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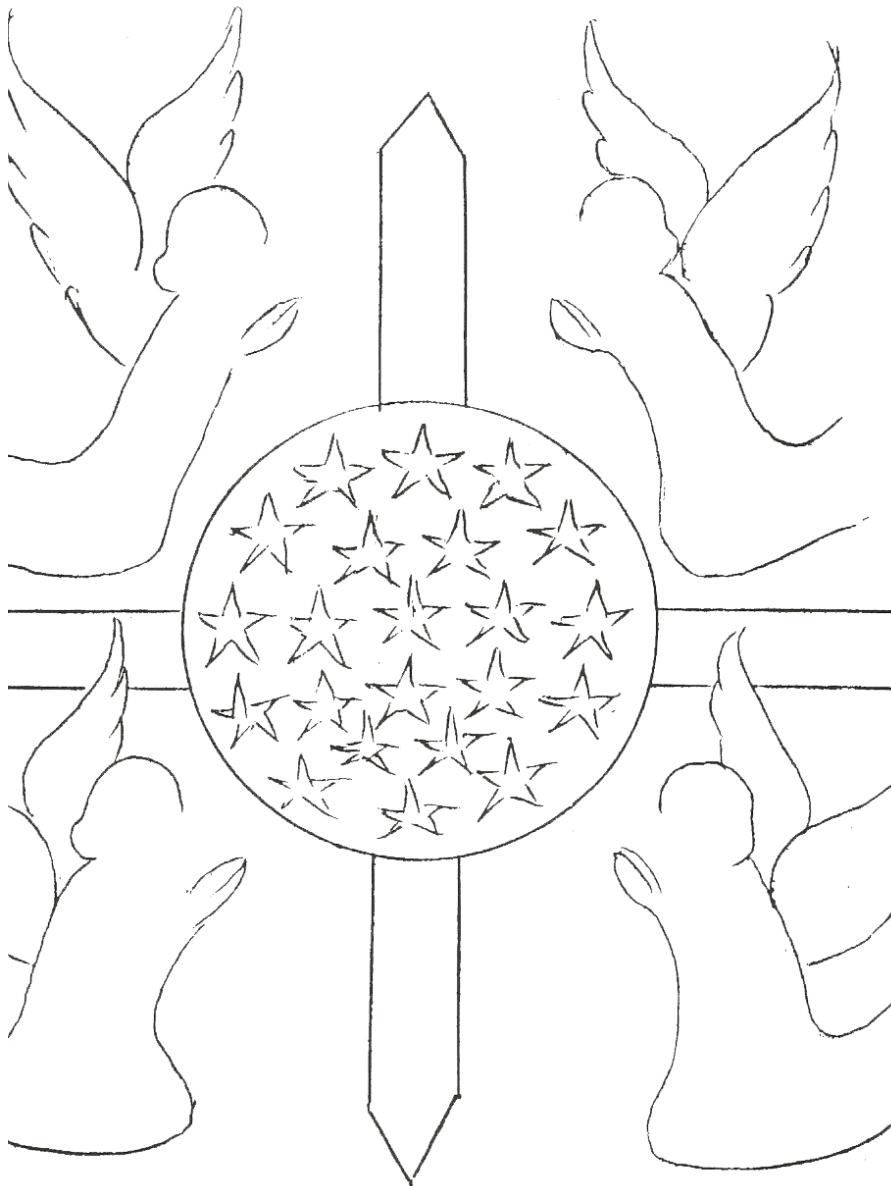
# SPIRITUALIST SOCIETY OF ATHENS

# “THE DIVINE LIGHT”

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Spiritualist Society of Athens “The Divine Light”

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*Quarterly magazine*

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# About the publisher

The Spiritualist Society of Athens “The Divine Light” is a non-profit organisation.

