

Exhale - Release . . . Inhale - Expand

by Jean Kadkbodaiian

Expansion by definition is to make something larger, to add to or to elaborate on. Expansion feels like an inhale but it begins with an exhale. If you try to take a deep breath and your lungs are already full there is no place for the air to come in. Try it right now. Exhale. Use your abdominal muscles to push all the air out. Notice how natural it is to expand from that place, almost like a reflex.

Many people drive the same way to work each day. They shop at the same grocery store each week and buy the same items. We talk to the same people about the same thing day in and day out. It is very safe to do these things over and over again. It has been said that we are creatures of habit, but maybe that is just a cop-out. Habits may just be an excuse for keeping life small and narrow, because it is safe. It is not the middle of the road decisions that change our lives— it is the times we let loose and dive into the void that become our pivotal times of transformations.

Expansion is not always easy— it requires you to put yourself out there where you can be ridiculed or judged. It is a vulnerable feeling to become larger. But it is in our nature to want to. Who has not dreamed of

being a movie star or of becoming famous for some unique invention that changes the world? So maybe it is scary and vulnerable but at least you are alive and feeling all there is to feel. It is during times of expansion that you must release control which allows the universal energy to influence you. It requires a gentle surrender through exhale and release that you allow something new in. And that something new will creep into every corner of your being, and expand you.

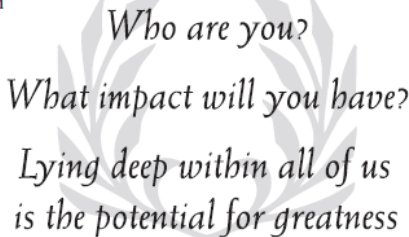
Many faiths have prayer and meditation traditions which include using some type of beads strung together. Greeks call them worry beads, Catholics and Episcopalians use a Rosary, Buddhists and Hindus use a Mala. In the center of your chest, Hin-

dus believe, is the place where your soul integrates with your subtle bodies through *nadis* or *rays of light*. According to Hindu tradition there are 108 nadis that bring your energy into your physical, emotional and mental subtle bodies. The mala contains 108 beads. Catholic rosaries contain 54 beads and are half malas. When you chant on a mala you activate the 108 nadis with the vibrational frequency of the chant. When you reach 125,000 repetitions of a chant it is said that you have opened up that

chant fully and from that point each time you recite the chant it expands outward from your heart center. A traditional spiritual practice is done during a 40 day commitment. The 40 days is spiritually significant. In Christianity they have Lent and Advent which are periods of 40 days, Jesus was in the desert for 40 days, Noah was on the ark for 40 days and Buddha was under the Bodi tree for 43 days.

The words we have fall short of being able to describe the impact of a 40 day practice. After having led 5 groups of 40 day practices I have witnessed significant life changes for myself and others. People have had job opportunities open up, relationships develop and abundance in all areas of life. A universal chant that I recommend is "Om Gum Shrim Maha Lakshmi Yea Swaha" which means: *Remove all obstacles and open up the gates of abundance to me.* The abundance being asked for here is all that comes from *Source* whether it is love, money, companionship or opportunity— it all comes from the Source of *All that Is*.

What I have witnessed, is that during the 40 days it appears that people are clearing a space— like weeding and tilling a garden— and then planting seeds. The bigger impact is about 1 to 2 years later when those seeds turn into thriving plants. There is a caution (or we can say awareness) that should be considered when using this chant. Whatever your obstacles are they will come up for healing. That being said, it is definitely



Who are you?
What impact will you have?
Lying deep within all of us
is the potential for greatness



worth going through the “dark night of the soul” to release what is no longer serving you so that can open up and expand to have all that you deserve.

To work in tandem with the universe to expand and expand and become what you came here to become and what the world needs you to be. I feel that when we all become our best then we can finally heal and expand into our rightful position in the universe.

You may think that what you do is insignificant— after all you are just one person. But I think one person can set a new template for *all people*.

Look at the impact Rosa Parks had on our society. All it takes is one person to succeed, and that gives hope to others, one person to survive AIDS or cancer to show that it can be done.

Who are you?

What impact will you have?

Lying deep within all of us is the potential of greatness.

Do you have the courage to Become, to Expand and Dive into the Void

and co-create a new template for the human race? Set an intention and try chanting “Om Gum Shrim Maha Lakshmi Yea Swaha” for 40 days. See what happens to your life and watch how it expands out into the world.

A great resource for 40 day spiritual practices are the books written by Thomas Ashley Ferrand.

You can make a difference! Exhale. Release. Inhale. Expand. ✨

Jean Kadkbodaian is the clinical direction of The Lighthouse Emotional Wellness Center located in Arlington Heights Illinois. The Lighthouse is committed to emotional wellness through the use of many disciplines such as counseling, coaching, chiropractic, acupuncture, massage, energy healing, hypnosis, biofeedback and other tools. The Lighthouse is also a place for spiritual development through education and experiences such as the 40 day practice and Spiritual Development workshops. Questions or comments can be directed to Jeank@lighthouseofillinois.com or 847-253-9769

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