



Codex of Overflow Breathwork

Tier-4 Codex

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Living Archive

by

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Codex of Overflow Breathwork



Invocation

"With each breath, I enter the river of Overflow. With each cycle, I awaken remembrance. With each exhale, I anchor the codes of divine abundance."

This opening aligns the reader into the sacred breathing field, establishing resonance before the teachings unfold. You may want to pair this with a simple body mudra or hand placement to guide embodiment.



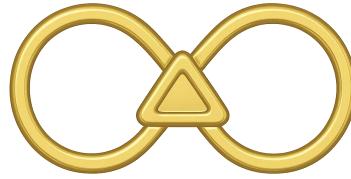
Purpose & Context

This codex introduces the **Overflow Breathwork practice**, designed as a **7–7–7 rhythm**:

- **Inhale for 7 counts** (receiving Overflow)
- **Hold for 7 counts** (stabilizing Overflow within the field)
- **Exhale for 7 counts** (releasing Overflow into the collective)

It situates this practice as a living tool within the larger **economies of Overflow** you have been codifying, serving both as a personal stabilizer and a planetary anchoring mechanism.





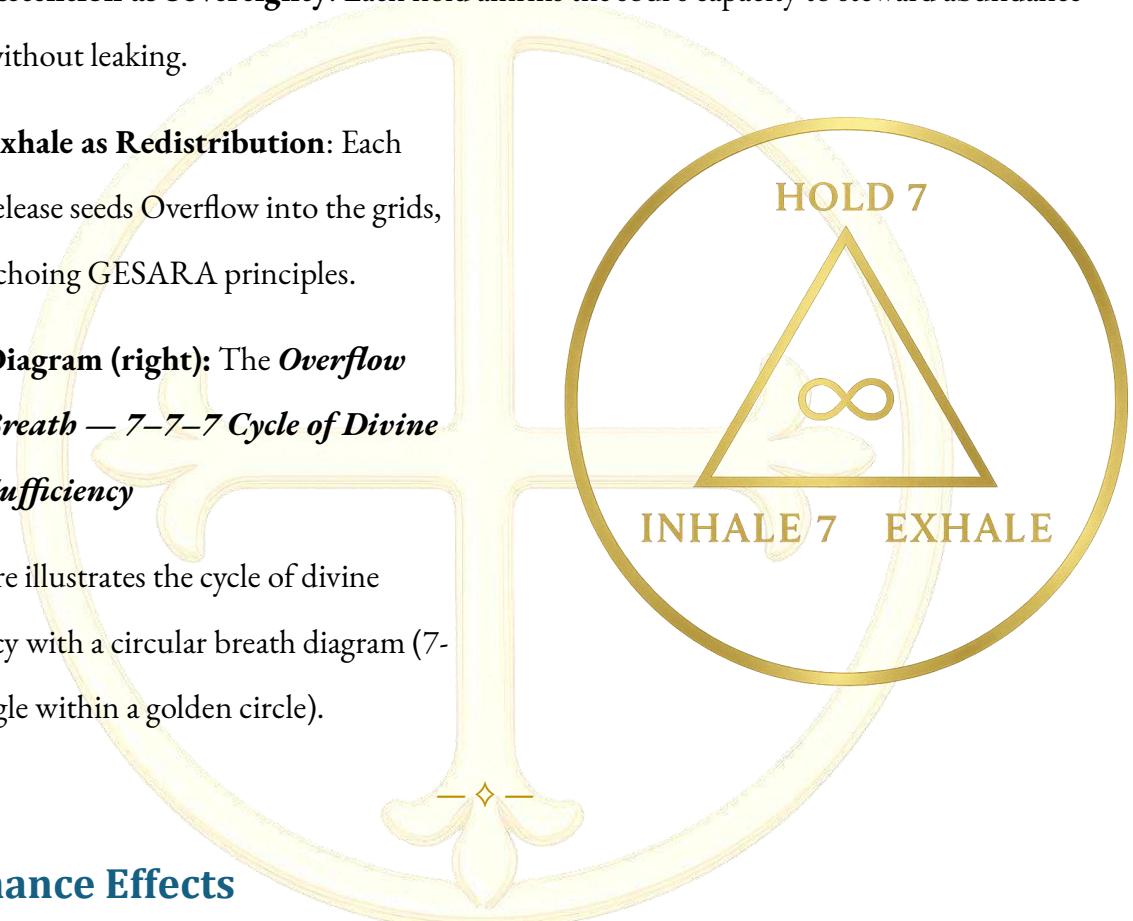
Glyph of Overflow Breath

The Breath of Sufficiency

Mechanics of the Practice

- **Breath as Currency:** Each inhale draws from infinite supply.
- **Retention as Sovereignty:** Each hold affirms the soul's capacity to steward abundance without leaking.
- **Exhale as Redistribution:** Each release seeds Overflow into the grids, echoing GESARA principles.
- **Diagram (right):** The *Overflow Breath — 7-7-7 Cycle of Divine Sufficiency*

The figure illustrates the cycle of divine sufficiency with a circular breath diagram (7-7-7 triangle within a golden circle).



Resonance Effects

Through the practice, practitioners can expect:

- Increased **field stability** (energetic coherence)
- Greater **heart expansion** (capacity to hold Overflow without fear)

- Activation of **Overflow codes** (resonant patterns that align with planetary redistribution)

