate at similar frequencies with others.

**Teopneutica produces the maximum results when:**

the presence of the invisible and unknowable of God is perceived by the inner senses,

when we feel united to everyone,

we don't judge, we forgive everyone.

when our parents and our ancestors are honoured,

when we love every existing part entirely,

focusing that contains in itself the Sacred Presence.

Observing people practise. I have noticed that we need mental and physical awareness that can clearly improve a feeling of well-being, allowing us to better express our own Spiritual power. Here are some hints that can be helpful:

---

1) **Perceive the Infinite without end**, God is on the other side; perceive endless time, God is there and in you

2) **Utilize the attitude of a child** that gives itself, vulnerable, humble, it doesn't understand and it recognizes its ignorance in front of the mystical Divine. With this attitude, (looking aloft, with arms raised like a child that extends towards its mother to be lifted up) listen to the internal silence and allow the presence of the Creator to manifest within you.

3) **The aim is to feel united with God** and this is possible only by perceiving Him in ourselves, with a gesture of love. The mother that judges, doesn't love: if she observes her child to judge it, this separates it from her, feeling separate she doesn't love him. When she loves him she doesn't judge it, she accepts it. We can pray to God when we feel united in Him and we perceive His presence in every part of the universe. When we feel him as our best friend, our ally, our confident, our accomplice, we are ready to proceed with Him.

4) **Breathing**: breathing is the phenomenon that emits frequencies into the environment. **Emotions do modify our breathing, but our breathing can modify our emotions or the mind.** When you are aware of your breathing, focus on **the Presence of the vital breath that acts in you enabling you to breathe**, and tune into His frequency. Understand that The Sacred Existence breathes in you to keep you alive and assume an attitude of thankfulness. You allow your body to be erect, strong and powerful in the fluidity of the Sacred Presence.

5) **Associate through the awareness of your breathing with the divine quality that you want to**

---

**diffuse.** The conscious breath can bring information to you. If you associate with every action of this conscious breath, a determined thought, that thought expands within you and around you. The more the thought is beneficial, the more you and those around you, receive the benefits of its effects.

6) **Think of God, His positive potential and eternal qualities.** This allows us to transcend form and the suffering that derives from its intrinsic nature and that is going to end in time; you can perceive what the Buddhists call emptiness.

7) **Feel the unity of God that pervades everything.** Matter is the manifestation that is perceivable through our physical senses. This matter has the characteristic of being separate. Separation is synonymous of suffering for many. For this reason a lot of people spend their lives trying to unite themselves to something: people, things, territories. Feel unity with the Sacred Presence and it will always stay with you.

8) **Focus on the Holy Presence** (observe things as if they aren't what they are) this allows us to perceive the unity that pervades everything with Its presence of Love.

9) **Focus on the love and happiness of God.** In the world there is suffering, caused by separation, from confusion, from the concept of "also", and this produces evil in humanity. On the contrary, there is the Holy Presence that unites everything with the strength of Love in everything.

10) **Resonance and breathing:** when we focus our attention on a determined thought or state of mind, we give out a certain frequency that expands into the universe. Every human being is like a piano keyboard

---

with keys being pressed to resonate any desired note. This determines that when we play on a thought, we allow all the beings to resonate that thought. If we associate conscious breathing to the thought, this emanation is more powerful, and if we associate the awareness with the Spiritual senses of the presence of God in everything, this emanation brings comfort anywhere.

11) It is not our peace and happiness that acts, **it is God's Peace and Happiness that acts within us!**

12) **Inhaling, welcome in the air** whilst allowing God to donate his positive aspects from you to everybody. **Exhaling, donate the air to the infinite one**, emptying and relaxing yourself in the presence of God. That is the best moment to perceive the beneficial Presence that gives Love, Peace and Happiness to all to us. You resemble a child that accepts and trusts in the protective embraces of its parents.

13) **We are not God, but God is in us.** You are not God, but God is in you. We have to be as pure as possible (in thoughts, body and physical cleansing) so as to allow His presence to become manifest within us. The harmony of our inner life witnesses this deep bond.

15) **Observe the work of Creator. He works.** Humans observing by its actions, give substance to his plan.

16) **ACT:** the most simple action such as cleaning or cooking, the more complex, as exercising a profession or lead others is a manifestation of attention. If man is attentive to the sacred aspect while the latter acts, his act becomes sacred bearer of blessing.

These are not the qualities of human beings that cause them to act, but those of God!

---

## NEUROPHYSIOLOGY OF RESPIRATION

People devoted to the practice of Yoga may be amazed because in Teopneutica when I inhale I think about giving and when I exhale I think about receiving the love of God, and they explain that the breathing is inverted.

I will now explain this more clearly.

To develop Teopneutica, after my training as a rebirther, I wondered if my medical formation in neuroriflexology and manual medicine, could be of any help in eventually improving the respiratory techniques for the benefit of everyone.

I have analysed the neuro-vegetative system: to assimilate nourishment, the body must be in a parasympathetic phase and to favour the action in the sympathetic phase.

Expiration, corresponds a parasympathetic and inspiration to the ortho-sympathetic phase.

**The first inhalation brings earthly life,  
the final exhalation brings eternal life.**

Then the best moment to give is when we inhale, because we activate the energy of activity, while the exhalation is the best moment to receive.

(For some the opposite may be more effective, and if so, let them flows that way).

We cannot give if we don't receive and vice versa, for which, observing ourselves in a continuous flow, when we inhale and we receive the life it is the moment to give

---

to others, so that the energy flows within us, without blocking it. When we exhale and we give out this elaborated air to nature, we are in the best condition to receive.

When we fill ourselves with air we rise, so, we can give, when we exhale and we relax in the exhalation, we are in the best condition to receive goodness and love.

Moreover it is God who acts; it is he who inhales in us giving peace; he gives us peace and exhales in us. This helps us to free ourselves from our ego by surrendering to God as taught in the commandments.

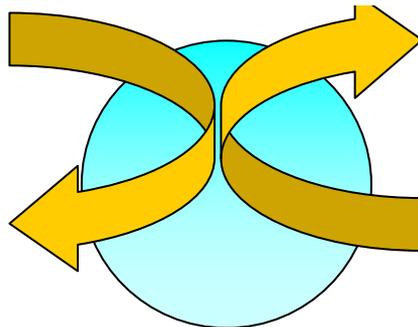
This has defined the following principle of breathing:

**Inhaling**

God (the Creator) gave his (her) quality (s)  
from me to others.

**Expiring**

God (the Creator) gave his (her) quality (s)  
from other to me.



**Inhaling:**

**God (the Creator) gives His peace from me to everyone**

**Expiring:**

**God (the Creator) gives His peace from everyone to me**

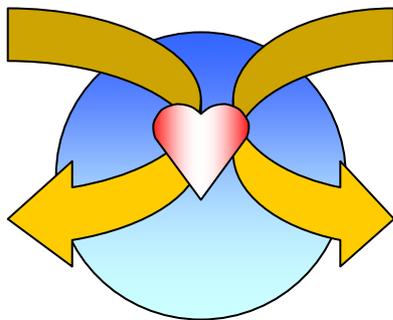
---

## THE PRACTICE OF BREATH WITH FLOW

Our mental focus observes the ideal flux of divine movement.

Inhaling, we pay attention to **God that inhales in us**, with his vital breath, emanating peace and love from us to the others, as if it pervades us and proceeds through the body toward the universe.

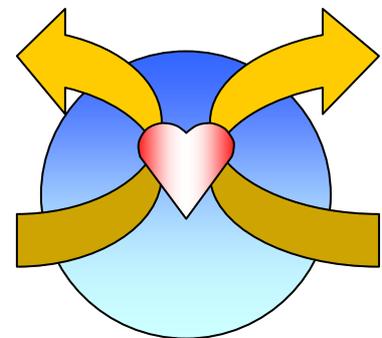
**When we Inhale His** breath penetrates in us, driven by



the desire of loving we want to live and feed our hearts with his light, his warmth and love. **This light is spreading beyond our bodies to all creatures.**

**When we Expires** we contemplate

God, through our body, who emanates peace and love from infinity, **from all the creatures around us, after again feeding our hearts with light and love** grows, with its breath our breathing outwards through our nostrils.



His breath pervades us influenced by his will to keep us alive, and **nourishes our hearts with His light, heat, and love, the light expands from our bodies towards all living beings.**

When we exhale we think that God exhaling with His breath in us, it emanates peace and love from all to us, as if the flow of the Presence comes from the universe, **pervading our bodies after again having nourished**

---

**our hearts with the light of love**, and it moves our exhalation towards the outside through our nostrils.

This inverted breathing has many effects, in the first place it helps us free ourselves from the concept that we alone in our pride are carry out this activity and puts us in a state of humility and acceptance before the Lord, to act according His wishes with the joy of feeling ourselves united to His desires.

To breathe thus, free from any attachments it allows us to be like an empty channel through which His Presence moves.

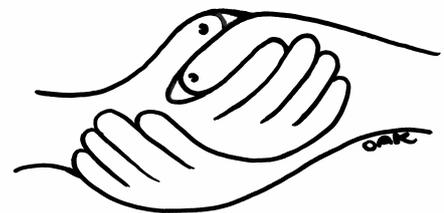
The Presence of God moves through all the senses, continually, in more dimensions, but we in this practice place our attention particular way on the part that flows in accordance with our breath, being moved also by His breath.

The body and the soul benefit from it and it is regenerated to the awareness of His Presence.

The Breath of God enters inhaled through the nose and goes out radiating from every part of the body.

As it enters it goes out. As it is received it is given.

In the exhaled flow the presence of God enters from every part of the body and goes out through the nose, also here as it is received it is given and it is always the Breath that acts in us.



The inverted breath was practiced by the Essenes, a community of people that lived at the time of Jesus and to which, according to some researchers, he himself

---

belonged. These people practised for the good of all, they healed and they shared life.

## FORGIVENESS

### **Inhaling**

Father I praise you because of your forgiveness flows  
from me to others

### **Exhaling**

Father I praise you because of your forgiveness flows  
from others to me

---

## THE SILENT PAUSES



**Between the inhalation and the exhalation there is a magic moment: known as apnoea.**

We are talking about a pause in which breathing is absent, there is stillness, calmness, he is in contact with the still moments between an expansion and a contraction, between a contraction and an expansion. In this moment the peace of God is easily perceptible.

When breathing stops one is aware of it inside, affirming:

**I am in the peace of God (the Creator)**

Or I am in the stillness of God, or any other positive quality.

