

# APPLIED META-PHYSICS:

FROM ET-ERNITY  
THROUGH TIME AND SPACE  
TO  
ET-ERNITY

A COLLECTION OF ESSAYS

THIS ESSAY:

Lenten Season 2022: Day 30  
YHVH / OUR BREATH

(TO BE READ AUDIBLY)

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# Lenten Season 2022: Day 30

## YHVH / OUR BREATH

Approximately:  
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# APPLIED META-PHYSICS, THE SCIENCE OF BE-ING AND KNOWING

## ESSAY: YHVH / OUR BREATH

YHVH is known as The Tetragrammaton, the sacred name of God of the ancient Hebrews. Understanding this and knowing what it means is central to the ReGeneration.

The ReGeneration is the Great Work we are all here to do. It is the process of awakening out of the sleep of death, into the Light of Everlasting Life. If words above fall on the intellect and it has not been illumined by the fyre of the heart, they will be meaningless, they will have no depth, because the intellect has long ago been hijacked by the Satanic consciousness and darkened by it and this is exactly why people do not know God-Self. They do not feel at one with God which, when we do, we feel at one with each other. The result of this lack of Spiritual feeling, is a divided world.

YHVH is the Tetragrammaton, YHVH is our breath... and the very first breath anyone takes when they are born is YOD, and this letter is the smallest of all and is contained in every



other letter of the Hebrew alphabet.

So, Yah-Weh is an onomatopoeia for breathing and we, each of us are the embodiment of God. As Yod is our first breath, we can only have ONE first breath, thereafter our breathing is referred to as Yah-Weh.

The alphabet, is the Aleph-Beth, Aleph is God, and Beth is House. So God's 'House' is the Spoken Word in its Pure Spirit of Clarity, Love and Wisdom.

Yah/Yod is the first breath, Weh is the last and EVERY WORD we speak for the duration of our whole lives, is the Word of God, tintured and muddled by the Race Thought Atmosphere, and the selfishness, fear, greed it seeds into every person's mind as we grow up. These seed ideas form a web, a nucleus of degenerate ideas called the carnal mind, the lower mind, the animalistic mind, the mind of the beast, the 666 mind. This is the mind in us which sustains the sleep of death, which we are to overcome.

We dissolve the carnal mind by invoking the Spirit and infusing ourselves with Yah-Weh.



Yah-is masculine, Weh is feminine, and the name is the same as Jehovah. Jehovah is the name used in the Old Testament (Old enslaved and degenerate Will) and Christ is the name used in the New Testament (New redeemed and free Will).

The Old testament takes the initiate through the redemption process, and provides material for edification, and the New Testament is what is expected of the adept to carry out as they learn the greater mysteries and the initiate matures into a teacher.

The breath animates us, yet, unless one is trained in breathing techniques, it is often overlooked, and taken for granted, in many people. Even those who do use breathing techniques are seldom taught how to MARRY the breath to thought-words to transform the mind, and uplift and enlighten the body, strengthen it and become more and more like a house built on a rock.

Faith unites us in consciousness to the Spiritual reality, and this unity is in degrees. The degree depends on the amount of work done to establish spiritual consciousness and this in-



cludes comprehension of, and implementation of the mysteries as taught in each of the parables in the 'script... Yours'.

With each degree of progress, one is empowered more and more. This power manifests as Self-control, NEVER the desire to control others. Those who seek to control others are possessed of the dark forces, and act through fear, greed, and the lust for the ILLUSION of power they can wield over those with no consciousness of their Spiritual centre.

*Illumination is real.* It is when the inner fyre of the heart burns with indescribable power, beauty and joy. No words are adequate, one must taste this inner fyre, to understand why it is the rock foundation of unshakeable faith.

Faith is not adherence to a school of thought. It is that unity with Spirit discussed earlier. To increase faith we use the breath, Yah-Weh, (Yah's Way! is a good way to remember the power of breathing) and as we develop the deep breathing techniques and focus on the thought-words, we can heal ourselves. While many people can and have healed themselves of organic diseases, ReGeneration of the body



takes concerted effort and requires one is an adept at invoking the *Paraclete*, the intense presence of the *Holy Spirit*. Only when the Spirit is made manifest in great power, and this too, in alignment with the Living Law, is greater healing done.

Jesus did not just casually walk around ‘strutting his stuff’, he invested days, weeks, months, and years, and even then, invested whole nights in prayer, to attain and sustain a direct contact with the Spirit of God, with the Christ, OUR FATHER. What He achieved we can too:

*“Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.”*

This is a deeply mystical saying, teaching that who believes in themselves (ME) shall be empowered by the Spirit, when they understand and Speaks the Word in alignment with the Divine Law.

Understanding is the ability to perceive the Spiritual idea standing behind or ‘under’ every



aspect of life. As we look around, *everything* is teaching us its, and therefore, our own nature. We connect with this Universal understanding and its Power through BREATH.