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## About the content

This magazine contains texts, selected from the English translations of our Publications:

<http://en.divinelight.org.gr/category/publications/>

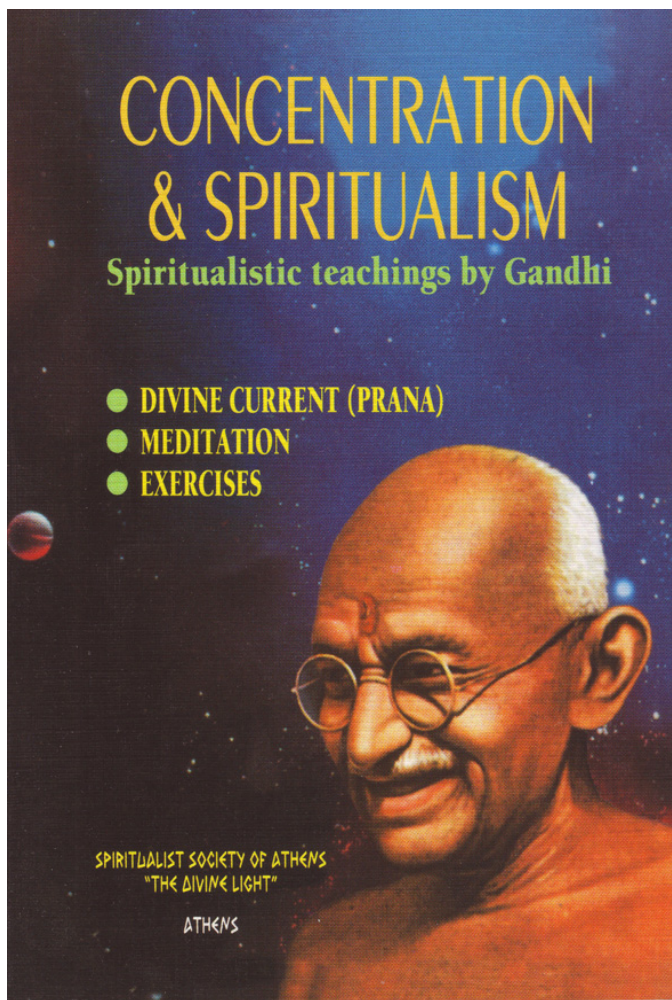
The Divine Light Texts are spiritual communications received by the Channel George Pisanis during the years 1961 - 1979. They are Teachings transmitted by the Highest Authority of the Spiritual World.

The sketches at the front cover come from a collection of a visionary, late member of our Society.

Editing: Ioannis Kontodinas, Joy Condaras



*Spiritualist Society of Athens*  
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# Breathing exercises by Gandhi

## *Message from the editor*

The current issue is devoted to breathing exercises, as described in the book “CONCENTRATION & SPIRITUALISM, Spiritualistic teachings by Gandhi”.

We have selected teachings and instructions from the book that describe how breathing exercises should be done to benefit the human organism, from gathering of ‘prana’ to fighting pain, fatigue, etc. These are simple exercises that are appropriate for the Western man to do.

The breathing exercises are only part of a whole framework of spirituality that combine meditation, concentration, spiritual knowledge and a way of life in general that is based on the principles described in the book and in the Divine Light Texts.

**The Editor**

# General rule on breathing

*Gandhi*

Before we continue, you must know that breathing is an exercise with tremendous beneficial effects. In general, you must inhale through the nose and exhale through the mouth. I will not explain the details. Begin this exercise today. There is a reason for that. We will get into other breathing exercises as well, with various beneficial effects. We are interested in the entity's health.

# The importance of breathing

*Gandhi*

Continuing, I will insist upon breathing in as the first step to the mysteries of prana.

I said that you should inhale through the nose and exhale through the mouth. This is very important for the body since clean air is entered this way and is deposited into the solar plexus. During inhalation, to be performed later with a different system, think of the place in your body where you would like prana to act upon so that the weakest part of your body, which mostly needs this energy supplied from the solar plexus, is strengthened. I will come back to this issue.

# Exercise for the absorption of prana

## *Gandhi*

My brethren, the exercises prescribed by the great teachers of the yogis are welcomed. However, these are difficult exercises for you to perform. You will take the simplest of them. I give you now a simple breathing exercise. Its purpose is to gather the prana from the ether.

Lie on your bed. Stay totally still and in a straight line. With your eyes closed, breathe in deeply and then exhale little by little in intervals. Each time you do that, you should have in mind the place of your body where you want prana to be deposited. You should start from your weakest parts.

