CHAPTER 2

THE POWER OF BREATH

Breath = Power

PRINCIPLE #1
There is power in breath.

“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.” (Genesis 2:7)

God breathed into man and man became a living soul. There is power in breath. There is an untapped, unrealized power within us that we inhale and exhale everyday. As you become more aware of what is inside of you, you will begin to manifest and see the power of God in your daily experience. Awareness is everything. You can have a million dollars in your bank account, but if you are not aware that the money is in your account, you will not have access to it and you will continually live in a state of lack and want. Although the money is in your account, you forfeit your benefits of having the money because you were not aware that it was there.
Many people breathe negativity into their situations and circumstances. However, God never created us to breathe negativity. God’s breath is the prophetic word, the true word of God that breathes life into your situation. True breath is formless. God is waiting for us to give form to the formless.

Breath = Life Force

**PRINCIPLE #2**

**Breath is the sustaining force of God.**

What is breath? Breath is the sustaining force of God. Without the breath of God man would never have become a living soul. Breath is the life of God that exists within man. “So God created man in his own image, in the image of God created he him.” (Genesis 1:26) The same life force that God breathed into man exists within you.

God gave Adam charge to name the animals. In essence, Adam declared the breath of God to God’s creation. Once you awaken this powerful force of God within you (the breath of God), you will begin to do the impossible and manifest the power of God in the earth. You will be able to move mountains. The scripture says that you will be able to say unto that mountain “be thou removed” and it shall be removed. (Mark 11:23) You can breathe the breath of God to the mountain and cause that which is inanimate (that which would not move because there was no voice or life in it) to move aside.

The Apostle Paul said that all creation is waiting for the manifestation of the sons of God. (Romans 8:19) How do you manifest? You manifest by speaking a language that the earth can understand. Breath is an invisible force that we breathe into our physical body and causes a vibration. As a result, we are able to
hear sound and communicate with each other. The breath of God is man’s communication with life and nature. It is our connection to Spirit and manifestation.

PRINCIPLE #3
The prophet is called to breathe life into that which is dead.

Breath is the intense action of God that causes dead things to resurrect. When Jesus called forth Lazarus from the dead, He used breath. He began to go within Himself. In the midst of the chaos, confusion and panic, Jesus remained calm and called forth that which was dead. Mary and Martha were upset because they believed their brother was dead. They were upset because Jesus didn’t rush to the scene upon their first call to help Lazarus. Martha said, “Master, if you were here my brother would not have died.” (John 11:21) Jesus knew Lazarus was not dead. But he was trying to get Mary and Martha to a state of stillness. It doesn’t matter what you are feeling or what is happening around you, when the Master comes on the scene everything is going to work out, because the Master is never late.

“Jesus saith unto her, Said I not unto thee, that, if thou wouldest believe, thou shouldest see the glory of God? Then they took away the stone from the place where the dead was laid. And Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me. And when he thus had spoken, he cried with a loud voice, Lazarus, come forth.” (John 11:40-41; 43)

The cry could not be made until Jesus went within himself and began to breathe out Lazarus’ name. If you want to see resurrection of dead things in your life, there must always be a cry out. Jesus was hearing voices all around Him - Mary and Martha, the disciples. But Jesus, being the son of God, being God manifested
in the flesh, cried out in a loud voice. He took in the very essence of life (the breath) and began to call Lazarus forth and awaken him out of his sleep. I believe that if Jesus was not specific in calling forth Lazarus, everything and everyone that was dead would have come forth in response to His cry.

The breath of God is a powerful, life giving force. Therefore, when you are calling things forth you have to be specific. Many people receive things and say, “I didn’t ask for all of this.” But whether you asked for it consciously or subconsciously, you asked for it, you ordered it. Nothing comes to you unless you first order it and call it forth into your experience.

Without breath there is no life. Without breath you would be an inanimate being. You may have the form, but you would not have life. What is the form without the life? It is nothing. It’s not enough to say, “She looks good.” “He carries himself well.” “She speaks so well.” The form has nothing to do with the life. The life gives substance to the form. It is that very same life (breath) that brings definition to that which is contained on the inside. In the physical realm, breath is inhaled and exhaled, giving life to our mortal being. But in the spiritual realm breath brings life to that which is spiritually dead.