In Teopneutica the complete cycle becomes:

Inhaling:

**God (the Creator) gives his blessing, happiness and peace from me to everybody**

Pause

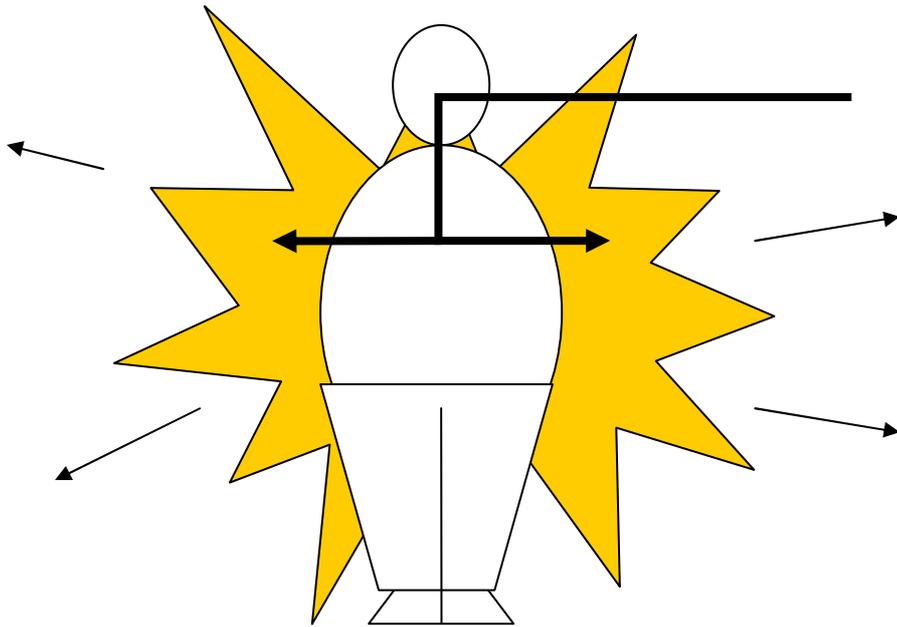
**I am in the (I have His) blessing, happiness and peace of God (the Creator)**

Exhaling:

**God (the Creator) gives his blessing, peace and happiness from me to everybody**

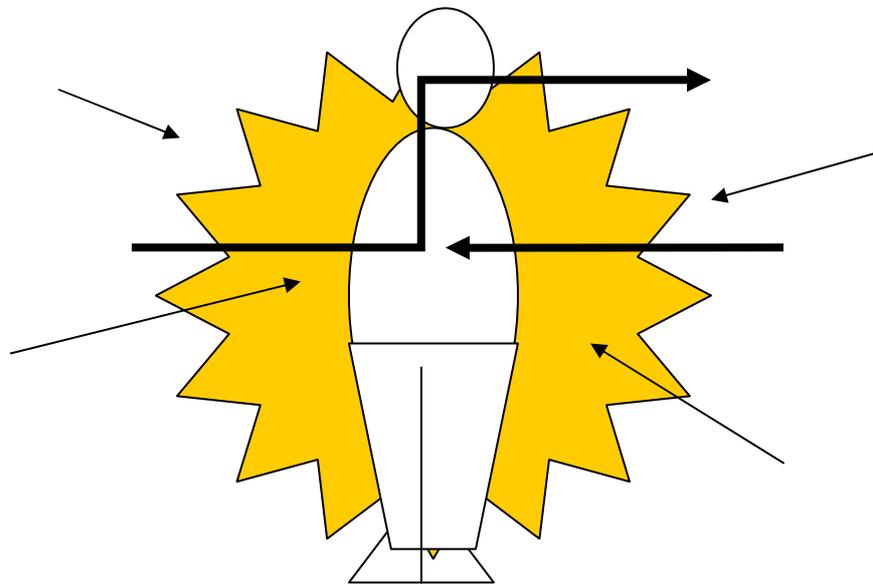
Pause

**I am in the (I have His) blessing, happiness and peace of God (the Creator)**



## Inhaling:

the sacred breath expands from the heart



## Exhaling:

The sacred breath of the universe enters the heart

---

## FROM DAOISM TO TEOPNEUTICA

*XUNZI CAP 12, Zhuan 21 - How can man know the Dao? With the mind.*

*How does the mind know?*

*Through void, uniqueness, and stillness.*

*Laozi CAP 25 - Man has the earth as a model, the earth has the sky as a model, - the sky has the Dao as a model, and the model of the Dao is spontaneity.*

The Taoist philosophy is to help us understand how to be able to make our breathing more fluid and uniform.

Just as we turn on a light by pressing a distant switch, so we can change our breathing spontaneously just by thinking and focusing our attention on different things.

If we think about worries or what we are afraid of, breathing becomes faster and more agitated; if, instead, we think of places of peace and serenity our breathing slows down its pace to stops momentarily in stillness.

Analyzing the words of Laozi we deduce that in its earthly descent, the Creator Spirit to man, a route is followed, originating from a spontaneous transcendental, order through the Spirit (of Heaven) has brought on earth a vital natural event that is finally expressed in mankind.

Man may reunite with the spontaneity of the transcendental order of the Sacred, by taking the reverse journey.

---

During practice, follow these steps and your breathing will easily find a different depth and fluidity.

- 1) Focus and be aware of yourself, of your breath.
- 2) Now observe the objects and people around you, the surrounding matter, of which you are made of.
- 3) Now perceive the sky, namely the subtle thin invisible presence beyond the material world.
- 4) Now be aware of the fact that this presence is unique and pervades everything spontaneously, including yourself.
- 5) Accept this Presence into you, left full breaths and let yourself in with its fluid spontaneity, keeping your mouth slightly closed.
- 6) Keep your attention on this feeling of spontaneity and the Sacred smile that shows his glee.

Your breathing is now different and you may feel more serene.

It may happen that you, or others present in the environment where you are, have the feeling that something has changed, and are spontaneously moved or feel pleasant emotions. Receive it and nourish yourself. **This is food for your soul.** “Soul I love you”.

“Souls of my body I love you”

---

## CONCEPT OF UNITY AND SEPARATION

The union in God is sacred and Spiritual.

We are all united in God, in His essence of unconditional love, mercy and leniency.

We are all separated in material manifestation.

The Separator operates on our mind to accentuate our attention on the material world in order to make us feel alone and separate.

God unites in Spirit. The Separator separates matter. Union makes us feel loved, while separation makes us suffer. We have free will and the choice is ours.

Our awareness is the tool that makes the difference. Where we place our attention, we create our reality.

An example is the letting go of our dear departed ones on their journey keeping them united in the love of God but free from our physical attachment that makes us fall into the perception of separation and thus of suffering.

All souls are united in God. Every soul has its own individual journey to undertake. No one can replace the path of another.

When you are prey to the feeling of separation induced by the Separator, we try to keep others far from us, so as to avoid suffering.

When you feel the love of God that unites beyond that of your physical body, then wherever our loved ones are, they are always connected to us through His Love.

---

## THE PHRASES COVERED BY TEOPNEUTICA PRACTICE WITH JOINED HANDS

Practising with the hands joined, it is easy to start because these are our two hemispheres in conflict. Practising a little at a time, relax your hands until the palms adhere completely to the others. On the palm (by the thumb) there is an area identified by Frank Mahony that, when touched, facilitates the integration of emotional conflicts aiding relaxation.

Normally, after a few minutes, there is a deep relaxation, that's why it feels good to hold hands.

To slow down and deepen your breathing, inwardly repeat these verifications.

I praise you Lord, and I am grateful because you inhale in me (with your breath) and you give me life here and now.

I praise you Lord, and I am grateful because you Exhale in me (with your breath) and you give me life here and now.

Koran 40/60 – Invoke Me and fulfil.

Koran 25/77 - God will not take care of you without your invocation.

---

## SPONTANEOUS BREATH OF TEOPNEUTICA

*How can man understand the Dao?*

*Using the mind.*

*How does the mind understand this?*

*Through the void, univocally, in stillness*

*Xunzi chapter 12, zhuan 21*

*Man has the earth as a model, the earth has the sky,  
the sky has the Dao and the Dao has spontaneity.*

*Laozi chapt. 25*

**Taoist philosophy** helps us to understand how to be able to render our breathing spontaneous.

So just as we turn on a light with a distant switch, it is possible to spontaneously modify our breathing by thinking about different things.

If we think about what worries or what frightens us, then the breathing rate easily becomes faster and agitated; if instead we think about places of peace and serenity the breathing rate slows down, until it stops momentarily in the stillness.

Analysing the phrase of Laozi we deduce that in the terrestrial descent, from the creative Spirit to the man, we follows a path that originates from **a spontaneous transcendental order**. This happens through the Spirit (of the sky) bringing the vital demonstration to the physical Earth, eventually expressed through mankind.

---

Man can reunite with the spontaneity of the transcendental order of the Sacred, taking the reverse path.

In practice, follow these steps and your breathing can easily become fluid and gain a different depth.

- 1) Rest for a while in silence, focusing on your breath,
- 2) Now observe objects, people and the matter that surrounds you and of which you are made of.
- 3) Now perceive the sky, that is the thin invisible part present over the material aspect.
- 4) Now be aware of the fact that this Presence is unique it spontaneously pervades everything, including yourself.
- 5) Receive this Presence in you, let yourself be lulled as he breathes in you with his fluid spontaneity.
- 6) Stay focused on the feeling of Sacred Spontaneity and smile as you manifest his joyfulness.

Now your breathing is different and you may feel calmer. It may happen that you or even those present in the environment in which you find yourself, notice that something has changed and it is natural to be moved and feel pleasant sensations. Receive this and nourish yourself. This is food for your soul.

Some people who suffer simply feel instantly better by stating loudly:

***"I, here and now take back my sacredness."***

---

## THE CONTEMPLATIVE PHRASES OF TEOPNEUTICA

### PERSONAL CONTEMPLATION:

This contemplation helps us to regain serenity.  
We focus on the divine quality that needs strengthening  
We consider that it is the Spirit (breath) of God that  
breathes in us, and that it radiates that particular quality.

#### FOR YOUR INTERNAL PEACE:

Inhaling, I smile and think:  
**God (Creator) inhale His peace in me,  
I have and I am in His peace**

Exhaling, I smile and think:  
**God (Creator) exhale His peace in me,  
I have and I am in His peace**

#### FOR YOUR HAPPINESS

Inhaling, I smile and I think:  
**God (Creator) inhale His happiness in me,  
I have and I am in His peace**

Exhaling, I smile and I think:  
**God (Creator) exhale His happiness in me,  
I have and I am in His peace**

---

## **PRACTISE, JOINING HANDS**

While practising with the hands joined, it is possible that at first, they separate from each other, as they represent our two hemispheres in conflict.

Practising a little at a time the hands become relaxed enough to feel the palms adhere to one another.

Usually at that point a deep relaxation is evident.

**To slow down and deepen your breathing, repeat these verifications within yourself:**

**Lord, I praise you and I am thankful as  
you inhale in me (with your breath) and you  
give me life  
here and now**

**Lord, I praise you and I am thankful as  
you exhale in me (with your breath) and you  
give me life  
here and now**

Practising with joined hands, is easy that to the beginning these goes far because they represent our two hemispheres in conflict. Practising a little at a time the hands become relaxed enough for the palms to adhere completely to each other. Usually at that point a deep relaxation is evident.

---

## WORDS

**For each person the words have a different meaning.** It depends on the value that we gave to them as children and on the significance that certain experiences have emphasized as opposed to other interpretations.

To some people God does not act but observes, to others only the feminine aspect of God acts; to others we are the only ones to act; to others, God is the church and the atrocities of Inquisition; to others the atrocities of God's holy war of the Islam; to others the Jewish God of the Old Testament is jealous and vindictive.

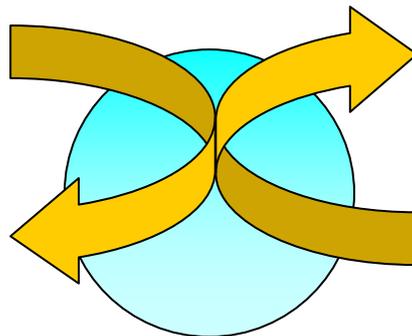
Due to these reasons, for some people to have a simple, genuine relationship with the Divine is very difficult and full of conflicts.