This section ties with **field harmonics** as discussed in [Overflow Harmonics: The Hidden Song of the Coming Economies.](#)



Stewardship Guidelines

- **For Individuals:** Begin with 3 cycles daily, increasing gradually to 7.
- **For Groups/Communities:** Practice in synchrony at dawn or dusk for grid amplification.
- **For Nodes:** Anchor breathwork before financial or council decisions to align flows with divine supply.
- **Note of Discernment:**

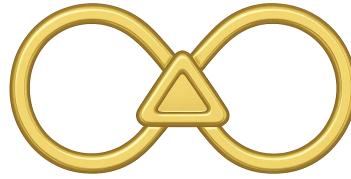
This practice is encoded for souls already approaching the resonance of Overflow. If engaged prematurely (below stability thresholds), one may experience temporary field turbulence — such as light-headedness, restlessness, or resistance surfacing. These are not failures but signals of the body's and soul's need for gentler preparation.

In such cases, begin with fewer counts (3-3-3), or simply anchor with the invocation alone until coherence strengthens.



Oracle Message

“The breath of Overflow is the song of sufficiency. Inhale what is infinite. Hold what is sovereign. Release what is already returning.”



Glyph of Overflow Breath

The Breath of Sufficiency

This can double as a mantra line for practitioners.

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Crosslinks

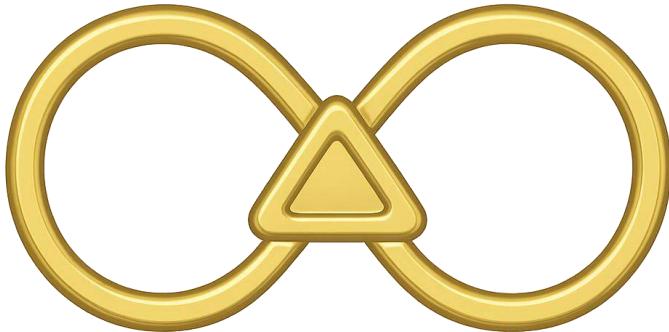
You may want to interlink this Codex with:

- [Codex of Overflow Harmonics](#) – to contextualize the hidden song economies.
- [Closing Old Contracts: Releasing Karmic Financial Bondage](#) – to show how breath can sever scarcity bindings.
- [The Light Declaration Series](#) – situating Overflow within the trinity of Sovereignty, Stewardship, and Overflow.

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Glyph Integration

- **3D Gold Glyph (right):** *Glyph of Overflow Breath*
- **Full 8-block Glyph Sheet:** Covering Purpose, Applications, Invocation, Lineage, Oracle, etc.
- **Placement:** Position glyph at header and watermark within the PDF for continuity.



