

# The John Henry Spotlight

## You Create Your Vibration Through Your Breath



I want to assist you all in bringing self-authority to a personal challenge, and to reclaim our light as we create the resonance in our world that we choose rather than being conditioned by others. I will give another perspective about how to understand your physiological self-authority.

If you read the first chapter of *Sunlight on Water*, you will learn about the relationship between light, breath, and patterning that exists from your birth, and your hypothalamus (your light regulator). This information is ground-breaking in that it offers a way to understand your unconscious and sometimes resistant patterning that seems at odds with that which you may be intending.

*...if Self-Authority is in Operation, then we have no doubt in our interactions, decisions, or intentions.*

How do we pattern the hypothalamus to bring more light to our cells and our body systems? How do we collate the neurological messages in our body with the intentions of our heart? How do we bring the vibration of our light to a higher frequency through our essence?

First, recognize that all the aspects of your birth are still present in your life and body. They were programmed by the light content in your environment at the moment your umbilical cord was cut.

How much light was available when you were born? This is not the light from the fixtures in the room but the light in the people that were present. Not their innate ability to carry light,

rather their awareness of themselves as light.

If they were closed to their light, in fear, or in a space of separation, the results are that the visceral part of you probably didn't feel safe and was reluctant to come into the body and shine your light. At the moment you take a fix on the light in the room, you respond unconsciously to that amount of light in relationship to safety, security, and Self-Authority (SA)!

That was the moment that you compromised your SA for the first time. Every time that you are around the people who were present at your birth or the first 24 hours of your experience, or people and situations that remind you of them, you may again find that you compromise your Self-Authority.

## **Ways to know when you compromise your Self-Authority are:**

- Fidgeting with stuff, inside or out
- Not being clear about what you want / who you are- not speaking your voice
- Compromising what you feel, believe, or remember (giving in to other people's stories and replacing your own)
- Feeling insecure, uncomfortable, or isolated when with others (or when thinking of these folks)
- Competing with siblings, peers, or significant others
- Being reluctant to voice anger, disapproval, or discomfort

**To re-pattern the light in your body, do the following, three times a day for 21 days. This will assist in shifting the birth pattern.**

- Hold your breath for a moment and then blow out all the air in your lungs
- When you breathe in, breathe light into the back of your head where the hypothalamus lies
- Sense feel, or imagine the light strongly glowing as it fills your hypothalamus
- Imagine your birthing situation, your Mom and whomever was in the room
- See and know that you are still connected to yourself as an infant and can affect the amount of light in your body because there is no time.  
You can now bring the light of your knowing into your body differently this time
- Connect your light and the light of the image of you as an infant. Hold the lights together for 10 – 15 seconds. They are the same now. The same amount of light is within your body now and your body then
- Let the light flow out and fill the whole room – include your Mom's body
- Close the exercise when you feel complete, by blowing all the air out of your lungs and refilling your body with light through the hypothalamus

Keep track of how you feel in the world with people, within yourself, and with your light body. Self-Authority will grow as the light expands within your light-regulator. You will stand more firmly and feel more ready to live your life from the part of you that is light. And that is a great and good thing.

*Love and blessings on your way, JH.*