We must therefore reacquire **Simplicity**, inner **Truth** and unconditional **Love**. With these three precious jewels we must reconstruct the building of inner peace and serenity that is able to bring the same peace and serenity to all our fellow creatures, so that we may all live together happily and harmoniously throughout our entire lives.

According to some, God does not spread peace. For this reason, the people who feel this uneasiness during the practice of Teopneutica are advised to use the following concept: God is only the creator of the value in question.

---

**INHALING**  
**THE PEACE AND HAPPINESS OF GOD**  
**EMANATE FROM MY SOUL TO OTHERS.**  
**EXHALING**  
**THE PEACE AND HAPPINESS OF GOD**  
**EMANATE FROM THE OTHERS SOULS TO MINE.**



---

# TEOPNEUTICA UNIVERSAL CONTEMPLATION

## HAPPINESS

Inhaling, I smile and I think:  
**God (the Creator) gives His happiness  
from me to all living beings**

Pause

We are the happiness of the Spirit of God (the Creator)

Exhaling, I smile and I think:  
**God (the Creator) gives me His happiness  
from all living beings**

Pause

We are the happiness of the Spirit of God (the Creator)

## PEACE

Inhaling, I smile and I think:  
**God's Peace (Creator) flows from me to everybody**

Pause

We are the peace of the Spirit of God (the Creator)

Exhaling, I smile and I think:  
**God's Peace (Creator) flow from everybody to me**

Pause

We are the peace of the Spirit of God (the Creator)

\*\*\*\*\*

Practice with the hands joined in prayer:

---

## WAR

When we focus our attention on the **Peace** of God, that is present everywhere expanding his Spirit in everything, we can help others to perceive it.

While we are receiving his Peace with the simplicity of a child, we spontaneously radiate it with our presence and our breathing. When we receive the peace of the Creator in us, we can direct it anywhere to dissolve the thoughts of war. We can do it for the war between nations, the war between families, the inner conflicts we fight every day to feel better than others. Serene peace spontaneously dissolves the misunderstandings and bad feelings.

**The plant we choose** to nourish grows and bears fruit, the other, those who ignore, slowly dries up and dies, so our thoughts, moods, desires, and malaise.



### **Matthew 21:19 The Barren Fig Tree**

*Now in the morning, when He was returning to the city, He became hungry. Seeing alone fig tree by the road, He came to it and found nothing on it except leaves only; and He said to it, "No longer shall there ever be any fruit from you." And at once the fig tree withered.*

*Seeing this, the disciples were amazed and asked, "How did the fig tree wither all at once?"*

*And Jesus answered and said to them, "Truly I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but even if you say to this mountain, 'Be taken up and cast into the sea,' it will happen.*

*And **all things you ask in prayer, believing, you will receive.**"*

---

## TEOPNEUTICA FOR PEACE

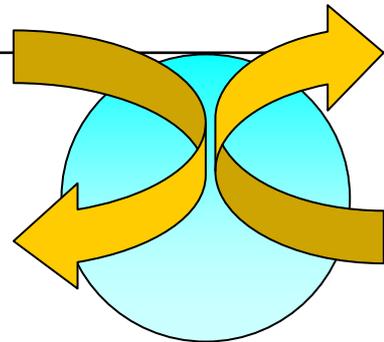


This is the practice of breathing, being aware that it increases mindfulness of the beneficial qualities of the Creative Principle.

With the quiet internal repetition of harmonic phrases, accompanied by mindfulness and spontaneous flow of the breathing, a feeling of well-being radiates around us and beyond.

### **PEACE TEOPNEUTICA**

Smiling, internally repeat



#### ***Inhaling:***

a) God (the Creator) emanates blessings, peace and happiness from me to everyone \*

**b) blessings, peace and happiness of God, emanate from me to everyone.**

#### ***Exhaling:***

a) God (the Creator) emanates blessings, peace and happiness from everyone \* to me.

**b) blessings, peace and happiness of God, emanate from everyone to me.**

If you desire, you may commence immediately.

---

\*We can substitute the word "all" for the name of the one that we hold responsible for the peace,  
We think this "one" full of love of God and solutions for the good of every living being.

The best mental state to perceive the internal feeling of peace and comfort, is that of a newborn child, open, available and confident, yet still capable of feelings of wonder and surprise at the simplest of things.

*God doesn't have preferences for people,  
but whoever fears him yet lives for justice,  
is accepted by him, whatever race he or she belongs to.  
(Acts 10,34)*

With only three conscious breaths you can focus your attention on peace in any moment!

If want you may also dance and sing to the sacred music of the heart with your intention of becoming a better person!

---

## THE ANTIDOTES

Everywhere I have found people hurt by the same **poisons produced by their one, same mind:**

Fear, the sense of exclusion, idleness, grudges, envy, cynicism, acquired impotence, derision, desecration, fanaticism, bigotry, bureaucracy, corruption, hate and the in partnership ignorance to conceitedness, the self-destruction and self-sabotage.

All over I have found these **spontaneous antidotes, present in the heart of every being:**



love, reception, courage, achievement, affection, understanding, discernment, pardon, truth, simplicity, humble knowledge, amazement, wonder, enthusiasm and the union in God and in his actions.

The prophets from millennia teach us how to win over the mental poisons, to proceed on the road to bless and unity, in peace and in love. In this book I intend to interpret and to render their messages of hope more accessible for the good of all human being by using a modern style of language .

The great Prophets, even if they could, haven't "forced their way" to the world: they have allowed freedom to proceed according to a progressive process of transformation. They have left teachings and indications. This is sign that the world has to choose its own way from various possibilities; I certainly will not show any

---

opposition to individual choices or to force destiny; maybe we can all succeed together in improving our minds and awakening our hearts again to create a "new Heaven" on planet Earth, but even if it was not our life-task, I am sure that what I propose can help us **to live a better life.**

---

**For THE TEOPNEUTICA devotees of GOD**

Each devotee can adopt Teopneutica of Peace  
**according to his or her beliefs.**

For example, Islam means peace, so we

Inhale

Peace of God of Islam  
flowing from me to others.

Exhale

Peace of God of Islam  
flowing from me.

For Christians

Inhale

The peace of God taught by Jesus  
flowing from me to others.

Exhale

The peace of God taught by Jesus  
flowing from me.

For the Jews

Inhale

Peace of YHWH  
flowing from me to others.

Exhale

The peace of YHWH  
flowing from others to me.

---

## ARE YOU HOLY? ARE YOU ONE OF THE CHOSEN?

*God doesn't have preferences for people, but whoever fears Him yet lives for justice, is accepted by him, whatever race he or she belongs to (Acts 10,34).*

The Gospel teaches that without the Grace of God it is impossible for man not to sin, since we don't need arrogant people that think of themselves as absolutely honest and superior to the others, but in the world humble people are the most helpful because they recognize their scarcity in their Spirit.

Recognizing our fragility and weaknesses we can receive without any reservations the strength and the power of God that can be really expressed in us.

Remember that whatever you think or do, you are a holy person all the same, you may have sinned or created trouble, but you are always a holy person!

You ask forgiveness and you ask for the strength and the power of God to proceed in the holiness that has been given you.

**Protect your holiness, as it is your most powerful weapon!**

Your holiness is supreme connection with your Creator, it is what allows you to feel strength and power of Spirit in any situation.

You will have easily realised that a lot of people seem to have been put close to you in order to make you think how unholy you are, they succeed in just doing the things

---

that make you furious, that can make you see you how you are anything but holy!

They do such things, that in certain moments, you would like to hit them or “kill or destroy them” etc. Internally thank them and honour them because these are the tools that the life has chosen to show you in just what areas of your life you have to improve!

Honour their journey, as if they were your parents and authorize them to keep on behaving as they do because they, in one sense can complete their terrestrial experience and you may complete your training in holiness.

This attitude takes priority above all **toward your parents.**

The commandment teaches us to **honour them** and only by honouring them and all their ancestors can you honour yourself, the temple of the Spirit, because you are formed from the information of their chromosomes. Therefore if you do not love them, then you cannot love yourself, but if you love and Honour them, then you really honour yourself.

Observe the scene as if you were a spectator observing from sense, yourself, and from the other, your parents. Honour and respect the journey of both asking the Lord to bless them, practise Teopneutica between you the spectator and yourself and your relatives or whoever makes you suffer.

---

You will see that in a short time the worst wrong-doings suffered, will be seen as - how the school of life wants you to excel in holiness and in the ability to embody the love and the happiness of God.

Naturally, not everything is so easy and immediate, but in time you will see that you are becoming even more able to transform situations and you will transform even more, and the more spontaneously these transform themselves, the more your health will also improve.

Jesus has taught, "Forgive and you will be forgiven". We have sometimes committed some deeds for which we feel guilty. For which someone sent by the Great Justice comes to us for to settle the score, and it creates situations in which we have to forgive.

They are concrete tests test our ability to forgive and to be freed by the chains that we tie us to the consequences of our past actions or our ancestors.

However goes, it forgives and honours the run of your interlocutors, bless them and you will have in exchange the blessing from life.

*What makes us happy is not necessarily reality,  
but what we believe that is happening!*

---

## THE ANTIDOTES

For every poison need an antidote.

In Teopneutica we use some mental antidotes.

It is had to identify the negative internal context and focuses on its opposite, perceiving it and visualizing it as emanated by God.

In this way Teopneutica can be adapted in every situation, context, society, family etc.

The construction of the sentence has to keep in mind that the inner state it **is always an emanation of God.**

For which

God emanates: peace, prosperity, wealth, health etc.

Then it is had subsequently to connect them to all the beings in dynamic way as a breath that it moves from us to everybody and vice versa.

Everything must be set on an inner level of sacredness and respect, in the strength and power of **God the Creator**, and **experienced with the confidence of a “newborn child.”**

---

## THE TEOPNEUTICA ANTIDOTE FOR PROFIT BLINDNESS

Reading the newspapers, travelling all over the world we can see that peace is a necessity for a lot of people and is part of their nature. However some hidden or obvious interests exist, that don't consider peace or war at all; they only consider profits, personal profits; this renders them blind to the world and to people. Due to this they are get ready to tread on anything. We should note that before Peace there is Justice, before Justice there is Truth, before Truth there is Love.

To obtain Peace, solid foundations in the love of God are necessary.

As the word Love can have conflicting meanings for some and are not contemplated in this vision of well-being, such as possession, suffering, lack of freedom; we can find another transformative element . I duly thank my friend Franco Ballario, who taught me that respect for life is essential in order to avoid confusion and lack of values; this attitude, allows human beings to recover their dignity.

The contemplation that emerges from this consideration is:

	<i>Inhaling</i>	
<b>God</b>	<b>(the Creator) emanates respect for life</b>	
	<b>from me to the others</b>	
	<i>Exhaling</i>	
<b>God</b>	<b>(the Creator) emanates respect for life</b>	
	<b>from the others to me</b>	

---

## **Our life is important!**

My life is important, and importance comes from how much I consider the lives of others.

Without the lives of the others, mine would have no meaning.

Our life belongs to God the Creator, yet nowadays instead of God, many people have assumed money, wealth, success, dependence on their vices and mental poisons such as hate, attachment, and general ignorance.

To get these poisons out of their mind, they are prepared to kill, to also tread on all forms of life, all values, all bodies and minds to draw profit from it.

The antidote is surely the respect for life. To reawaken a sacred awe, and that is recognizing every being as a holy demonstration of God.