God has called the prophets to speak life to dead situations, issues, dreams, relationships, goals and desires in the lives of people. God asked the prophet Ezekiel, “Son of man, can these dry bones live?” The Lord commanded Ezekiel to speak life to the dry bones and command them to live. The prophet is called to breathe life into that which is dead. The prophet is called to breathe the breath of God into those things which have no purpose. The prophet is commanded to prophesy to dead things. God called the prophet to be that resurrection power.
So when your finances aren’t moving, breathe life into that dead thing and say, “Finances live!” When your body is not performing at its best and you don’t have the energy like you used to have, then you need to go within yourself and begin to breathe the breath of God’s life. The breath of God is invisible manifestation. It is in a form that cannot be seen with the physical eye. However, if you examine air closely under a microscope, you can see the oxygen and nitrogen molecules, those elements that are essential to the body and its function.

**PRINCIPLE #4**

**God is always looking for entrance into your very being.**

If you stop breathing in the natural you will die. You will stop the flow or the life of God within your mortal being. In the same way, if you stop the flow of God in your life spiritually, death will result. The Bible says that life and death are in the power of the tongue. (Proverbs 18:21) In the midst of the busyness of the day sometimes you have to “steal away” or remove yourself out of the situation so that you will not be moved from where God has called you to stand. Many times I find myself in the middle of the day saying, “Okay, Debra, you have to come away.” The Bible says, “Be still and know.” Sometimes you have to stop what you are doing, take a break, rest your physical body and breathe so that you can restore your physical body and your mental body. You have to breathe in the life of God. When you breathe you are taking in the resurrection power of God that will sustain the cells and systems of your body.

In the midst of the busyness of your day, you should find time to be still within yourself for a moment. Breathe in slowly and visualize that the breath of God is filling every member and every
cell of your body, and then exhale (give it back to God). You will feel refreshed.

Taking slow deep breaths decreases the incidence of insomnia, nervousness, high blood pressure, fear and anger. Incorrect breathing will result in sickness in your body. Therefore, it is important to focus on how often you are breathing and how you are breathing. Your day can become so hectic and intense that you are not aware of your breathing. Sometimes you may breathe too fast or even hold your breath. How many times do we just go through life breathing unaware, just barely making it?

In the word “breath” you see the word “eat”. Breath nourishes the body. Oftentimes, we take breathing for granted. You may think that breathing is an involuntary action and that your cells and vital organs will automatically get the nourishment that is needed. This is not true. You have to remind yourself to breathe. You have to remind yourself to intake the life of God. If you practice focused breathing early in the morning before you start your day, your whole day will flow with God. A three to five minute focused breathing exercise will increase your energy.

Even during your lunch break as you are eating your meal, allow a couple of minutes for your breathing exercises and feed the cells of your body so that you can be complete and whole in every aspect of your being. It is vital that you take some time out of your day and just steal away, come to yourself and begin to remind your members that there is life flowing through your body, that there is good health flowing through your body, that God is in the flow and all that is good must resurrect.

If you want to experience peaceful sleep and pleasant dreams, allow some time to complete your breathing exercises before you go to sleep. Take a few minutes and breathe in the life and the essence of God. Take 10 deep breaths (inhale and exhale) and go
to sleep. You will feel completely refreshed and your dream life will change tremendously. Breathing allows the cells of the body to be revitalized.

In Genesis 1:7, God breathed into man’s nostrils. God found the gate, the entrance, the doorway to man and He filled him unto overflow with His life. God is always looking for a gate or an entrance into your very being. I read an article about the Creation. The author presented an interesting point of view. He believed that when God said “let there be” all of creation (those things which were visible and those things which were invisible) began to cuddle up saying, “The Master said let us create,” and all of creation hurried about trying to fulfill the commandment of God. All of creation is waiting for you to manifest. All you have to do is begin to command the breath of God and say, “Come in. I embrace you.”