The Spiritual mental and 'physical' effects of *Deep Breathing* are numerous, depending on each person's existing health, state of mind, and energy levels. The very act of taking a deep breath of cool air is invigorating. When we MARRY each breath to a thought, we re-LUX the body, that is re-introduce consciousness of the LIGHT of God, which surrounds us, and flows from deep within us, animating us.

Through illumined thoughts we charge each cell and transform it, and this transformation is cell by cell, until the LIGHT contained in each cell makes one immune to dis-ease. Disease is imbalance in the body, inequity, it is when the so called 'material world' is dominant in one's thinking. and to correct the balance we deep breath every day and nourish ourselves with the Living Word.

When we *Deep Breathe*, we are **at ease**, with ourselves, with each department of being, and we are strengthening this bond (re-ligare) eve-





ry day. Our LUNGS look like Angel's Wings. And this is an accurate analogy, because, as we breathe and hold thoughts of perfect health, we introduce the air and the energy it contains into our body.

AIR CONTAINS LIGHT on a quantum level, and we are incorporating this Spiritual LIGHT into our bodies with each breath. So angels are 'messengers of God'. A messenger is one who brings an aspect of the person they represent, to the person receiving the message.

The *effects* of conscious deep breathing are IMMEDIATE, as we introduce more LIGHT and oxygen into our systems we burn off toxins, activate memories of trauma so we can reconcile them, and in this way eliminate associated stress. Deep Breathing "stimulates the parasympathetic nervous system, which originates in the brain stem and lower part of the spinal cord; opposes physiological effects of the sympathetic nervous system: stimulates digestive secretions; slows the heart; constricts the pupils; dilates blood vessels"...and increases LUX, LIGHT in the body. When one breathes, one focusses on Self-care, overriding the objections raised by the lower mind and as

one deep breathes consciously, invokes the Spirit to increase and do its healing work.

**SLEEP.** Deep Breathing induces re-LUX-ations, which empower us, and when married to the thought/idea of Re-LAX-ation, we create a CALM state of mind, conducive to a good night's sleep.

**PRESENCE.** When we deep breathe, we are in the NOW, we are focussed on THIS BREATH, and the THOUGHT-WORD we are marrying. The reality is with every breath we are either consciously or unconsciously marrying a breath to a thought and then stamping the blood cells with the thought-words as it passes through the heart.

The heart is a 'franking stamp', stamping the value of the thought onto each cell, and the cell charged with the LIGHT MESSAGE, then flows through the body, like an angel of God, delivering its message and completing the healing in the part to which it is sent. As we increase the amount of LIGHT, and this light loosens trauma in the cells, the trauma comes to mind and allows us to deal with it, to understand its real lesson and grow through it, then,

the trauma is no more. What remains is the psychic memory to purge, so we can renew ourselves completely. ONLY when we dissolve the so called hurtful aspects of memory, do we liberate ourselves, we must dissolve all trauma we've associated to other people, learn the lesson, and transcend and transmute the psychic energy, which sustained the trauma for as long as it has affected us. We achieve all this and more through *Jehovah*, through *Christ*, through deep breathing and focussing our mind on this introspection and 'gardening of the mind'. Remember, no idea can affect us once we've uprooted it from our minds. We uproot and dissolve ideas by using the *Power* of the SPOKEN WORD.

As we process trauma, our digestive system and our mental reasoning powers are greatly strengthened. Our metabolic processes become more proficient, and our body mass is cleansed, detoxified and is restored to a healthy level. WE NEED TO DO THE WORK.

No one reading these essays ever attained any level of proficiency in anything without first paying attention, (A-tent-(of)-ions) and putting into practice what they've learned. In Ap-



plied Meta-Physics, a *tent* is an analogy for the body, and the hu-man family lived in temporary dwellings called 'tents', until more permanent structures were built: the Temple of the Body.

Like the outer process, shown in history as 'tent dwellers' and 'town dwellers', this process is constantly at work within us. Paul was a 'tent-maker', and Paul represents the word of Truth at work within each of the body centres dissolving error thoughts and preaching the good news of the Kingdom, and this is CHARACTER TRANSFORMATION and the attainment of individual sovereignty by attaining SELF-CONTROL. As we breathe deeper and deeper, we induce CALM, and calm conserves energy, ready to be directed into whatever discipline is required. The twelve disciples of the Christ are the Twelve Faculties of the Mind, DISCIPLINING AND DIRECTING LIFE'S ENERGY according to the executive director's intentions. YOU are the executive director, the 12 faculties are the avenues of expression through you, whereby you concentrate and focus your energy to attain the desired results. So, in understanding this, one can see that stress is a SECONDARY effect, it is not the



‘cause’ of anything. Trauma is the cause of stress. If I take a plastic pen and bend it, the *bending is the trauma*, where the pressure is highest, the pen will *show stress*, yet, the *trauma is the cause*. Stress as spoken of in terms of health is greatly misunderstood. Quote:

*“The term ‘stress’ was borrowed from the field of physics by one of the fathers of stress research Hans Selye. In physics, stress describes the force that produces strain on a physical body (i.e.: bending a piece of metal until it snaps occurs because of the force, or stress, exerted on it).”* / End Quote.