This deep awareness can replace obsessive and the selfish demonstrations of barbarism reawakening the mind **to the behaviour that can sow peace, love, prosperity, and health anywhere.**

Two other essential factors to improve ones own behaviour are appeasement and to feel oneself acclaimed. When one feels satisfied, no longer excluded , we can act without fear of losing anything, we act with courage for the good of all mankind.

*Inhaling*

**God (the Creator) emanates appeasement and receiving  
from me to the others**

*Exhaling*

**God (the Creator) emanates appeasement and  
receiving from others to me**

---

Kajati Yoga can be integrated with Teopneutica.

It consists of the practice of maintaining certain postures to improve psychophysical equilibrium.

Its' origins are in the Taoist oriental traditions, Hinduism and Buddhism.

It can be perfectly integrated with the western traditions and middle Eastern religions such as Christianity and Islam.

The term Kajati was given to me by an internal projection of Osho who appeared before me during a meditation on the 1<sup>st</sup> of December 2000.

Its meaning is "**to be happy and serene**", perfectly consistent with my appointment toward mine similar and therefore me ago pleasure to welcome him/it.

For this motive I associate this name to the meditative and contemplative experience that I write about, since my aim is to help everyone to be happy and serene.

Practice:

The basic posture of Kajati Yoga consists of sitting comfortably with an erect back.

To maintain a good position while sitting, our arms are brought in front, in a horizontal outstanding position they are then raised above the head and when they reach the maximum height, and are then allowed to gently fall to the side. This allows the back to become spontaneously erect but relaxed.

---

The hands are now brought in low to the height of the navel, horizontally facing each other spontaneously, one with the palm toward the outside and the other with the palm curled upwards into the body connecting the thumbs so that the fleshy part of one touches the opposite base of the thumb in the palm of the hand) and vice versa.

In time and spontaneously, the right should be turned slightly upwards with the palm to the outside with the little finger and the left toward the abdomen with the little finger hanging down .

Maintain the level of the hands so that the centre of the palm of the lower one is at the level of the lower Tan Tien, the ideal place (a few centimetres below the navel).

Maintain this posture **smiling with love and gratitude** all the time.

This position produces relaxation and serenity.

Allow the breathing rate to slow down and thus become deep and abdominal.



---

You can be in unison with Teopneutica.

The meaning of this position is making a connection with a symbolic zone in the sky (the fleshy part of thumb) and to the earth (the base of the thumb), so as to harmonize our two brains (two hands) with our existence in harmony with the harmonic breath-thus a role of mediator and operators of harmony between the cosmos and earth.

This powerful, spontaneous, and educative exercise takes control of negative thoughts, promoting inner tranquillity.

---

## PEACE QI GONG FROM DUALITY TO 'UNITY'

The mind deceives and therefore must be educated. It is merely an feedback executor without taking into consideration our personal and collective well-being.

We must obey to be deep and find, in every situation, the best procedures for implementing the suggested route through intuition.

Our mind is at our service and not the other way round.

When the mind tries to take the upper hand, we are submerged with his criticism, cynicism, bitterness, obsessions, particularly fastidiousness of losing sight of the whole or opposite.

With control of breath, made deep and slow, you can control it and guide it as a horse towards its goal.

To help in this way, I developed a valuable discipline: the Teopneutica, the Qi Gong of peace.

Dr. Andrew Newberg and psychiatrist Eugene G. d'Aquili, have developed a theory that we have 8 players to analyze our cognitive life.

1) the **causal operator**: interprets the reality as a result of causes and effects. It is not capable of developing explanations of empirical processes naturally but seeks to create relations of cause and effect, especially in the metaphysical, such as death and the mysteries of the universe.

2) The **cognitive operator**: determines the context of how and when the operator can emerge from Brain - Me.

---

Allows us to understand that spontaneously branch, trunk and roots are a tree.

3) The **holistic operator**: it allows us to see the world do as a whole unit. It is in the right temporal lobe.

4) The **reductionist operator**: a work of particular breakdowns. He is analytical. He is present in left brain.

5) The **abstract operator** stems from general concepts, from individual events. Es. individuating the Lassie, collie, cocker from other dogs.

6) The **existential operator**: it allows us to understand that it is a real function of our senses. Located in the limbic system.

7) The **emotional operator**: is in the limbic system.

8) The **quantative operator**: quantity, shape, weight, distance and mathematical calculations.

8a) The operator of the binary quantity component: it allows us to bring order to the various phenomena of the environment. Currency opposites, the meaning of the word opposite of opposing values, left-right, top-down etc..

It helps us to simplify situations, allows conceive metaphysical control as opposites such as God and the devil; birth and death, heaven and earth, isolation and integration. This is located in the lower parietal lobe.

The binary operator, placed in the lower parietal lobe,

---

needs to understand the fundamental nature of our world, rather than accept it as it is. In this perspective born of myths and metaphysical concepts to satisfy these brain functions and place the person in an environment where they can move with adequate rules of cause and effect. We are biologically, neurological, packaged and programmed for order and direction. The direction flowing from infinity to detail so that the program can speak neurologically to interact properly with the conditions acquired.

With meditation, modulating these centres comes from the limitation of duality to open a transcendent perception where everything merges into one.

The notion that God is everything, everywhere, without time and space, beyond time and space, finds a place in the deep meditative state, freeing the brain from the confines of duality, the Yin and the Yang, to return to the Great Void, Tai Yi according to the Chinese, and even beyond, to the Wu Li, prior to the event of duality.

We can use these operators to the best effect bringing mindfulness of the principles of higher health and well-being to our meditative state.

---

## OUR SUBCONSCIOUS WONT PEACE?

Our subconscious mind acts on the neuro-vegetative, this being the system that controls all the vital functions such as heartbeat, digestion, breathing. It modulates the strength of our muscles. One example are the muscles of swallowing. If you swallow when you think of something confrontational, for a split second you lose muscle coordination and the food goes beam. This neuro-vegetative property of the muscular system can be used to see how our subconscious mind interacts with our conscious part in real time. When we express a concept and our subconscious mind does not agree, it will cause a change in various systems, including our muscular reaction, for a few moments. A weakening of a muscle shows that something is not working. Being able to understand what gives strength, can alleviate stress on the biological stimulus and improve the consistency of the data between the conscious and unconscious part. To achieve this, Theta brain waves, techniques of neuro-linguistic programming or specific technical harmonization brain basic Kinesiology as Brain One can be used, as well as Three in One concept, psycho-K ®, NEI, EFT, the Specialized Kinesiology, Corrective ®, etc...

---

## THE MUSCULAR TEST

### CHOICE OF MUSCLE INDICATOR (M.I.) FOR THE WHOLE BODY 2 + 2 + 2

The muscle Test is done using any muscle of one body. We estimate the changes in its strength when its function is contrasted.

As M.I. you choose the deltoid anterior muscle on the upper surface of the shoulder for convenience. The arms must be brought out to the side of the body, stretched and maintained horizontal using just enough strength to counter the force of gravity. Next, a slow but steady pressure, of about 1 kg is applied progressively to the elbow or arm, using the principle of 2 +2 +2 (2 seconds to place your fingers, 2 seconds to apply the pressure and finally 2 seconds to remove your fingers from the site).

If the M.I. maintains its position it is called "loaded" or "on" otherwise say "exhausted" or "off".

A. If you are exhausted, you need to massage four points situated on the sides of the sternum in the fourth and fifth rib (neuro-lymphatic points of the frontal deltoid) and rest a hand on the top of your head (neuro-vascular points of the anterior deltoid) for a minute.

Then we trace a line from front to the shoulder and thumb, three times per side. Then try the test. If you are still exhausted advanced techniques are then

---

necessary for muscle reinforcement, such as stimulation of meridians and acupuncture points ...

B. If the muscle starts at full strength, we must be sure that it can exhaust itself according to a physiological and objective stress: a muscle at full strength is no use to the Kinesiologist, since it does not provide information. The M.I. is like a bio-computer because it works with a series of yes and no. Here we say that 'yes' corresponds to the M.I. at full strength and 'no' to the exhausted M.I., but it should be clear that this is not always the case. Now we come closer to the muscle fibres lengthways and test them: If the MI becomes exhausted, the answer is correct. If it does not it means that the M.I. does not respond correctly to the stimulus and is useful to apply some techniques to "unblock" this. Such as the following one put your thumb on the small finger nail of each hand and rest the other fingers on the forehead for a few minutes and then try to bring the fibres closer. The M.I. should now give way. Now distance the fibres and test them. The M.I. should be at full strength.

## **TESTING ON ONESELF**

You can also test yourself. A test that will be of great help for those who are by themselves and want to improve itself upright, facing North. If the body naturally states a concept, this means that the subconscious is consistent with that concept and pushes the person to

---

unite. If the concept is rejected by the subconscious, the body will fluctuate or have the sensation of being pushed back until it loses balance, as the subconscious is repulsed by this affirmation. So you can understand if the unconscious wishes peace, serenity, harmony in the family..... and if it refuses using the most appropriate techniques it can be possible to ----- stress to recuperate hemispheric coherency a renders the possibility of a model of subconscious peace.

## SWITCHING

Switching is an electrical confusion in the body. When present, information does not arrive correctly in the various parts of the body, then you become tired, confused, lacking coordination, etc. so this can misinterpret answers to reversed muscle tests. Thus, one answer may seem appropriate, but if the person is in switching, the answer is exactly the opposite!

The switches are used to reset and calibrate the neurological system with the structure of the body.

Three points shown are tested. If the results of such are weak, they are treated by massaging the navel.

The 3 points also serve to harmonize the body in accordance with the direction of space.

They must be treated at the beginning of each session to get a maximum response from the body.

27R	1VG	24VC - 24VG
		
Right-Left	Anterior-Rear	Lower-Upper

Valeria A.

---

## HYDRATION TEST

Not enough importance is given to the necessity of water in your body. Water is pure water. It should be drunk without food: at least 1 litre and a half per day.

The intake of water is also important for problems pertaining to concentration, being attentive and learning.

To see how water affects the energy of our body, pull on a lock of hair, and let it go. Test the M.I. immediately. If it yields, you should drink water in small sips and re-test. If the M.I. then maintains the position, it means that the body has increased energy by the assumption of water.

If the M.I. does not charge having pulled the lock of hair, it may mean that we should drink more, or the water we drank is not the most suitable for us. Try again by changing brand or adding a few drops of lemon juice or use dissolved enzymes.

## CHECKS

Now the system is calibrated, questions are asked to verify if emotional and logical systems answer correctly.

### **The muscle should respond strongly:**

Thinking of pleasant emotions

Saying "My name is ...."

Repeating "Yes, Yes, Yes".

Touching the person and saying "Placebo".

### **The muscle will give a weak response:**

Thinking of something unpleasant

---

Saying "I am called (name of another person)"

Repeating "No, No, No".

Touching the person and saying "Nocebo."

If you have reversed answers, drink water and check the Switch in order to obtain consistent answers.

Now with the chin raised and eyes turned down to access the memories of the subconscious, we may begin reading out our statements.

Example:

I use the test easily.

I want peace - I have peace - I emanate peace.

I want peace - I have serenity – I emanate serenity.

and so on.

If the answer is YES: congratulate and fill yourself emotionally, you deserve to be embraced, and so on. you strengthen your awareness of consistency.

If the answer is NO you change the beliefs of the subconscious mind. In order to change we must be sure that the subconscious mind allows a change in the belief or model of reality and that it is consistent with the system to prevent sabotage or the foundation of reactive diseases.

To evaluate this subconscious consent, we say:

'It is safe and correct to balance out for this purpose here and now in the..... (eg. I want peace) ".

