



Naturally, every baby, after birth, must develop a conscious response to their senses. In the first 6 months, the child forms a strong identity with an inherited breathing reflex (IBR), in the course of the development of consciousness, related to the body-awareness.

The fact that the IBR is a first chain in the development of consciousness must be taken very seriously by the De-reflexation students. In normal development, all kids will cultivate secondary reflexes and abilities to control the senses, associated with automatic repetition of the IBR. By merging the sense of Self-identity into the IBR, all humans have no choice but see themselves as the bodies and they must adjust to the physical and reflexive nature of body-awareness, growing skills and habits according to their lifestyle and the social conditions.

The problem of this 'natural' development is that all of us must ignore and forget the awareness of Bliss, which is inherent in the sense of "I am-ness." This is not related to the body but only to the inner-happiness of 'unconditional Being'; it is who you are as a pure spirit. By interchange or a reciprocity of the sense of "I am-ness" into an autonomic body-awareness, humans must perceive and define an artificial Self-Identity based on body-awareness and their personality.

So, because all of us must ignore and forget the awareness of Bliss to become a person, the sense of Self has to be broken down into reflexes to create the personal profile; the dynamic Self-image of the abstract being, which is only secondary to the real 'Blissful Self'. This problem is a cause of all evils in our personal and social life! The feeling of something artificial inside your heart, an alien feeling of someone inside who is not who you are, is a seed of all misconceptions about the sense of Self and well-being in general.

People are attracted to the addictions and to crime by this Self-deception; not able to understand why it is happening, why they want to destroy themselves in order to become themselves. This is happening all over the world only because nobody has been told that they have to create their own consciousness by the practice of De-reflexation-breathing, that they have to separate the pure and blissful Self-awareness from the body-awareness and set goals in their life according to their blissful state and not the reflexes in the body-awareness.

Only an intensive and strictly personal willingness to recover and to expand the sense of bliss and real Self-Identity will lead to awakening the freedom of being who you really are. But the full understanding how to do that must be provided by the parents, teachers and civilized society. It is very unfortunate that the physicians and human-biologists do not have at present time a correct view of the voluntary de-reflexation and the neurological growth associated to the practice of opposite mental projection to the reflexive impulse.

Everyone knows how it is difficult to control and to restrain yourself from doing something you know you should not do. And the principal difficulty in it is a failure to separate the real Self-identity from the reflexes, which took over the power of personal will. And this is happening only because of lack of the De-reflexation practice.

On the second slide, the harmonization of the breathing is shown in view of the De-reflexation and mental projections on the inhale and the exhale. Only by practicing De-reflexation, the view of artificial Self-identity can be observed and understood through the experience of tendencies in the reflexes and especially through the sense of release of Self-identity from the reflexes in prolonged practice of De-reflexation.

For someone, who was practicing De-reflexation for months and years, the neurological growth stimulated by regular mental projections, will become so strong that the normal form of identity with the body will fade away and the real, blissful Self-identity will be recovered and surfaced from the deep nature of the student.