Thinking stress is the ‘cause’ is a common error in materialistic thinking. Looking deeper, we see that trauma is the force, stress is the result. Remove the trauma, I.E. start being KIND to one another and there is no stress. Maybe you've met someone and their presence is like a “breath of fresh air”, this is because they are! they are not projecting trauma, so you feel the difference and are re-LUX-ed in their presence.

The Ancient Israelites had many names for Jehovah, and what they were really doing is invoking the LIGHT to take on the Quality of the “Name of God”, which they would then



*inhale*, and build into their body-temple. To be 'hale' is to be whole, so when we breathe, we in-hale-ex-hale, and when we are conscious of our breathing we are building into our body the desirable qualities of the Higher mind and dissolving the undesirable qualities of the carnal mind. The result of this ReGenerative process is *Perfect Self-Control* and the ability to tap into the hidden springs of energy, which renews every area of our lives.

DEEP BREATHING, while focussing on the Yod-He-Vav-He invigorates us in every way. This is ***The Way*** to heal ourselves, increase energy and commune with others also participating in the Way to increase the voltage of LUX within us. ***Light is Life***, in the fullness of the consciousness of LIFE, there is no death, ***nor can there be***.

Through deep breathing and meditating on the parables and solving their riddles, we establish a firm connection to our Spiritual blueprint, and start to live from it. It invigorates us, charges us with life and mental and 'physical' immunity. 'Physical' is in inverted commas, because there's nothing physical, *we are light beings processing chemistry*, to produce a



body as a flame processes chemicals in a test tube, to produce new elements.

In the NOW, we are present, so not dwelling on the past and its depressions, nor concerned for the future, so minimise anxiety, we use the pre-sent moment to send to ourselves seed ideas, which we cultivate into perfect health and strength.

***Re-ligare:*** *We are binding the thought to the light via the breath and building and regenerating our body-temple.*

*"Destroy this temple and in three days I will rebuild it" - Jesus (I AM).* This is the THIRD day in terms of the parable of Jesus' life, crucifixion and resurrection, and the SIXTH going into the SEVENTH day in the allegory of Genesis, where God formed Adam and crowned him with Soul, and then sent his repose on the earth, which means we are opened to receiving the Spirit and embodying it, and in this way becoming whole.

I have been told that people feel LIGHT HEADED, when I introduce them to breathing techniques developed over the years, which



are similar to those used by sportsmen and, which I learned as a schoolboy as a member of my school's rowing club, and, which I've developed ever since. When one deep breathes, with full understanding that one is merging, thought-word, food, beverages into our body, one is controlling the re-construction of one's garden of being.

The next step is to look in the mirror, and identify every flaw one has and then trace it back to its root idea, then correct the idea and provide the nourishment for ReGeneration and repair. Scars are evidence that the body does not have the available resources to complete the healing. These may be Spiritual power, mental comprehension and the correct vitamins and minerals. When we supply the missing elements in adequate amounts, we restore Health—which is Wholeness, and embody the Holy Spirit, which restores our sovereignty.

*“I come that you may have Life and have it abundantly”* indicates that every parable in all the sacred texts are ***teaching us how to find peace and happiness in the here and now.***





**Applied Meta-Physics** is the oldest Science in existence. It is the study of who we are and why we are here.

It is sometimes called 'The Science of Making the Ideal Real', because it identifies in concrete terms the abstract workings of the mind, and teaches the steps every eternal idea passes through in transition from the plane of the eternal spiritual world, to become manifest on the earth plane.

The sacred writings we have inherited are metaphysical in nature. This means they have been written through the inspiration of the Paraclete using words, which have varied meanings, interpreted accordingly, depending on which level of consciousness the reader has achieved.

The *art* of Applied Meta-Physics is to 'conceal, to reveal'. The Wisdom the writers concealed protects it from those who would destroy the writings, *and therefore destroy themselves*, until a time when the human family matured and awakened and realised its need.

The scriptures are like an offer to an addict deep in the throes of ad-diction, rejecting what they really need most, and lashing out, because they have lost control of their own minds. In the height of the loss of control the addict attacks those seeking to help them and would destroy them.



The parables, analogies, codes and koans in the Helios Biblia have preserved these writings, as the power of the Word concealed within them has worked in the hu-man consciousness to do exactly that.

**Applied Meta-Physics is the Key** opening the way to comprehending their riches and applying the Wisdom revealed in one's life and proving the truth thereof.

There is a simple fact of life:

We are all created equal, in that we are all the offspring of God, and we form our lives by the thoughts, words, deeds we think, speak and do. The equality is that the Divine Law is no respecter of personalities.

We are all held responsible for everything we do, and our body either regenerates or degenerates according to the motives of our hearts. If we seek to rule others, we are using the life we have been given to express ourselves contrary to the Divine Law, and this is slow and definite suicide.

If we submit to the will of another, this too is slow suicide and contrary to the Divine Law.

The LAW IS!

It is the Doorway to Everlasting Life.

PEACE.