---

If the answer is yes, **evaluate the commitment** and you move on to the next step by saying:

"Every part of this system is ready, willing and able to balance out for this aim coherent to the identity, using this method (you affirm what you intend to utilise)."

If it results intense, then that method is the best. At this point you auto-correct.

Normally one uses the concept of maintaining the positions found until there is an inner change. One re-tests and if the integration comes, the muscle will be strong and we can rejoice in it..

A way for reduce the stress is ASE.

Touching lightly the prominent features and feeling the pulse under your fingers, until the two sides become synchronised.

Another is the correction with the Cook coupling.

Cross the legs and fold the arms. The test chooses the disposition.

At the end of integration one rejoices to anchor in and then one is ready to cultivate peace within.

Another technique is easy to learn EFT, you can study this through internet or specific courses.

Of course there are several ways to integrate and integration is not always immediate. That is why I propose specific courses for those who want to improve and use Teopneutica in the best way.

Studying oneself is mandatory for the well-being of all.

To become a **Facilitator Teopneuter**, contact the email and website

[www.oneinpeace.org](http://www.oneinpeace.org)      [peace.teopneutica @ yahoo.it](mailto:peace.teopneutica@yahoo.it)

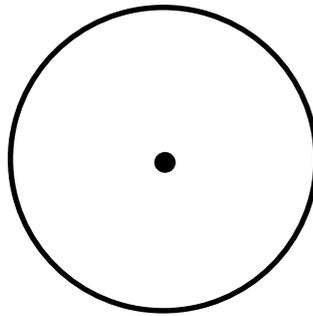
---

## ONENESS IN TWO ASPECTS

The oldest image of Tai Chi was depicted by a circle with a dot in the centre, meaning 'Great Energy'.

The Almighty inside the void (Wu): Here is the absolute potential and the seed of manifestation.

Tai Qi primordial is Oneness.



The next step is the division itself and the development of two polarities:

Yin and Yang.

---

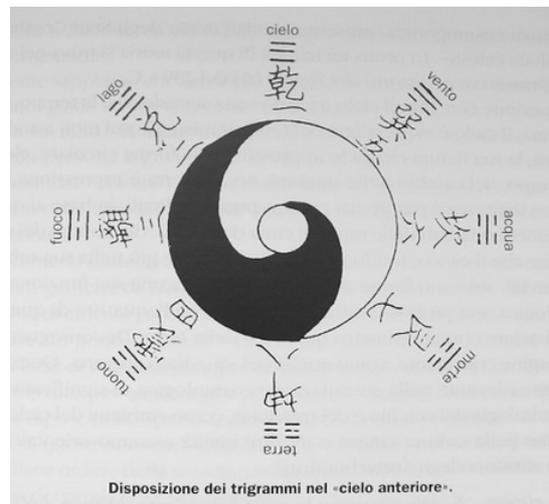
Yin and Yang represents the duality of Tai Qi.

Yin and Yang are the Spiritual and material aspect of everything.

In Yin there is Yang, and thus in Yang there is Yin.

In the Spirit there is matter and in matter there is the Spirit. Both are part of Qi (intrinsic energy), Tai Qi, the Great Qi. The Qi moves within them and this flow of Qi allows the manifestation of life. When the Yin and Yang are in harmony, it generates patterns of life.

The Yin can not exist without Yang and thus Yang without Yin. The S around them demonstrates flexibility, and adaptation that is essential for life itself.

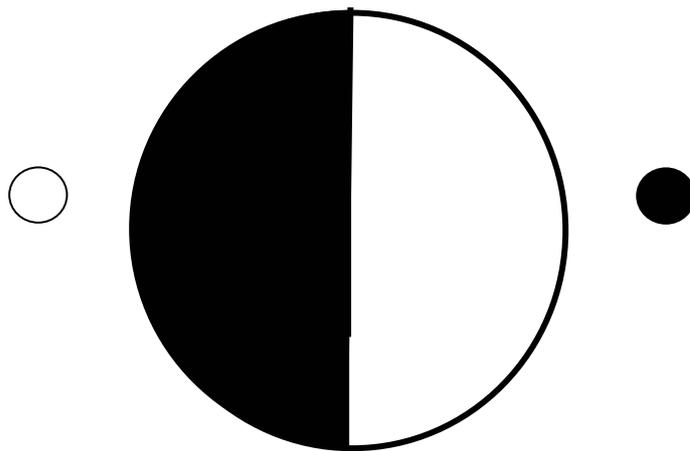


---

## RIGIDITY

Life can stop when there is an obstruction in the flow of energy. If it does not flow with Yin - Yang but there is obstruction or opposition, energy can not move when there is total blockage, death occurs.

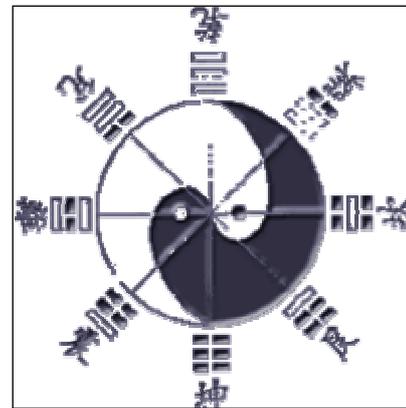
If a part of the opposite polarity in Yin or Yang (small circles) is not present, each system loses its possibility of harmony. Determination and rigour are not rigidity but express following the flow.



---

Energy does not flow due to a blockage and there is rigidity between Yin and Yang.

One side of Tai Qi can represent us and the other side, the others. If we are in harmony with ourselves and with others, we can adapt and can interact in life; when there is a rigidity, every system loses energy and Qi can not flow: it is the end of life.



In life, fear, conflict, rigidity, resentment, bad feelings and thoughts, impede the movement of Tai Qi within the Yin and Yang and create a wall between us and life.

If it is not flowing, the Qi arrests the movement between the Yin and the Yang in Tai Qi.

Ageing means allowing the rigidity of making the flow of Qi impractical.

When there is rigidity, it slows down one movement and our metabolism.

This leads to ageing and sickness. The body shape wrinkles to the world indicating how and where we have lost our vitality, our adaptability and our ability to love.

Love is life.

Anger, fear, resentment, conflict is the door of Spiritual and physical death.

---

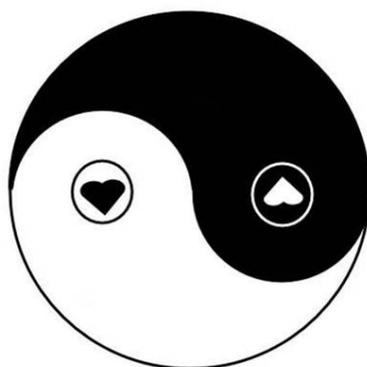
## THE SPIRITUAL VISION OF TAI QI

We can consider as an analogy the Tai Qi Primordial as the enactment of the Logos, the Universal Creator, the Great-Potential .

Yin and Yang can be considered as we, and others, the manifestation...

In Yin there is a small Yang: in us there exists a part of the others.

In Yang there is a little Yin: in the others there exists a part of us.



As an analogy we can compare it to the Christian vision: the Tai Qi is Father, Yin is the son (the material aspect of the Creator), Yang is the Holy Spirit (the Spiritual aspect of the Supreme in manifestation) or Allah with the Koran. In Hinduism, Tai Qi is Brahman, while the Yin and Yang are other aspects of Trimurti.

In any traditional religion, this symbol can help us understand the meaning of life, harmony, and goodness. When we refuse, we separate and block the potential aspect of Qi for life, the body changes and life loses its beauty and its serenity.

---

The more we defend, the more we resist, and the more we block the vital flow of Qi.

The more we fear, the more we feel attacked, the more defences we build, the more we form what in Bioenergetics is called "the armour."

This creates a wall between us and others and the Qi can no longer flow. We are intoxicated with our bad energy that is not flowing but stagnant and can no longer be purified and transformed into life force.

The more we focus our attention on the Qi, the better we feel.

The more we focus on one point, the more powerful we are at this very point but we stop the movement of life. The more we focus in the flow of Qi, we are more relaxed in this frame of mind, the more the energy flows, and also nourishes where want to move our energy.

The more we focus on the flow of Qi, the better we are. To cultivate youthfulness, first of all we need to change our inner attitude.

After this, we can then treat our bodies, our wrinkles and therapy will be more powerful because our attention is focusing on harmony and thus all parts of the body may reflect the beauty of our Spirit.

That is why I developed the TEOPNEUTICA, the Qi Gong of Peace.

---

I use the analogy universal Tai Qi = Supreme

Yin = I; Yang = Other

In me there are others.

In the others there is a part of me.

I cannot love myself without loving others.

I cannot love others without loving myself.

Love is an expression of Tai Qi and this is an emanation of God.

Allow our Love of God to flow in the manifestation from ourselves to the others.

But Love is the emanation of Qi, the vital energy of Tai Qi, and therefore it is an emanation of God.

For this reason God emanates love and moves the Qi in a manifestation of respect from ourselves to the others and vice versa.

I thank Professor. Sir. Dr. P.B. Lohiya for having awarded me a prize for this master lecture for Peace in Aurangabad in India.



---

## TEOPNEUTICA QI GONG OF PEACE

The dance of the breath.

Our breath flows as the S internal Tai Qi, when it is;

- Deep
- Relaxed
- Continuous.

The Qi flows between the Yin and Yang polarities and promotes a healthy life.

We can use this concept to give power to our attention that focuses on Tai in the presence of Qi in our lives.

---

## TEOPNEUTICA QI GONG OF PEACE

I think  
INHALE

Creator, we appreciate and honour (Tai Qi) for peace /  
happiness that you give us  
from me (Yin), to others (Yang).

I think  
EXHALE

Creator, we appreciate and honour (Tai Qi) for peace /  
happiness that you give us  
from others (Yang), to me (Yin).

If I do not receive Qi from others and if I do not give Qi to  
others, the flow of Qi inside the Tai Qi is blocked.  
All human beings are connected in the manifestation of  
the same God, the same energy.

Observing Tai Qi, (the presence of God) in others and in  
ourselves, allows us to make a connection with the  
Spiritual aspect of the dynamic (Yin in Yang and Yang in  
Yin), thus changing our perception.

Where there is our attention, there is Qi, where there is  
Qi, (intrinsic energy) there is a manifestation of life force.  
If our attention is focused on the flow of Love, the flow  
of love of God, great peace and serenity descends within  
us.

You can use any positive word to focus on the flow of  
Tai Qi: with love, peace, prosperity and health and so on.

---

## TEOPNEUTICA PEACE

### INHALE

Peace and serenity of the Creator flows  
from me to everyone.

### EXHALE

Peace and serenity of the Creator flows  
from everyone to me.

The tradition of acupuncture teaches that many points on the body meridians have many different indications.

Many of these are Spiritual.

We can focus our attention on the most psychic to improve the psychological effect of our contemplation.

We can concentrate on Shen Dao, 11 GV, translated as the Door of Shen (Spirit), the 5th thoracic vertebrae, and from there to direct the flow of Qi in ourselves and in others.

We can focus also on 10 points, 12, 13 VG - 7th, 4th, 2nd on the chest.

With love, with respect and with gratitude we breathe spontaneously slowly and deeply and associate thoughts related to the archetypes of well-being.

A calm sitting position, with the shoulders relaxed, the interior vision upwards helping the mind to descend to the alpha state, connecting with the centre of the earth in a state of unconditional love that is beyond the infinite

---

that never ends, where you can activate a mental frequency of theta; penetrating further inside gamma waves can be activated which seem to be involved in "miracles", namely the leap from program to program planning for health and well-being .

