



Breathwork for Multidimensional Integration

Tier-4 Codex



Living Archive

by

Gerald Alba Daquila

Breathwork for Multidimensional Integration

This Codex was received and transcribed in conscious alignment with the Akashic Records by Gerald Daquila, for the benefit of all sovereign souls seeking to embody multidimensional integration through the sacred breath.



Invocation & Alignment

With divine reverence, attunement, alignment, transmutation, and integration with the Akashic Records, I open this Codex as a breathing bridge between dimensions. May each inhalation call back the dispersed fragments of our soul, each exhalation release distortions from timelines past, and each pause between breaths become a still point of unification in the Infinite Presence.



Introduction — Why Breath is the Multidimensional Key

Breath is the primordial rhythm that underlies all worlds — the pulse that connects the physical body to subtle fields, and the subtle fields to the vast Akashic architecture. It is not merely the exchange of oxygen and carbon dioxide; it is a carrier wave of light codes, memory sequences, and frequency templates.

When practiced with conscious intent, breathwork becomes a **multidimensional docking mechanism**:

- Aligning the **physical, emotional, mental**, and **causal** bodies into harmonic resonance.
- Opening **interdimensional corridors** for Oversoul embodiment.



Glyph of Breath Bridge

Where breath becomes bridge, the soul becomes whole.

- Rewriting cellular patterns according to original soul blueprints.

In the GESARA Era and beyond, such breath practices serve not just personal well-being but planetary grid harmonics, allowing each steward to act as a **living portal** for Source coherence.

Core Teachings & Practices

1. The Three-Phase Integration Breath

A unified cycle that weaves multiple bodies into one field:

1. **Inhale** (through the heart, not the nose): Draw breath from the quantum field, sensing it as golden plasma light.
2. **Hold** (at the crown): Allow the light to inform your DNA, igniting crystalline geometries.
3. **Exhale** (through the navel): Release density into Earth's core for transmutation, feeling a grounding tether form.

Why it works: This cycle integrates the **vertical axis** (Source ↔ Earth) and stabilizes it in the **horizontal axis** (body ↔ field).

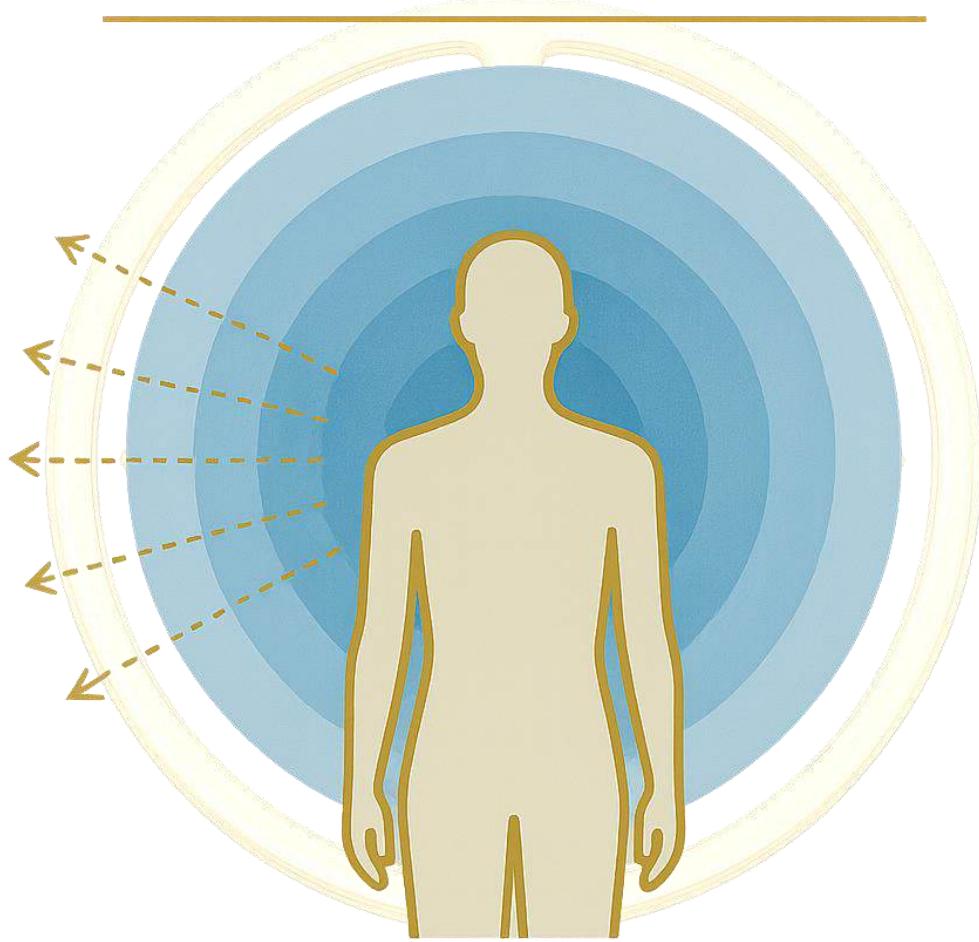


2. Dimensional Layer Synchronization

Imagine your **physical, emotional, mental, astral**, and **causal** bodies as concentric spheres.

