

# The Art of Breathing as an Epigenetic Tool in Reversing the Limiting Symptoms of Autism: Myths and Benefits



**Rajalakshmi Kandaswamy\***

*Autism Expert and Consultant in Energy Medicine, Authentic Austin Solutions, India*

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**\*Corresponding author:** Rajalakshmi Kandaswamy, Autism Expert and Consultant in Energy Medicine, Authentic Autism Solutions, India, Email: healautismnowfoundation@gmail.com

## Abstract

In recent times breathing exercises and modalities such as delivering hyperbaric oxygen are being promoted as a way of easing some of the symptoms in autism. Are these methods REALLY working? Can breathing be applied as an epigenetic tool in the treatment of autism? This article presents the mechanics underlying the art of breathing in the context of autism and explores the myths and the benefits of the same.

**Keywords:** Breathing as epigenetic tool; Art of breathing; Intent Healing™; Applied intentional epigenetic, Applied energy medicine; Breathing in autism; Breathing as epigenetic tool in autism; Autism treatment; Autism solution; Autism breathing treatment; Energy assessment in autism

## Introduction

ALL the limiting symptoms in autism are due to the Energy Disturbances and the Energetic Stress that is in the Energy Fields of autistic beings, including autistic children. This has been explained in detail in many articles published in various International Scientific Journals. For a basic understanding of the same one may want to peruse these articles that explains the energy basis of autism and the Epigenetic Solutions [1].

Autism, from the perspective of energy frequencies, is a State of Being. At the lower frequencies, the limiting symptoms dominate and at the higher frequencies, the talents flourish. The focus in this article is on learning to become Aware of and apply a very simply Epigenetic Tool that is available to one and all that can be applied in autism to start seeing the improvements in the autistic child as early as today (when rightly applied AFTER Clearing the underlying Resistances with Intent Healing™). And, that epigenetic Tool is Breathing and the art of breathing one's way into raising the energy frequencies of the autistic child and actually SEE the autistic child Flourish with their gifts and talents.

Now, Before one starts experimenting with various breathing techniques and start making/forcing/motivating the child to breathe in any particular fashion, let me state here at the outset that it is Absolutely Necessary for the Parents the Caregivers of the autistic child to learn and apply this epigenetic

tool on Themselves First, Experience the benefits of the same in themselves and then explore applying the same for the autistic child.

## Breathing as an epigenetic tool in Autism

“Breathe your way out of the limiting symptoms of Autism” - What I mean by this statement is being able to see Actual and Tangible improvements in the autistic child by applying the art of breathing with Intent Healing™. Only then breathing as a tool would qualify as an EPIGENETIC Modality/Technique in Autism.

Let me be clear about another point here - The beneficial effects of the Art of Breathing with Intent Healing™ that I am explaining here has got NOTHING to do with increasing the oxygen levels/oxygenation at the cellular level that some other techniques such as Hyperbaric oxygen therapy (HBOT) may be emphasizing and promoting. I am highlighting the Energy Shift that happens when one applies the Art of Breathing with Intent healing™ that brings about the improvements in the autistic child. The improved oxygenation is secondary. In fact, in my healing practice I am continuing to see too many cases where the parents have applied hyperbaric oxygen therapy on their autistic child with little or temporary relief, with the limiting symptoms in the child promptly returning once the therapy had been stopped, many times in an amplified manner along with the side-effects (The art of breathing with Intent Healing™ works even in those cases).

## The Myths

**The myth of hyperbaric oxygen therapy (HBOT):** From my observations based on cases where the parents have tried this on their autistic child, The effect is at best temporary as it does not address the ROOT cause of the Inadequate oxygenation in the autistic child in the first place, which is Energy Blocks, Energy Stagnation, and/or losing Energy and many other such Energy FLOW disturbances at the level of the Energy fields of the autistic child and their parents. Neuro inflammation and other inflammations are a direct result of these Energy Disturbances in the autistic child and therefore the Energy disturbance are what needs to be addressed and corrected first and foremost. And, the only way the Specific Energy pattern disturbance that is Unique to each child and family with respect to autism can be known is by getting an Energy Assessment done for the child.

Only then the inadequate oxygenation issue, if present can be addressed at the Root cause level and it is only then that the system/autistic being can actually be in a position to even be able to take conscious deep breaths (After the energy flow is FIRST re-established in a healing session to realign the energies).

**The myth of breathing in timed cycles:** These techniques are based on the assumption - "one size fits all", which is far from the truth, especially in the context of autism. Which is why, blindly following the suggested patterns or cycles of breathing could be dangerous in many cases, especially when this is done without getting the energy assessments done for the autistic child and learning about the underlying Resistances to breathing naturally and with ease that is Unique and Specific to that child.

**A note on "Mindful Breathing":** While the stress-reducing benefits of "Mindful breathing" have long since been proven, it has its limitations in the context of Autism in terms of seeing actual and permanent improvements in the limiting symptoms of autism such as inability to speak, challenges with socialization, intellectual and cognitive challenges and so on. Therefore, with respect to autism, "mindful breathing" by itself is Not enough to help the child Thrive free from all the limiting symptoms. Unless the underlying Resistances that are revealed through an Energy Assessment are cleared first, "Mindful breathing" by itself is inadequate in the context of autism.