This exercise should be repeated often. After some time you will notice the difference in your organism. You should continue with this exercise accordingly until your bodily organs are strengthened.

The yogis give such advices, which you are able to follow. I speak concisely because I don't want to make yogis out of you. I only wish to lead you to the upper levels of your development in the material world, facilitating at the same time your ascent to the Spiritual World. Only a few men were able to perform all these exercises. Were these people able, though, to exercise their spirit, as well? Therefore, the exercise is twofold: spirit and body for cultivation of the soul.

Who was ever able to imitate Lord Jesus Christ in words and deeds? The person who would be able to do that would be in the same level as Him. Therefore, since no person has done it, that means that man is not able to reach His level and call himself Son of God. The great teachers of India wrongly assumed that they could call themselves brothers of the Lord. Yes, they were brothers in a material sense but not in a divine sense. But who was able to understand in depth the profound meaning of the existence of the Lord? Even the educated priests run astray in their thoughts and they have followed the opposite road from that which the Lord has shown.

My brethren, the breathing exercises, which the yogis have prescribed are very beneficial to you. I will give you the simplest ones.

# When you are fatigued (Cleansing Exercise)

*Gandhi*

Breathe in through the nose, hold the air in for a while and then exhale little by little through the mouth, in intervals. Do this for a few minutes. Choose the appropriate time for this exercise so that your body gets invigorated when it is needed.

The yogis accompany this exercise with a physical one. I do not recommend the latter to you because it is very difficult.

In the lessons to come, I will give you more breathing exercises. I receive these lessons from the great yogi brothers of mine, not from Heaven. Heaven acts through the Word, as in “He sayeth and it was done”, whereas you, I believe, as people, need the exercise before the Word. The gurus have reached their level through exercise and from their position the Word acts upon them.

Do not think that Gandhi has no other occupation in Heaven. You were given the honour by the Spiritual World and by indication of the Light of Truth I come to help your efforts. I open the way of your soul’s satisfaction and your spiritual service. My field of occupation here is very different from what I teach you now.

# Strengthening of the nerves

*Gandhi*

Stand up straight and breathe deeply. Hold your breath while you raise your arms straight and forward. Bring your arms to your shoulders while tensing your nerves. You do this by clenching your fists tightly and opening them a few moments. Then, exhale vigorously.

Follow up this exercise with the cleansing exercise. The cleansing exercise is the exercise described in the previous paragraph. It is very beneficial to the yogis and to those who exercise it in general.

# Revitalisation of the organism

## *Gandhi*

This exercise rejuvenates the whole organism for man and especially the circulatory system, the stomach, the liver and the lungs.

Stand up straight and breathe in deeply. Your whole inner (material) world is filled in with air. Hold the air in as much as you can without being uncomfortable and then exhale through the mouth. After repeating this exercise several times, do the cleansing exercise.

# How to revitalise your circulatory system

## *Gandhi*

Stand up straight and hold your breath while bending forward and tightening your fists as much as you can. Come back up, release your palms and assume your initial position, exhaling through the mouth.

This exercise is repeated several times. It is followed by the cleansing exercise.

# General exercises

## *Gandhi*

I will give you a few exercises, which have the same beneficial effects as the “multivitamins”. Know that the reason you take this medicine is because you don’t know exactly what your ailment is. Hence, these exercises will have the same effect.

### **Exercise #1**

Stand up straight and inhale. Raise your arms above your head, tightening your fists. Release the tightening and bring your arms down while exhaling the air.

Each exercise I give will be followed by the cleansing exercise.

### **Exercise #2**

These brief exercises are very effective. All the yogis use them and I copy from them whatever I give you today.

Stand up straight with your arms stretched forward. Relax your muscles and inhale deeply. Rotate your arms into one direction and then into the opposite direction a few times and then exhale.

### **Exercise #3**

Stand up straight and stretch your arms forward. Inhale deeply. Suspend your arms and bring them back as much as you can. Bring your arms forward again to the initial position. Do this a few times and then exhale vigorously. Follow up with the cleansing exercise.

### **Exercise #4**

Stand up straight with your palms touching a wall or a tree if you are in a garden. Keeping yourself straight, lean towards the support while you inhale. Then, push yourself back up. Do this a few times and exhale vigorously. Follow up with the cleansing exercise.