---

## ACT WITH TEOPNEUTICA

Summary for effective practice:

### A) HARMONY AND INTERNAL SERENITY

- 1) Feel and imagine yourself as a newborn child after a perfect birth, surrounded by love.
- 2) Look and perceive the earth, the objects, the invisible threads that unite them and rises up to the sky, the delicate order and harmony that spontaneously pervades everything and allow this spontaneity to render your breathing fluid, slow and deep.
- 3) Smile at the invisible Sacred Presence that pervades you and pervades all and rest in this state.
- 4) Allow your fluid breathing to slow down and become deep.
- 5) Verify that it is the Spirit of God breathing through you keeping you in life.
- 6) Stay attuned to the qualities of Spirit that breathe in you: namely love, happiness and peace.
- 7) Repeat " **God inhales in me** with His Spirit, Peace, Love, Happiness; **God exhaling through me** Peace, Love, Happiness."
- 8) Bear in your heart the feeling of the qualities, namely Peace, Love and Happiness of God.
- 9) Look and perceive that beyond the appearance of the five senses a design of order and harmony exists in Peace, Love, Happiness that penetrates everything.

Now go to the second part that is having the ability to operate in the world

---

## **B) HARMONY AND SERENITY IN THE WORLD**

Think about all the people towards which you bear a grudge observing that the Spirit of the Creator breathes in you

### **Inhaling**

**Forgiveness, peace and love of God flows from me to all the beings  
(or the specific person)**

### **Exhaling**

**Forgiveness, peace and love of God Flows from all the beings  
(or the specific person) to me**

Eventually, you can enlarge your scope, you can direct your attention to the heads of state, to the ministers, to the secret services, to the terrorists, to whoever you think needs reawakening to love, to understanding, to peace and respect.

### **Inhaling**

**Blessing, peace, love and happiness of God (the Creator) flows from me to all beings  
(or the specific person)**

### **Exhaling**

**Blessing, peace, love and happiness of God flows from all beings  
(or the specific person) to me**

---

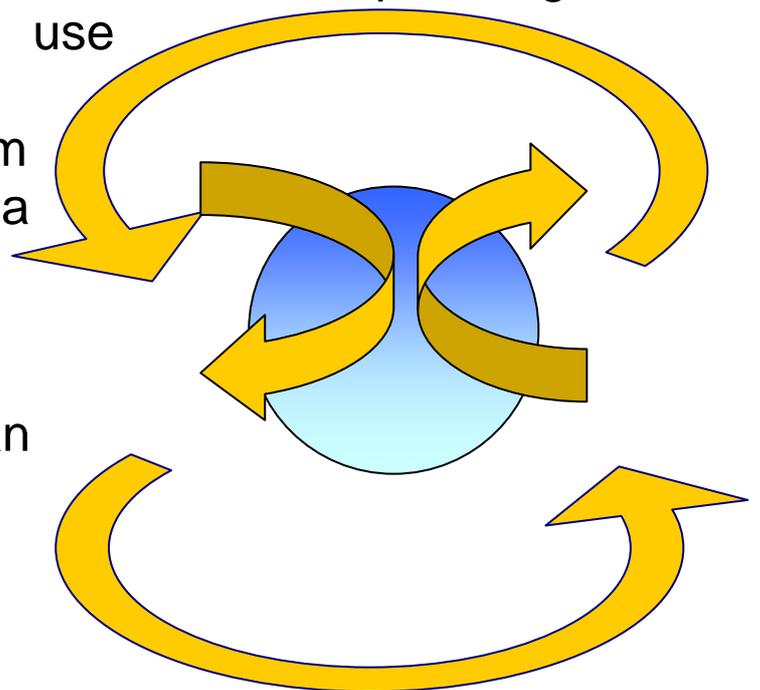
You replace using the most suitable words for the situation in which you are experiencing.

## **ATTENTION**

If you are not comfortable with this type of respiration you can do it in the opposite way or you can also mentally imagine that regardless of your respiration, God spreads Peace, Love and Happiness all the same between you and everyone. Surely maintaining a slow and deep breath, eyes closed and turned upwards the arms raised you have higher possibilities of reaching those particular levels able to sustain you in your aspirations.

Atheists or whoever doesn't feel like expressing their belief in God, may use personal terms of their own that reassure them and that express a universal potential of Peace and Love

which is valid for all human beings.



---

## TEOPNEUTICA AND HEALTH

In certain moments of life you lose contact with health and healing in the hope of being able to get welfare.

In fact, the healing is a infinite continuous process and whoever tends to health but does not reach it because when you are healthy there is no more process of healing: you have entered into another dimension. We are interested in our condition of welfare and health.

For this reason our metaphorical intention, we must focus on the health of the Creator and imagine in the present, as having already achieved this, permeated by his light and pleasant comforting heat. We are not connected to all our diseases but expresses a disharmony of all humanity that in this moment is manifested to us in our body. We must discard selfishness, opening ourselves to the altruism of the Sacred Union. The healing of humanity is expressed in our healing, the health of humanity is manifested through our personal health.

That is why we receive great benefit from this metaphorical construction of Teopneutica.

### INHALE

The health of the Creator flows from me to everyone.

### EXHALE

The health of the Creator flows from everyone to me.

To feel better

### Inhale/exale

The serenity, peace, love of Creator flows from me to me

---

## CONCLUSIONS

You now know who you are.  
You are a sacred being.

Respect yourself. Respects your soul. When a negative thought wants to capture your attention, simply tell it: **"You do not interest me, I am not this! I am sacred! "**. You ask for Forgiveness to the Sacred Presence for having accepted your negative thoughts, grudge, judgment and let them go out of your life if you don't feel the need for them anymore.

Allow yourself to feel contentment in the Love, Happiness and Joy of God.

You welcome in the bright qualities of the Spirit and **you proceed with strength and power in serenity.**

**You spontaneously act with love since it operates in the Sacred Presence.**

### IF YOU FEEL YOU ARE AN ELECTED ONE

Do not forget you can consecrate every place and person.

You ask "**God's Hand**" to bless your life, your journey, your choices.

If you find places or people defined as cursed, bless them! Ask "God's Hand" to bless them!

---

If you see suffering people practise Teopneutica thinking that God is transmitting recovery and health from you to the others and from the others to you. Bless them.

If someone is confused, practice on clarity of mind.

If there are grudges, practice forgiveness.

If there is hate, practice acceptance and understanding.

If there is sadness, practice the joy of God.

If there is obscurity, practice light.

Anywhere, in any moment is the best moment to act.

And if you feel like embracing or smiling at a negative person, they may need it and you could save a life with a simple gesture of affection.

“Dear friend”, Joseph said:  
"When I am embraced I feel free!! ".

**Here and now is the only reality, live it!**



---

## TEOPNEUTICA FOR THE SIMPLE

The Creator breathes in you and gives your life.

He feels gratitude and love in every breath, when the Spirit penetrates in your lungs, dilating them and when it is breathed out it relaxes them.

When you awake in the morning praise God for wanting to be here

Feel peace and serenity of the Spirit that nourishes your breath, keeping you alive and give thanks.

Smile at him and welcome him as your best friend.

The Spirit from the Infinite One that never ends, flows through you, entering your nostrils, penetrating your heart, and pervading your body, radiating peace and love of God to all beings.

From all beings, from their hearts, the Spirit flows towards everyone, it pervades you, it nourishes your body with peace and love and it flows from your nostrils toward the Infinite One.

You smile in amazement and wonder at this continuous miracle.

---

## 8000 FOR THE WORLD

A feeling of peace can be spread in society when it is lived by the square root of 1% of the population. It means that per 1 million people only 100 people are needed and throughout the world only 8000 promote the effect of inner transformation.

I know you want peace and serenity as we do and I am sure we can reach agreement on practicing together to achieve this goal.

Subscribe to **8000 for Peace** of *Peace Blessed Rainbow*. Practicing Teopneutica together we are powerful and when we have awakened peace on Earth, for all of us to hear you state: "I acted for Peace, I am proud of me, my heart is filled with gratitude" is a source of happiness and enthusiasm.

Together we can!

**Visualize the word peace in your heart and the heart of all beings**, feel yourself between the humanity that smiles at you and the earth like a flourishing garden, while a quiet and loving voice says: "PEACE", a particular feeling of well-being flows from your person, from a specific or diffused point, with a specific colour, a special heat, a characteristic texture, a delicate and pleasant flavour, while you inspire and exhale think of the affirmation of the Peace Teopneutica perceived as yours.

*"God Peace flows between all beings,  
Thank you, Thank you, Thank you for you Love!"*

Start now!

---

## THE WEB SITE OF THE PEACE

[WWW.ONEINPEACE.ORG](http://WWW.ONEINPEACE.ORG)

I wish to thank, for his help, Sergio Chiarla my dear friend, advocate of Internet for humanity, firmly active in numerous initiatives, both for the protection of children from the dangers of internet and for disabled persons and paupers, we have realized a site for everybody.

Entry to the site is free for all and it contains numerous and useful information on Teopneutica, numerous links with information, and of useful sites.

In my opinion one of the main parts of the site is a **Peace Diary** created with the intention of realizing a continual prayer all over the world.

As taught by my teacher Babaji, the so-called “bad ones”, are sadly better than the good, because they possess although discipline in order to reach goals, they also plan their objectives 24 hours a day and are prepared even to die for their ideals; the good ones often limit themselves to complaints without acting, they wear the mantle of idleness and observe all as spectators, they judge without risking.

This isn't surely your case, considering that you are a one of the Chosen **and the Chosen ones act!**

---

**For you** as for all people who believe in improvement, I have realized this site, as a powerful personal weapon for those who want to act through their Spirit.

I have experimented that contemplation, meditation and prayer, carried out correctly, are extremely powerful because they act in the world of the creation of thoughts, of feelings and intuition and can also transform decisions on the other side of this earth!

For this aim I have realized this meeting point on the net, thanks to the diary within the site, it may redeem people that contribute as Chosen ones for peace and happiness assuming commitment or responsibility before the world to be such creators!

The diary is divided in the 24 hours of the day, each day.

**My goal** is to have someone pray or meditate for peace, love, or for the happiness of God, in this 24 hours so that it can radiate throughout the planet.

With our Spiritual practice, we are able to reawaken the heart to be full of inexplicable joy, to every suffering child, to every imprisoned, innocent victim, to everyone who suffers, to every relative of a suffering person or to whom is about to die or may have just died.

We place to contribute to do so that every criminal feels that old sacred feeling in his heart, that stop him just before carrying out a harmful deed and it does come back to us; even if he meets a holy person that brings him back to his original path of righteousness, desired by the love of God.

---

My aim is a continuous chain of prayers for peace, and love returns, resplendent within family life, among the neighbours, among the inhabitants of the districts, in the city, the nation, between nations, on this earth.

I now explain how to enter the site and where to write your availability for the prayer you choose to practice.