**Time Out!**

**PRINCIPLE #5**

*If you don’t make time for yourself, time is not going to make time for you.*

It is important to schedule a time-out within your day to allow God to fill you with his life and with his breath. You have to take time out for yourself. You have to make time for yourself on purpose. You have to put it in your schedule. Some mornings before I leave my bedroom, I will take some time, even if it is only three to five minutes, to steal away and say, let me allow God’s life to live in me. I say, “Lord, what do you want me to do?” Then I begin to schedule my day.

I don’t allow circumstances and situations to dictate my schedule because I am filled with God’s life. When situations
begin to knock on my door and try to find me, they find the door has been closed, because I have already filled my temple with what is needed for that day. Sometimes you have to reschedule certain events in your life, because you are in control of your day. You set the schedule. You make the appointments. The way you breathe determines what happens in your life, what you want God to do in your life, what you need God to do, and what you allow God to do in your life. It’s all in the breath. When you are filled with God’s life, you can go out and do an effective work.

Nervousness, stress and tension are all signs that you have to go within yourself and begin to create a new reality. First, you have to deal with the physical body. You have to begin to command the cells to come into divine order. You can do this by taking slow, deep breaths. As you inhale and exhale, visualize God’s breath, God’s understanding and God’s healing power within you. Breath is a healing force. Breath is a life force. Breath is a prosperity force. Breath is the force of whatever you deem in your reality and in your imagination to be for you at that time.

Psalm 23 says, “The Lord is my shepherd, I shall not want.” It goes on to say how God prepares a table before you. The table that he prepares is within you. You must go within yourself to partake of the table of blessings, breathing them into your very being so that you can manifest on the outside. If you breathe shallowly, you fail to breathe in the allness of what God has prepared and ordained for your life. When you shallow breathe, you are really saying, “Lord, I’ll take this, but I don’t want that. I’m not ready for that, Lord.” You really don’t want to take in the allness of God. The songwriter wrote, “I’ll say yes, Lord to your will and to your way.” My very being, everything within me says yes to the Lord. You cannot say a totally complete yes to God until you breathe it all in. You cannot say a totally complete yes when you shallow
breathe. You have to go deep within the innermost cells of your being and render the total and complete yes to God and to what He wants you to do.

Oftentimes, in that shallow breathing state we are not in our complete form. We are not in the completeness of saying yes to whatever God wants from us at that time. Therefore, we breathe slow and shallow. We refuse to breathe deep. Deep breathing causes your form to change. When you take deep breaths you become more erect. Take a deep breath in. Hold it. Now, breathe out. As you took the deep breath your posture changed. You became more upright.

Many people walk through life with their heads hanging down. However, this is not God’s will for your life. That is not what God intended for your life. That is not what God purposed for your life. We are called to showcase God. The world identifies you by your posture. Your posture reflects how you carry and maintain the glory of God. The correct breathing will allow you to contain all that God wants you to have within yourself.

**Breathe Purpose**

**PRINCIPLE #6**

*When you breathe with intent you command your total being to come into divine order.*

In the natural, breathing can slow you down or it can speed you up. In the spirit, breathing is the commanding force of God. Therefore, it is important to be cognizant of your breathing and breathe with purpose, because when you breathe with intent you command your total being to come into divine order. Breathing gives you energy. When you breathe you awaken your mind and still the chaos of your day. You are breathing the peace of God.
Therefore, breathe with intent. Be aware. Many of us have become so accustomed to breathing until we have become unaware of how we breathe and what we are breathing in - intent of mind, intent of purpose, intent to perform.

Not only do we have the five senses of sight, sound, touch, smell and taste, but we also have the sense of breathing. Sometimes you can enter a room and breathe in and discern that something is wrong in that room. You can use your sense of breathing and inhale what has already happened in the room. Sometimes I can minister to someone and just by breathing in I can discern much about the person’s life. I can sense if they are having a struggle, if they are experiencing difficulties in their life, if there is a blockage. If I breathe in and feel a hesitation in my breathing, it reveals to me that there is a shortage in that person’s life.

Breath Speaks

PRINCIPLE #7

Breath is the I Am within you responding back to God.