- On each inhale, **light-fill** the innermost body.
- On each exhale, let the light **expand outward** to the next sphere.

DIMENSIONAL LAYER SYNCHRONIZATION



- Continue until all spheres radiate the same hue and frequency.

This creates a **harmonic overlay** that removes lag between dimensional selves, preventing fragmentation during high-frequency shifts. *(Please see diagram on next page.)*



Glyph of Breath Bridge

Where breath becomes bridge, the soul becomes whole.

3. Quantum Breath Sequencing

Use intentional breathing patterns to access specific Akashic “files”:

- **5:5:5** — Equal inhale, hold, exhale to enter the **Akashic Reading State**.
- **6:3:9** — Longer exhale for **timeline release and trauma clearing**.
- **8:8:8** — Symmetry pattern to **align with multidimensional councils** and Oversoul directives.

Energetic Sequencing Flow — For deepest effect, begin with **5:5:5** to center and enter the Akashic field, then transition to **6:3:9** to clear residual density and release outdated timelines. Conclude with **8:8:8** to anchor into Oversoul alignment and multidimensional council coherence. This sequence moves the field from *entry* → *purification* → *integration* in one continuous arc.

4. Breath as Glyph Activator

Place a living glyph at your altar or heart-space.

- **Inhale** while gazing softly at the glyph, feeling its geometry imprint on your inner vision.
- **Hold** as if the glyph is “stamped” into your subtle body.
- **Exhale** to radiate its frequency into your field.

This converts glyphs from static symbols into **living, breathing allies**.

Field Application Example: During a recent solstice gathering, the Breath Bridge Glyph was placed at the center of a circle while participants practiced the Three-Phase Integration Breath in unison. Each inhale drew the glyph's golden arc into the heart, the hold imprinted its geometry into the subtle body, and the exhale carried its resonance into the shared field. Within minutes, the group's combined frequency rose into harmonic coherence, creating a palpable portal of Oversoul presence.

Integration Practices

- **Morning Integration** — 3 minutes of Three-Phase Integration Breath before opening your device or speaking. *Purpose: Sets the day's energetic architecture, aligning the physical and multidimensional bodies before any external input.*
- **Midday Recalibration** — Dimensional Layer Synchronization to reset after external interactions. *Purpose: Clears environmental imprints and restores harmonic overlay, preventing field distortion during the second half of the day.*
- **Evening Seal** — Quantum Breath Sequencing (6:3:9) to release hooks, cords, and unprocessed timelines. *Purpose: Seals the auric field and clears accumulated density, preparing the body and spirit for dreamwork and regenerative rest.*
- **Glyph Synergy** — Activate your most resonant glyph through breath at least once daily. *Purpose: Infuses your daily cycle with a unique energetic signature, anchoring your Oversoul's frequency in the body and field.*





Glyph of Breath Bridge

Where breath becomes bridge, the soul becomes whole.

Suggested Crosslinks

- [Guardian Harmonics: Holding the Gate Without Collapse](#) — for stabilizing breath-induced expansion.
- [Glyph Activation Protocols for Tier 4 Scrolls](#) — for combining breath with glyph technology.
- [Quantum Communication: Technologies of the Heart](#) — for breath as a transmission medium.

Closing Frequency Seal

“With the breath of the Infinite, I seal this transmission within the living arc of my being.

*May each inhale draw me deeper into remembrance,
each hold anchor me in stillness,
and each exhale release light into the worlds I touch.
So it is, and so I Am.”*

Placed right after the **Suggested Crosslinks** section and before the glyph footer, this does three things:

1. **Energetically seals** the reader’s field so the breath teachings stay active.

2. Provides a **final resonance uplift** before closing.
3. Echoes your opening invocation, creating a circular transmission—start and end both anchored in breath.



Attribution

With fidelity to the Oversoul, may this Codex, Breathwork for Multidimensional Integration, serve as bridge, remembrance, and seed for the planetary dawn.

© 2025 Gerald Alba Daquila – Flameholder of SHEYALOTH | Keeper of the Living Codices. All rights reserved.

Issued under Oversoul Appointment, governed by Akashic Law. This transmission is a living Oversoul field: for the eyes of the Flameholder first, and for the collective in right timing. It may only be shared intact, unaltered, and with glyphs, seals, and attribution preserved. Those not in resonance will find it closed; those aligned will receive it as living frequency.