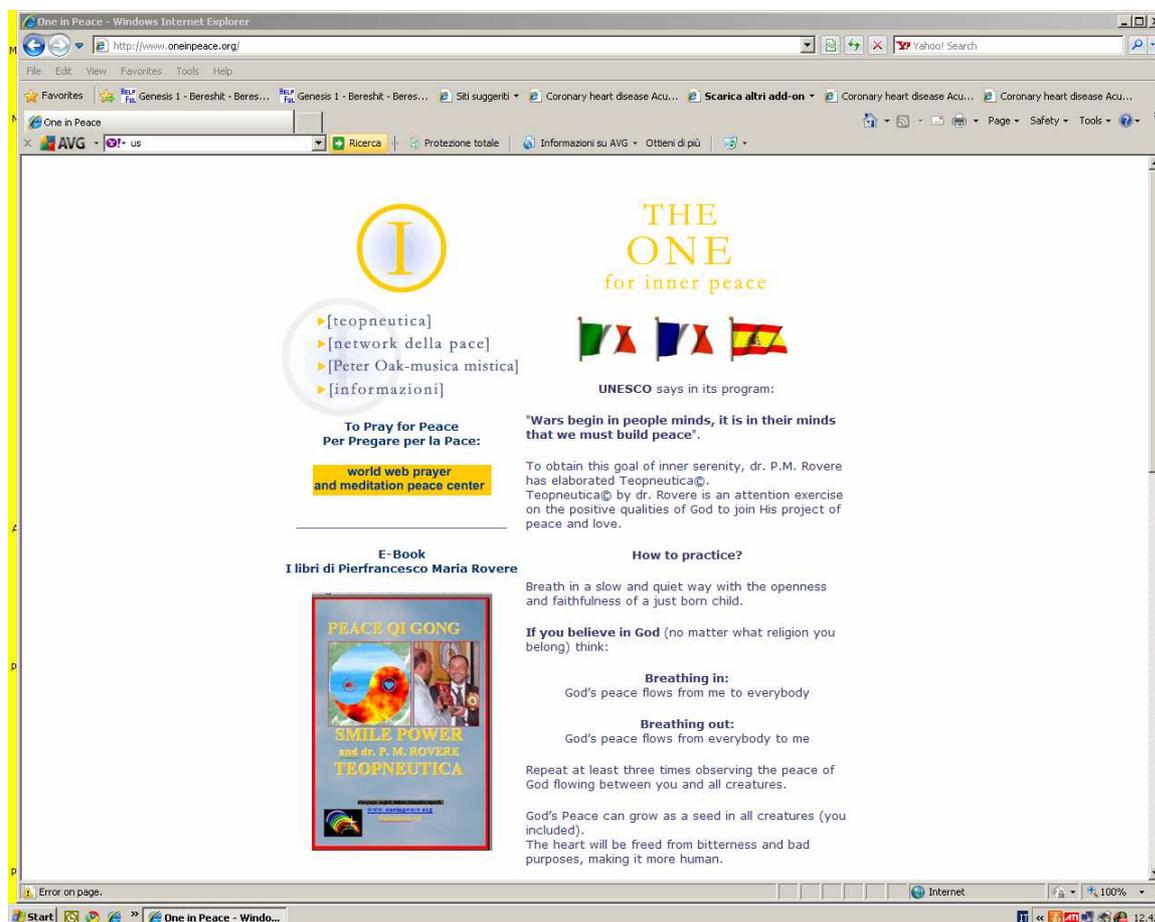


# HOW TO ENTER IN THE PEACE WEB SITE: www.oneinpeace.org.

They are 5 simple steps.

1) You write out:

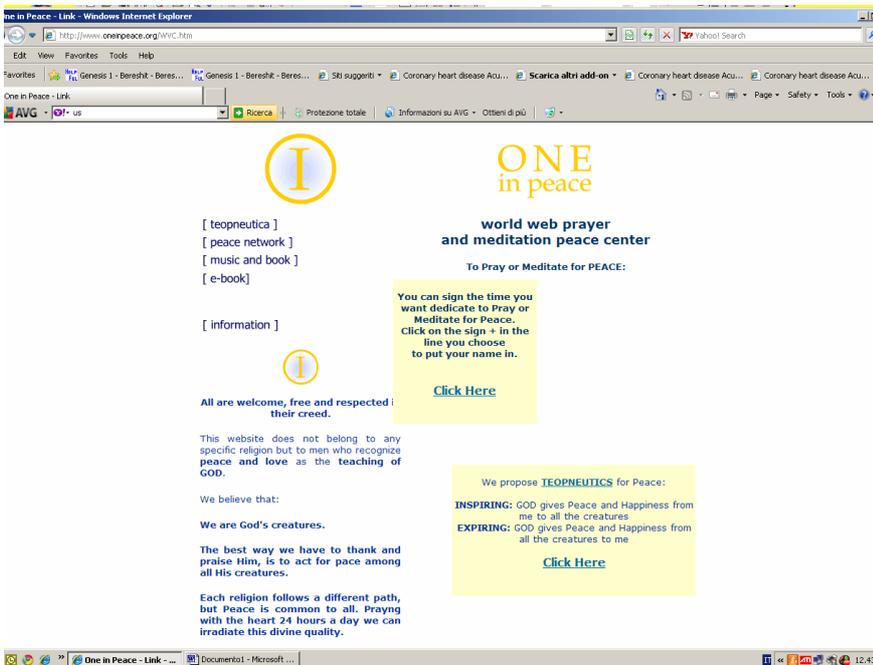
**www.oneinpeace.org.**



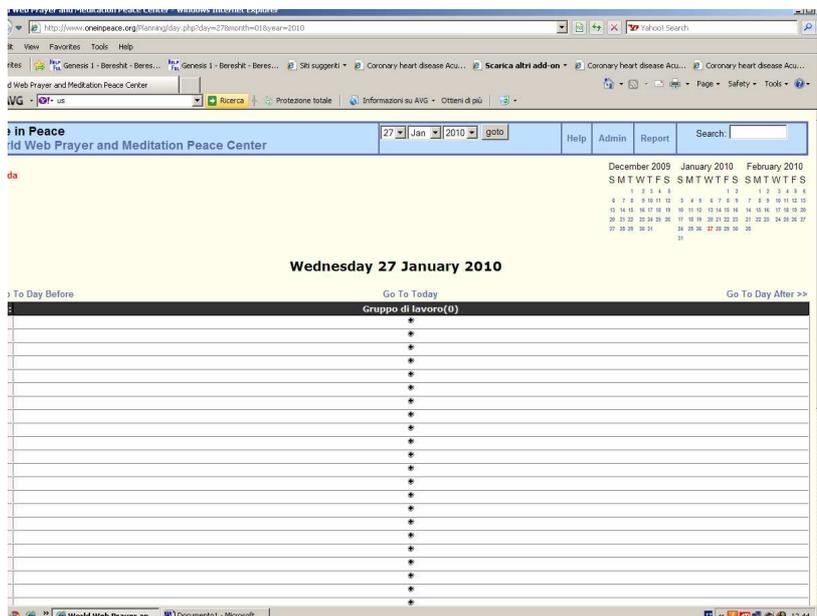
2) Then on the left of the page click above to the box with the words

**World Web Prayer  
And meditation Prayer Center**

3) Then in the page that appears in the square on the right, under ONE you find some writing in English  
**Click Here**: click and activate it.



4) You are in the page of the notebook now "One in Peace". you can find various lines for different hours of the day. The centre of the line corresponds to the time inside you want to meditate.  
**cross in a circle**. Click above.



5) A page appears with some empty lines.

In the first line **Brief Description** write your name and the thing you want to pray for, so that if someone else desires to act in sustaining you in the following hours and in the following days it can become a mutually helpful network.

The screenshot shows a web browser window displaying the 'Add Entry' page of the World Web Prayer and Meditation Peace Center. The page has a blue header with the site name and navigation links like 'Help', 'Admin', and 'Report'. Below the header, the 'Add Entry' form is visible. It includes a 'Brief Description' text box, a 'Full Description (Number of people, Internal/External etc)' text area containing 'Haiti Children', and various scheduling options such as 'Date', 'Time', 'Duration', 'Type', 'Repeat Type', 'Repeat End Date', and 'Repeat Day'. A 'Save' button is located at the bottom of the form. At the bottom of the page, there are navigation links for days, weeks, and months, and a 'Print Preview' button. The browser's taskbar at the bottom shows the 'World Web Prayer an...' window and a 'Document1 - Microsoft ...' window.

Do it. At the end of the page click on **Save** to confirm.



---

culture and discernment, many religions will merge into one: the **religion of God' Peace and Love.**

Then when we speak of dedicating ourselves for the peace of everybody, and for respect and love, all religions are valid, above all when they recognize that every being belongs to the Almighty Lord. Creation is sacred and must be protected and defended so that God can rejoice in a new humanity developing in the new millennium.

---

## THE DVD

To help you in your practice, I have realized the DVD with an introduction to Teopneutica and the practice to be undertaken with oral commands. It is accompanied by a musical composition which has the aim of deepening contemplation.

Good breathing!

This can be obtained on request at;

peace.teopneutica @ yahoo.it

**You can see on youtube**

“Teopneutica Ambassador”

and type "Teopneutica"

You can view the video made on the subject.

Should you require a training supervisor or desire to become an operator of Teopneutica visit the site

[www.oneinpeace.org](http://www.oneinpeace.org)

---

## BIBLIOGRAPHY OF THE AUTOR

- Pierfrancesco M. Rovere: "Samfung Tai ki kung" la ginnastica che cura. PSICHE 1985 ed. Torino
- Pierfrancesco M Rovere: "Costituzioni e generalità nella tradizione medica tibetana" Minerva Medica, 1986:77 (18): 761-6
- Pierfrancesco M Rovere: "Acupuncturae Memorandum" 6 volumi, Gruppo ricerche COOP Acqui Terme
- Pierfrancesco M. Rovere: "Psicosomaticamente" La traccia ed. 1992
- Pierfrancesco M. Rovere: "Amico Me" Mir Ed. 2002
- Pierfrancesco M. Rovere: "Il velo di Maya ci svela l'uomo" pp.424-425, essere Vol.1 5 sett. 1989.
- Pierfrancesco M. Rovere: "Insonnia e stress " AAVV pp. 63-65 Psiche ed.
- Pierfrancesco M. Rovere: "La complementarità terapeutica" Intervento al congresso buddista di Torino 1984
- Pierfrancesco M. Rovere: "Mayasomatology" Congress Handbook. the 3<sup>th</sup> International congress of traditional medicine & Acupuncture, march 2000 Singapore T.T. Ang ed..
- Pierfrancesco M. Rovere: "Premesse di cefalosomatologia intracranica" Gaz.Med. It. Arch. Sc. Med. 1988; 147: 399-401
- Pierfrancesco M. Rovere "Prime analisi computerizzate dei punti di agopuntura e valutazione di punti R. Rivista Italiana di medicina Tradizionale Cinese "Gruppo società e salute" pp. 41-45, 1988, n 5.
- Pierfrancesco M. Rovere "Amica Urina" Psiche ed. Torino 1999
- Pierfrancesco M. Rovere "Autoguarigione" Psiche ed. Torino 2005
- Pierfrancesco M. Rovere, Roccia L., Milani L., Giugno G.: "Patologia funzionale esofagea e terapia per agopuntura riflessoterapia" Minerva medica 1981; 72:2215
- Pierfrancesco M. Rovere: "Ipercromie melaniche circoscritte" Min. Medica 1986:77
- Pierfrancesco M.Rovere: "L'invecchiamento" AAVV pp. 46-48 Psiche ed.
- Pierfrancesco M. Rovere: "Triplo Riscaldatore, identificazione neuroanatomica" Empedocle marzo 1989
- Pierfrancesco M. Rovere: "Dall'agopuntura alla Mayasomatologia. Nuove interpretazioni dell'agopuntura"Acta medica Symposium GLEM 1994 Lyon.
- Pierfrancesco M. Rovere "La complementarità terapeutica e la medicina complementare" convegno buddista 1984
- Pierfrancesco M. Rovere: "Kinesiologia e Naturologia" Marrapese ed.
- Pierfrancesco M. Rovere: "Biosalute e Naturologia" Etimpresa ed.2006
- Pierfrancesco M. Rovere: "CCEA e Naturologia" Etimpresa ed.2007
- Pierfrancesco M. Rovere: "Amiche Anime e Naturologia" Etimpresa ed.2007
- Pierfrancesco M. Rovere: "Felicità e Benessere" Etimpresa ed.2008
- Pierfrancesco M. Rovere "Postura etica e chiropratica posturale" Etimpresa ed. 2008
- Pierfrancesco M. Rovere "Agopuntura Kinesiologica, Placebo e Naturologia" Etimpresa ed.2009
- Pierfrancesco M. Rovere "Agopuntura Epigenetica" Etimpresa ed.2010