In early civilization, symbols were used to communicate. But even before symbols, the first language was breath. Even though it was difficult to understand, it was still a language. Breath is the language of God. It is the I Am within you responding back to God. It is the complete action. It is the completion of the working of God that is on the inside of you. In order for the cycle to be complete, there must first be an inhalation and then there must be an exhalation, an intake and an outpouring, a beginning and an end. There must always be the “Amen” of God. Many people fail to close out their day and as a result, they experience an endless cycle of like experiences in their lives. They never said Amen to their day. They never said, “So be it.” You close the chapter of your day by exhaling. The exhale is
the Amen. The breath of God can make you invincible. It is the first language of being and purpose.

We live a life of cycles. It takes Saturn 29.5 years to return to the earth realm. There are many Saturn returns and Mercury returns, many different cycles. The moon returns every 2.5 days. If you do not complete or pass the grade in one cycle, it will repeat itself in your life.

Many people live in the perpetual cycles of life, cycles of defeat and cycles of situations and circumstances that appear endless. However, the only way to experience release is to close it. Jesus closed the book and he began to go out and do what was needed. When Jesus gave up the Ghost he breathed out and said, “It is finished.” Many people like to hold on to things and continually breathe life into something that is dead, something that they were supposed to let go and let it be — “Well, I don’t understand, she shouldn’t have done this. She was wrong.” So what! “He hurt my feelings.” So what!

When you make the decision to partake in the negativity and allow it to be a part of your experience, you sign up to be the victim. You willingly volunteer to partake on a subconscious level. “I’m just believing God for…” “I just thank you Lord that my prosperity is coming.” “I thank you Lord that my maid is coming.” The reason why you have not manifested in your experience that which you are believing God for, is because you have not released it. You have not said Amen to it. I know there is another tomorrow. I know the sun is going to shine tomorrow, because behind every dark cloud the sun is shining.

Breath is an involuntary action. Oftentimes we take it for granted. We breathe when we are asleep as well as awake. Breathing occurs whether we are conscious of it or not conscious of it. However, once you are conscious of your breathing you will
become aware. Your walk will change. Your attitude will change. Life is a cycle. As long as there is breath in your body, as long as you are inhaling and exhaling, God is going to move on your behalf. Things may not have gone the way you thought they would this month, but next month is coming. The sun is going to shine. Get up and do what God has called you to do because you have breath in your body, and breath indicates change.

Nothing is ever lost - not even the breath that we breathe. Whatever God has for you is going to come to you. Though it may feel like the vision tarries, you have to wait on it and it will come to pass. Whatever you are believing God for, whatever you have seen in the mind of God, breath will manifest it. Power and breath are locked up on the inside of you. Therefore, you will see the change.

**PRINCIPLE #8**

**Breath is the essence of prayer.**

Breath is sweet communion between God and man. A breath is not complete until you inhale and exhale. In prayer the answer and the question are in one breath. Therefore, you can breathe in what you want (the request) and when you exhale you receive the manifestation of the prayer. God is waiting to see what you are going to breathe into. What are you going to breathe into — things, situations?

Some people have asked me when do I pray and how do I pray. I am prayer. Brother Lawrence, one of the great mystics, taught on the art of prayer and said that even while he was in the kitchen washing dishes he was praying. You have to get to the state of being and purpose where you are in constant communion with God. You are prayer. Whether you are cooking, cleaning, working or helping the children with their homework, you should
be in prayer within yourself. There should be constant intercession. There should be a constant praise on the inside of you. Man should constantly be in sweet communion with God.

I have five children, and in this season they are not manifesting as I have seen in the realm of the Spirit. However, that does not change the mind of God. That does not change what God has already destined for their lives. Every time I take in a breath, it is a reminder to me that God has not changed His mind. They may be taking the scenic route, but God has already destined it to work out in their favor. Breathing in negativity and listening to the lies of the enemy stagnates and aborts that which God has destined for your life. Negativity is nothing but a lie. It is an illusion. It is contrary to the truth and the reality of what God has already destined and called you to walk into. God never created us to breathe negativity.

Breath is ever present. It is a silent reminder. It is the Comforter reminding you that everything is working together for the good. What you see with your physical eye is not your reality. You may be stuck at a place in life, your life may be on pause, but even in the pause you are still breathing. It is a gentle reminder from God reminding you that everything is to going work out according to God’s plan and purpose.