## The Art of breathing with intent healing™ as an epigenetic tool in autism

There are two components to applying the art of breathing that is often disregarded or ignored:

- i. Breathing as an epigenetic tool being applied by the parents
- ii. Breathing as an epigenetic tool being applied in the autistic child in a manner that is unique and Specific for that child - This is the KEY. The breathing technique is Highly Specific to each child with Autism. This is where the art of

breathing with Intent Healing™ is different from any other breathing modality being applied in autism.

The Specificity of this for each person needs to be emphasized here because most breathing techniques result in the person applying it feeling uncomfortable and light headed and many times even hyperventilating or becoming unconscious. This happens when such techniques are applied WITHOUT Releasing the Resistance first and forcing the person to apply a breathing pattern when the system is first not prepared or primed for the same by addressing the underlying resistance to this natural act of survival.

The benefits of applying this art of breathing in easing the limiting symptoms in autism depends mainly on Intention and Focus. Intent Healing™ is one such modality that combines both and when applied, the results as improvements are seen right from day one.

This technique, in a nutshell is this - Address the underlying Resistance(s) with respect to each issue (as revealed by the Energy Assessments), shift the energy through Intent Healing™ and then Breathe deeply with Intention and Focus.

Two things happen when this is applied:

- i. The mind reaches a state of no thought = meditation = meditative state.
- ii. The releasing of resistance raises the Energy Frequency to the higher frequency range which then ALLOWS Access to thoughts and creative ideas on those frequencies, which when acted upon, results in the autistic child being able to thrive with their unique gifts and talents.

The question then arises - How to identify the Resistance patterns that are preventing the autistic child and the parents/caregivers from being able draw upon the Power of Breathing that is Naturally and Normally available to one and all?

It is by getting an Energy Assessment done. A report is given at the end of observing each child/person's energies over two days and two nights and identifying the Energy pattern and the areas of Resistance(s) that is Unique and Specific to each individual. Once this is revealed, this report is then used as a reference to address the issues causing the Resistance, heal them with Intent Healing™ and then benefit maximally with applying breathing as an additional Epigenetic Tool

## The Benefits

These can be experienced in a manner that results in tangible results only when the underlying resistances are cleared first. The resistance patterns can be known when an energy assessment is done for the parents and the child with autism and is explained in my book 'How to Heal Autism and ADHD in 30 Days' available here [2]:

- a. Gets one to BE in the Present where all the power of transformation is
- b. The Benefit of breathing has got less to do with the air and oxygen flowing in and more to do with the shift in energy frequencies brought about by the Focus required when one does breathing consciously or “Mindfully “
- c. Releases the Tension in the muscles and muscular stress that is associated with constricted energies at a cellular level. This works as a form of Detoxification and helps in the releasing of Toxic cellular memories too. Literally.
- d. It is the easiest and simplest test for knowing about Energy Flow and HOW constricted it is. A simple tool that anyone can apply on their own by breathing deeply and checking the ease of breathing before and after applying the art of breathing with Intent Healing™.
- e. “Internal Dialogue” and “The Voice in the head” prevents the natural flow and ease of breathing, often without the conscious knowledge and awareness of the person .Hence the need to quiten the mind and conscious breathing
- f. It Distracts the mind (conditioned mind=resistance ) from whatever it is that one is doing/being that is actually preventing the Natural flow of Energy with ease
- g. It takes Focus to breathe in and breathe out consciously. And, this focus draws Energy Flow and helps distract oneself from every energy frequency vibration that is Lower frequency and is slower these lower frequency energies are what augment the limiting symptoms in autism.
- h. Useful in Sensory Processing Disorders as breathing with Intent Healing™ acts as a tool for Sensory Integration.

This kind of breathing connects one at all levels of one's being as it is done with Intention and Focus and assists one in relaxing to getting into the physical body and staying present .This helps in being more heart-centered, powerful and more perceptive.

- i. States of Ecstasy can be experienced when the Art of Breathing with Intent Healing™ is applied to access Energy and Flow it through oneself and into one's Creations. THIS is how the powerful of act of breathing can take the autistic being from Survival into Thriving.
- j. Helps to remind the autistic being/child that they are Powerful Creators and build Confidence.

To learn the Art of Breathing with Intent Healing™ and to learn more about Intent Healing™ in healing the limiting symptoms of autism and seeing the results from day one [3].

## Conclusion

The Art of Breathing when applied AFTER clearing the underlying Resistances, with the help of Applied Intentional Epigenetics (Intent Healing™) and Applied Energy Medicine can assist in facilitating the movement forward from “Surviving” to “Thriving’ in Autism. Breathing, when applied under supervision as an epigenetic tool in autism can help provide relief and boost the confidence in children with autism and in their caregivers.

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