### **Exercise #5**

Bring yourself into the push-up position. Lower your body towards the ground and take a deep breath. Do a couple of push-ups, as many as you can, and exhale through the mouth. Follow up with the cleansing exercise.

### **Exercise #6**

Sit down with your back straight and inhale, little by little, until your lungs are filled with air. Then, exhale vigorously through the nose. Do the cleansing exercise.

### **Exercise #7**

Stand up straight and bring your hands to your waist. Inhale deeply, bend forward and exhale through the nose without bending your legs. Come back to the upright position, breathe in and repeat bending backward this time. Repeat the exercise bending also to the right and to the left. Follow up with the cleansing exercise.

# Psychic exercise

## *Gandhi*

Lie down on a mattress. Breathe in and let yourself free and relaxed. While you inhale, think, without forcing your thought, that prana is entering your body and is being deposited in your solar plexus. Your hands should be touching the solar plexus area during this exercise. Exhale the air.

Repeat this exercise several times. When you exhale, think of prana being applied to every part of your body. If possible, name each part of your body, which fills up with prana. Pause. Then repeat the same. After doing this exercise for a few minutes, do the cleansing exercise. The results will be very satisfactory. Within a few days, you will notice a feeling of euphoria filling up your whole body.

# Fighting pain

## *Gandhi*

- Lie down on the mattress. Where do you feel pain? Apply your hands onto that area, palms open. Each time you inhale, you will say to yourself: “I inhale prana”, and each time you exhale, you will say to yourself: “I apply the prana into the ... (name the part where the pain lies)”. Repeat this exercise several times, seven or eight and then do the cleansing exercise.

Breathe in and repeat the exercise. You will immediately feel relief. When you finish, wash your hands. In a few days you will be completely well. Your will should not be forceful and rushing. It should be smooth and patient. You’ll come to appreciate the results of this exercise when the pain subsides.

- Lie down on your mattress in a straight line. Breathe in and then, little by little, exhale, thinking that the prana is clearing the ailing part of your body from any disease. With each inhalation, bring your hands onto your head first and then onto the diseased part of your body, saying to yourself: “I clear the pain or the disease from this part”.

This exercise will have great results for your entity. After you exercise sufficiently, you should do the cleansing exercise and wash your hands. This is one of the many exercises of the yogis.

# Healing from a distance

*Gandhi*

This is a very useful exercise for all brethren, who exercise in yoga. Each time you inhale, you will be thinking of prana entering your body. With your hands stretched out and during exhalation, you will be transmitting the prana to the patient, saying mentally that you are sending him the breath of life for healing purposes. You must have a mental picture of the patient into your mind. If you don't know him, a picture of him will be helpful. Thinking of his personality, you will strengthen it in your mind more and more.

This exercise may last only a few minutes but it is very effective, as it was proven by the yogis. There must be resonance between the transmitter of the prana and the receiver. For this case, the prana is colourful. It coordinates the transmitter and the receiver.

Very few people know about healing from a distance. Take advantage of this lesson and exercise it, for your fulfilment. There have been people who performed miracles by first contact with the patient.

## Epilogue

*Gandhi*

My dear brethren, I may not be a specialist in the exercises of the yogis but I do know these exercises here in Heaven. That's why I gave you the simplest ones. Using these exercises, you will be able to ascent very high the scale of your evolution and at the same time you will be able to heal your friends and your brothers.

When the exercises are performed with a rhythmic breathing, you will come to understand the variations of the exercises. You will be able to teach the interested persons how to perform the exercises. Having acquired personal experience, you, according to your judgement, will be able to instruct others how many times a certain exercise should be done. This will come to you from inspiration.

There are many other exercises given by the yogis, which you can follow, if you are interested. They will be in no use to you because they should start from a very early age. You are going to become leaders, not miracle workers. For this, I say that these exercises suffice.

I will not return because I have undertaken another project. If, however, you call for my help, I will be happy to come near you. All of us here in Heaven have an obligation towards the Lord, and that is to direct you.

Lord, thank you for making me useful to my brethren according to your indication. Thank you all for having the patience to follow this course to the end.

**Gandhi**



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