The first spies that Moses sent out came back with an evil report. They reported that there were giants in the land and therefore, they were unable to possess the land. “Yes, it’s nice. Yes, it’s wonderful. Yes, there are honey and grapes. It is beautiful. Everything is there like you said, but we are not able.” The report was evil because it was contrary to what God had already said concerning the children of Israel. God said they were going to possess the land. But they were more focused on the giants than on what God had promised.
There is a land that God is calling you to possess. It doesn’t matter whether it is big or small, God has called you to possess it. However, if you are breathing negative life into your experience, you will abort the purpose of God and the destiny that God has called you to walk into. Therefore, we are never to breathe in negativity because that is not the plan of God, nor the promise of God for us.

What are you breathing into and what are you saying? Are you declaring that it is evil or are you declaring that it is good? Are you validating it or are you canceling it in your life? Whatever God breathed upon was always judged as good. Breath is life and life should always be celebrated. Life should always be lived. Your life should proclaim the truth of what God has already ordained it to be.

**Breath Gives Life**

**PRINCIPLE #9**

**Breath connects man to his God.**

You are the maker and the creator of your own destiny. Whatever you choose will manifest in your life. God made man in his likeness and in his image. Then God breathed the breath of life (the essence of life) into man. Not only does breath give life, but it gives form and definition. We are constantly defining our lives either on a conscious level or a subconscious level. Life has been presented to each and every one of us to live and to give God the glory in the life that we are living.

Breath connects man to his God. Breath is the invisible force, the invisible essence. It is the umbilical cord of life. Even when you didn’t know God the umbilical cord was still there. How do we know it was there? You are still breathing. You are not in the grave. You were asleep. You were unaware. You didn’t know. God
breathed the breath of life into man. The breath connects you to your Maker. When you stop breathing, the umbilical cord is cut and you return back unto the Father.

Breath brings your thoughts from the state of the wish into reality. You are to breathe the wish or the desire. What are you desiring? What are you believing God for? It is up to you to breathe life into your dreams, breathe life into your desires, breathe life into your hopes and bring them out of the wishing stage and into reality. You have to go into your imagination. We see in Genesis 1 that God imagined creation into being. In Chapter 2, we see the manifestation of what God imagined.

The breath brings awareness to your being. You must go within or do without. Why do you have doubt when you know what you need? You must first go within yourself or do without. When God created man He went within Himself and said, “Let us make man.” Man is a being that is made up of many bodies. So all you have to do, people of God, prophets of God, life givers of God, is to go within yourself and speak to the other bodies.

“Let us manifest the money.”
“Let us go create the house that we want.”
“Let us create the car that we want.”
“Let us give birth to the children that God has called us to bring forth in the earth.”

PRINCIPLE #10
We have to go within or do without!

The scripture says, “From everlasting to everlasting thou art God.” (Psalm 90:2) There is another level of breath that is still creating, the eternal breath of God. When God said, let there be light, it was not just for light to manifest on planet earth, nor was
it exclusively for our solar system. God said let there be light, and that Word is still creating lights in other universes and in other realms of existence. The breath of God is eternal and is continuously creating that which God desires for His people. Your breath never asks your permission to find entrance into you. It just comes in because God has already given that commandment. You are the recipient of that breath and now you are required to give it back to God so that there will be an ever living and eternal cycle of the breath being inhaled (taken) and exhaled (given).

**PRINCIPLE #11**

*The prophetic has the power to inspire or expire.*

God never commanded us to breathe life into everything. God is the giver of life. You have to discern who and what is worthy of the breath. The Bible says do not give that which is holy to dogs. (Matthew 7:6) You have to inquire of God because everybody doesn’t want life. The prophetic has the power to inspire or expire. Everybody doesn’t want to live right. Everybody doesn’t want the same things that you want. Life is about decisions and choices. Destiny is not left up to chance, but it is a matter of choice. You are the choice makers of your own destiny.

The breath only dwells in living temples. As long as there is breath, as long as you are breathing, you can change your life. God is the originator. It was the breath of God that came to you and found entrance into your being and caused you to become a living soul. Breath connects man to His God.