---

# INDEX

PARENESI.....	5
FREE WILL.....	6
INTRODUCTION.....	7
WHY ARE WE ON EARTH?.....	11
FIRST PART.....	13
THE CONNECTION WITH THE SACRED.....	13
THE ELECTED IN THE GOSPEL.....	21
THE ELECTED IN THE GOSPEL.....	22
I LOVE AND I AM THANKFUL.....	26
“Thank You for creating me perfect and take me in you perfection”. <b>THE PEACEGIVING STRENGTH OF BREATHING</b> .....	26
<b>THE PEACEGIVING STRENGTH OF BREATHING</b> .....	27
RESONANCE.....	29
SECOND PART.....	31
<b>THE WORLD IMPROVES THANKS TO THE ELECTED!</b> .....	32
WHO ARE THE CHOSEN ONE?.....	35
YOU CAN BE A CHOSEN ONE.....	36
TO THAT RELIGION AN ELECT BELONGS?.....	40
<b>THOSE WHO BELIEVE BRING PEACE, LOVE AND SERENITY EVERYWHERE</b> .....	43
HOW DOES A CHOSEN ONE BRING PEACE?.....	44
WE ARE ALL SAINTS, YOU INCLUDED.....	46
<b>BLESS THE SOURCE, LOVE THY NEIGHBOUR</b> .....	51
<b>YOU ARE ALSO THIS, BUT YOU ARE NOT THIS!</b> .....	55
KOAN.....	56
<b>THE SACRED PRESENCE IS CALLED IN MANY WAYS</b> .....	57
A DAWN OF HOPE:.....	62
<b>THE BREATH IS THE LOVE OF GOD</b> .....	62
<b>ACT WITH SIMPLICITY AND TRUTH</b> .....	63
HOW TO PRAY OR TO MEDITATE.....	66
THIRD PART.....	71
RESPIRATORY METAPHOR.....	71
DO YOU WANT TO COME WITH ME IN.....	71
THE HAPPINESS OF GOD?.....	71
<b>THE TEOPNEUTICA FOR EVERYBODY</b> .....	72
DO YOU WANT TO COME WITH ME IN.....	75
THE HAPPINESS OF GOD?.....	75
<b>TEOPNEUTICA THE BASIC NOTIONS</b> .....	76

---

THE CONCEPT OF TEOPNEUTICA - EDUCATION .....	82
RESONANCE.....	82
NEUROPHYSIOLOGY OF RESPIRATION.....	86
THE PRACTICE OF BREATH WITH FLOW .....	88
THE SILENT PAUSES.....	91
FROM DAOISM TO TEOPNEUTICA .....	93
CONCEPT OF UNITY AND SEPARATION .....	95
THE PHRASES COVERED BY TEOPNEUTICA .....	96
THE CONTEMPLATIVE PHRASES OF TEOPNEUTICA.....	99
PERSONAL CONTEMPLATION: .....	99
PEACE .....	103
TEOPNEUTICA FOR PEACE .....	105
THE ANTIDOTES .....	107
ARE YOU HOLY? ARE YOU ONE OF THE CHOSEN? .....	110
THE ANTIDOTES .....	113
THE TEOPNEUTICA ANTIDOTE FOR PROFIT BLINDNESS .....	114
KAJATI YOGA.....	<b>Errore. Il segnalibro non è definito.</b>
PEACE QI GONG FROM DUALITY TO 'UNITY'.....	119
THE MUSCULAR TEST .....	123
TESTING ON ONESELF.....	124
SWITCHING .....	126
HYDRATION TEST .....	127
CHECKS .....	127
ONENESS IN TWO ASPECTS .....	130
RIGIDITY .....	132
THE SPIRITUAL VISION OF TAI QI .....	134
TEOPNEUTICA QI GONG OF PEACE.....	137
ACT WITH TEOPNEUTICA .....	141
ATTENTION .....	143
TEOPNEUTICA AND HEALTH.....	144
CONCLUSIONS.....	145
IF YOU FEEL YOU ARE AN ELECTED ONE .....	145
TEOPNEUTICA FOR THE SIMPLE .....	147
8000 FOR THE WORLD.....	148
THE WEB SITE OF THE PEACE .....	149
BIBLIOGRAPHY OF THE AUTOR.....	159
YOUR TEOPNEUTICA .....	162

---

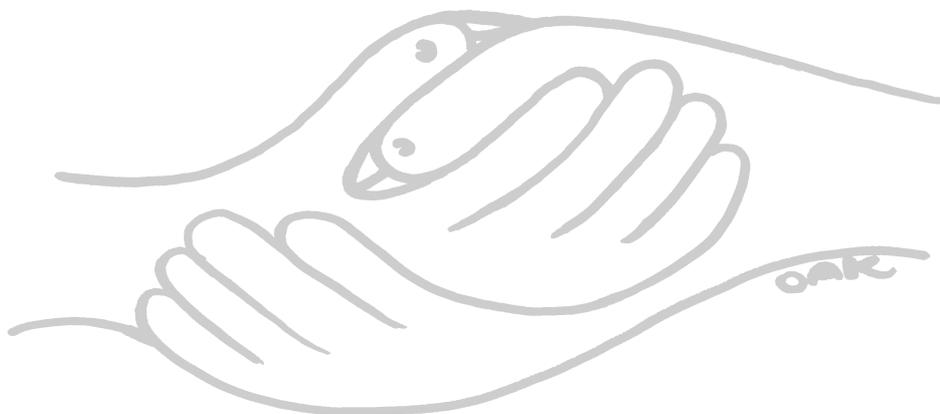
# YOUR TEOPNEUTICA

---



*“Quando, Io, accumulerò le nubi sopra la terra, apparirà l’arcobaleno ed Io mi ricorderò della promessa fatta per voi e per tutti i viventi, a qualunque specie appartengano: le acque non scateneranno più il diluvio e non distruggerò mai più ogni vivente. Vedrò apparire l’arcobaleno nelle nubi e non dimenticherò il patto stabilito per sempre tra me e tutti gli esseri viventi del mondo, di ogni specie”.*

Genesi 9,14



*Isaia 65 - Ecco, io creo dei nuovi cieli e una nuova terra; non ci si ricorderà più delle cose di prima; esse non torneranno più in memoria.*

---

**GRAZIE SIGNORE,  
PER LA TUA PACE CHE È QUI ED ORA TRA NOI.**

Ripeti sorridendo:

**“Signore, ti lodo, ti onoro e ti ringrazio per avermi creato (a)**

e scelto come figlio (Figlia):

ora scopro le cose meravigliose

che hai preparato e previsto per me”.

“Grazie per avermi creato perfetto come te, perdonami di avere accettato la confusione e grazie per perdonare gli errori dei miei avi ed i miei che hanno oscurato la mia perfezione”.

“Io sono un eletto(a), sono suo figlio(a) di Dio perché opero per la pace” (Matt.5;9).

“Grazie di accompagnarmi nella Tua felicità”.

“Ti onoro e lodo per essere nel cuore di ogni essere, compreso il mio”.

**Cara anima ti amo e ti benedico**, grazie per guidarmi, proteggermi e nutrirmi di nobili sentimenti.

Se provi delle sensazioni speciali è normale.

La Teopneutica é fondata sulla mia cultura generale, sui miei corsi universitari di medicina convenzionale e di medicina naturale, sulle osservazioni cliniche e sulla mia esperienza vissuta durante l'insegnamento di questa tecnica in Italia e per il mondo.

Dr. Pierfrancesco Maria Rovere.

---

**Please remember that if you will, together we can strengthen our Please remember that if you will, together we can strengthen our capacity with a special seminar**

**"Teopneutica for Peace"**

E mail: [peace.teopneutica@yahoo.it](mailto:peace.teopneutica@yahoo.it)

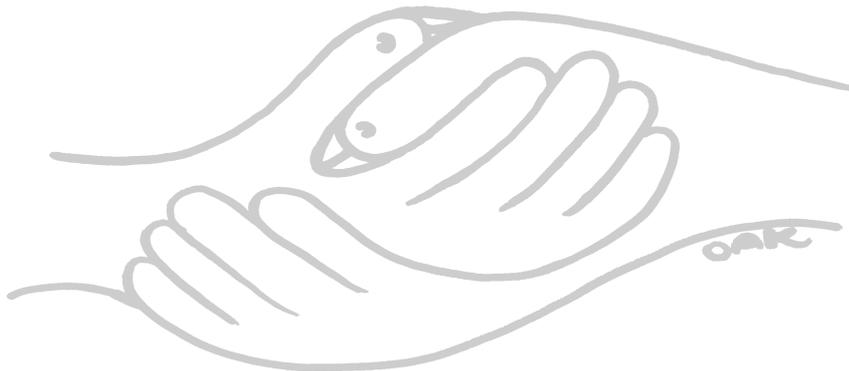
Web site: [www.oneinpeace.org](http://www.oneinpeace.org)



*And God said, "This is the sign of the covenant I am making between me and you and every living creature with you, a covenant for all generations to come.*

*I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth. Whenever I bring clouds over the earth and the rainbow appears in the clouds, I will remember my covenant between me and you and all living creatures of every kind. The oceans will not give rise to the mighty floods nor destroy every living being. Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth."*

Genesis 9,14

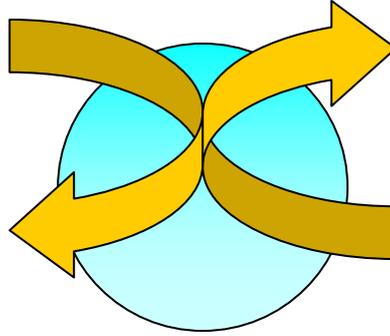


*"Behold, I will create  
new heavens and a new earth.  
The former things will not be remembered,  
nor will they come to mind.*

*Isaia 65*

---

**GOD PEACE**  
**is here and now between us**



**PEACE THEOPNEUTIQUE**  
**PEACE QI GONG**

**Breathing in:**

吸气

The peace of the universal harmony flows from me to everybody

大自然的 和平本质 通过我流到他人

Daziran de Heping benzhi tongguo wo liudao taren

**Breathing out**

呼气

The peace of the universal harmony flows from everybody to me

大自然的 和平本质 通过他人流到我

Daziran de Heping benzhi tongguo taren liudao wo

---

© Prima edizione: dicembre 2008 - Edizioni ETImpresa.

Tutti i diritti riservati.

Stampato da Legatoria Manna

Via Botticelli 22

Rende Cosenza