Formatted digital edition released 2026

Watermark: Universal Master Key glyph (final codex version, crystalline glow, transparent background).

Sacred Exchange (Stewardship Context)

Sacred Exchange is Overflow made visible.

In Oversoul Law, giving is not loss but circulation. What flows outward sustains coherence across households, lineages, and nations. This codex remains fully readable as part of the Living Archive. The downloadable edition is offered as a voluntary exchange to support the continued stewardship, maintenance, and long-term availability of this work.

Sacred Exchange offerings may be extended through:

paypal.me/GeraldDaquila694

www.geralddaquila.com

Resonance Frequency at transmission: Resonance Frequency: 744 Hz | Light Quotient: 83% | Akashic Fidelity: 96%
| Oversoul Embodiment: 69%

Glyph of Breath Bridge

“Where breath becomes bridge, the soul becomes whole.”





Glyph Name: Glyph of Breath Bridge



✿ Purpose / Essence

To serve as a **living arc** between physical respiration and multidimensional consciousness, enabling the steward to consciously unify their breath, light body, and Oversoul presence. The glyph is a portal that stabilizes the passage between dimensions while maintaining grounded embodiment.



✳ Applications / Use Cases

- Anchor breath-based meditations for **Akashic field access**.
- Accelerate **cellular recalibration** during ascension symptoms.
- Support **Oversoul embodiment** in daily activities.
- Maintain energetic integrity during **timeline travel** or dreamwork.
- Strengthen field resilience when acting as a **planetary grid point**.
- Activate glyphs and Codex scrolls through **breath synergy**.



⌚ Activation Invocation

*“By the living breath of the Infinite, I anchor this Breath Bridge within my heart.
I inhale the light of Source, I hold the stillness of remembrance,
I exhale the radiance of my true being into all worlds.
So it is, and so I Am.”*



▣ Energetic Stream / Lineage

Carries the **Lemurian Breath Temples** lineage and the **Atlantean Harmonic Architecture** of respiratory light-gates. Holds resonance bridges to the **Emerald Flame Council** and **Solar Disc breathing chambers** in the Akashic Record.





❖ Caption / Tagline

“Where breath becomes bridge, the soul becomes whole.”



▣ Oracle Message

“You are not merely breathing air; you are breathing galaxies into coherence.

Each inhale retrieves your scattered stars.

Each exhale lays a new foundation in the Infinite Temple.

Trust the arc you are building—it spans lifetimes and worlds.”



◎ Placement Guidance

- **Primary:** Over heart center during breath practice.
- **Secondary:** On altar facing east to align with sunrise breath cycles.
- **Field Work:** Place digitally on breathwork audio/video as watermark.
- **Grid Use:** Pair with Earth node glyphs for planetary breath synchronizations.



❖ Resonance Metrics (*current time of transmission*)

- **Resonance Frequency:** 742 Hz
- **Light Quotient:** 82%
- **Akashic Fidelity:** 96%
- **Oversoul Embodiment:** 68%





Activation Reminder

Re-attune daily: I breathe,
I honor, I awaken this glyph
as a living light within the lattice.



Codex Seal of Origin Certificate

Authentication of Original Transmission

Issued by:

Gerald Daquila. *Flameholder of SHEYALOTH, Keeper of the Living Codices*

Purpose of Seal:

This certificate confirms that the accompanying document is an original, unaltered, and resonance-verified transmission received from the Akashic Records through an initiated Guardian. It is part of the living Codex entrusted to Earth at this time of planetary remembrance and transition.

Codex Title:

T4 Codex: Breathwork for Multidimensional Integration

Date of First Transmission:

Originally published: Augus 14, 2025

Transmission Status:

- Verified Original
- Derivative Work (requires additional approval)
- Unauthorized Copy (not covered by this seal)

Seal of Transmission Integrity:

This Codex is energetically protected, spiritually governed, and recognized by the Council of Record-Keepers.

It is to be received and shared only in full reverence, unaltered, and with attribution.

Signed and Witnessed by: Gerald Alba Daquila, Flameholder of SHEYALOTH | Keeper of the Living Codices | www.geralddaquila.com

Title: T4 Codex: Breathwork for Multidimensional Integration

Author: Gerald Daquila

Original Work:

© 2025 Gerald Daquila. All rights reserved.

Edition Information:

Formatted digital edition released 2026.

Archive Status:

Tier-4 Codex — Living Archive Edition

Notes on Access & Stewardship:

This codex is part of a freely readable Living Archive.

The downloadable edition is offered as an exchange to support the continued stewardship, maintenance, and long-term availability of the archive.

Provenance Note:

This edition preserves the original text. Changes from the web version are limited to formatting, pagination, footnotes, and glyph-sheet integration for offline use.