**Pull It Together**

**PRINCIPLE #12**

*Breath brings oneness to self being.*
When you are prophesying the Word of the Lord, you have to discern to which body you are speaking. Stop allowing yourself to be scattered. You may be thinking that you are ministering to the spirit of a person, but you may be dealing with their etheric body (their soulish issues). Sometimes I command people to relax. On a subconscious level I am commanding that their bodies begin to come into oneness. Their bodies may be scattered. One body may be present, but the others may not be present, which will result in scattered energy. You have to bring the bodies back to attention.

In order for you to come into the true purpose of God, you have to begin to bring all of your bodies into alignment. Again, we’re reminded in Genesis when God said, “let us”, He didn’t just say, let there be. But He began to continually remind Himself within Himself to come together so that we can create, so that we can manifest purpose. In order to bring creation into manifestation, you have to come together. Let us get ourselves together. Let us come into oneness. Let us begin to focus. Let us begin to get our minds on the Lord. Let us begin to see what God wants us to see. I don’t just want my spirit man to see. I need my soul to see. I need my soul to feel and to understand that this is the will of God, because the Word of God has already said, the Word of God has already decreed. Therefore, you have to bring every member of your body into alignment.

“Okay, etheric body, I know you are hovering, but get in line. Ghost body, come together. Mental body, come into alignment; stand to attention!”

When you begin to bring your self being together into oneness you will see a greater demonstration of what God wants for you in your life. You will discover that it is in Him that you live, it is in Him that you move, and it is in Him that you have your being and
purpose in life. If you breathe it in, you can breathe it out. If you
can pray it up, you can pray it down. It is the yin and yang of cre-
ation. It is the inhalation and the exhalation of the breath of God.
It is the inner and the outer. It is the balancer of life that God has
created for each and every one of us.

Everything in life vibrates to a sound. Everything in life has
ears and a mouth. Everything in life will speak to you if you will
allow it. When Jesus cursed the fig tree there was a conversation
or dialogue between God and the fig tree. Although the conversa-
tion could not be heard with the physical ear, there was still con-
versation in the Spirit realm. So breath always carries a sound,
whether it is a sound that you can hear with the physical ear or a
sound that you can hear on another frequency.

Before you go to bed tonight, take 10 deep breaths, inhaling
and exhaling, and then go to sleep. Your dreams will change. You
will dream “God dreams” because you are consciously breathing
in God. God always uses that which is natural to teach us the spir-
itual things.

We cannot live without breathing, yet we know very little
about what is happening in our mortal bodies. Breath not only
affects the physical body, but it also affects the other bodies. We
breathe in with the physical body, but the other bodies (the ether-
ic body, the astral body, the mental body, the spiritual body, the
center of power, and the link with wisdom) are also receiving life
from the breath. But it first starts in the physical body. After God
formed man, he breathed into the mold that he created. He
breathed the breath of life into man’s nostrils and man became a
living soul. Once man became a living soul, every other body
began to awaken itself.

Many times your other bodies are not going to begin to awak-
en themselves unto righteousness until you begin to breathe the
right breath. You have to take time out from the busyness of your day and go within and begin to create the future that God has commanded you to create. It’s not going to happen until you go within yourself and say “Be still and know.” What do I know? I can have it all. I am God. God and I make up the majority. If I am God I can do all things. God is with me, because it is in Him that I am doing everything that I need to do. So I am not moving in this physical being.

Earth has taught us to become earthbound and weighty, and as a result we are weighted down with issues and matters of the heart. But when you begin to breathe the right breath, you release yourself and say, “I am spirit. These coats of skin cannot hold me down.” This is just a vehicle that I am driving. But I can go into my other body using the breath of God, just change form and let it be, like an alchemist changing metal into gold, changing that which is physical into Spirit, because I am the great alchemist. I am the great changer of my own destiny. Life starts within, but we live in a society where everything is focused outwardly. However, God is more concerned with the inner man in which resides the breath of life.

**AFFIRMATION**

I am what I breathe.

I am every breathe I take.

The breath of God lives in me.

I live in the breath of God.

I am resurrected with the breath.

The breath of God has resurrected me.