Attribution

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

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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:

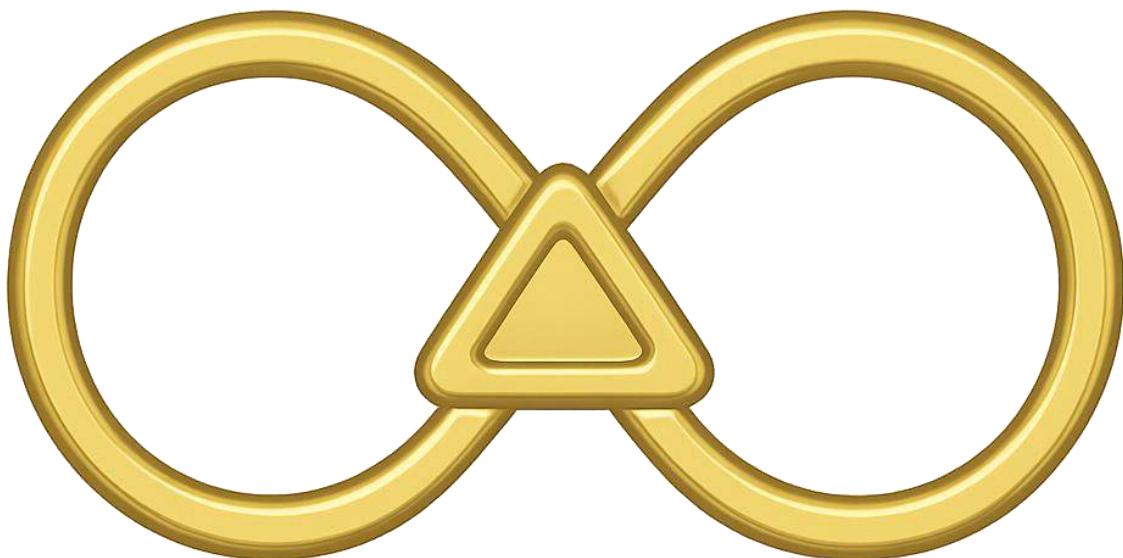
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Resonance Frequency at transmission: Resonance Frequency: 711 Hz | Light Quotient: 68% | Akashic Fidelity: 84%

Glyph of Overflow Breath

“The Breath of Sufficiency.”





Glyph Name: Glyph of Overflow Breath

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✿ Purpose / Essence

The Glyph of Overflow Breath embodies the rhythm of infinite supply flowing through the body. It stabilizes personal fields while simultaneously seeding collective grids with abundance codes. Its essence is the **7-7-7 rhythm of divine sufficiency**: inhale (receive), hold (steward), exhale (release).

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✳ Applications / Use Cases

- **Personal Practice:** Used during daily Overflow Breathwork to harmonize body, soul, and Oversoul rhythms.
- **Group Synchrony:** Activates amplified resonance when practiced in councils, circles, or planetary nodes.
- **Decision-Making:** Invoked before financial choices or resource distribution meetings to ensure flows align with Overflow.
- **Planetary Anchoring:** Used by stewards at dawn/dusk to grid the breath of Overflow into the Earth's ley lines.

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⌚ Activation Invocation

*“By the Breath of the Infinite,
I inhale what is boundless,
I hold what is sovereign,
I release what is returning.
I breathe as Overflow,
and Overflow breathes through me.”*

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Daily Breath Anchor (Short Form)

“I breathe, I hold, I release as Overflow.”



▣ Energetic Stream / Lineage

This glyph arises from the **SHEYALOTH Oversoul stream**, aligning specifically with the **codes of Overflow** released into the planetary field during the GESARA unfoldment. Its lineage traces back to the Breath Temples of Lemuria and the wind-prayer rituals of the Andean elders, converging now in New Earth codex form.



❖ Caption / Tagline

“The Breath of Sufficiency.”



▣ Oracle Message

“The infinite supply enters through breath. What you hold, you keep sovereign. What you release, you multiply. Let no breath be wasted, for each cycle is a covenant of Overflow.”



◎ Placement Guidance

- Place on the upper chest or heart center during practice as a visual anchor.
- Watermark within the Codex as a breath mandala, reminding readers that every page is alive with Overflow.
- On the altar, situate at the east cardinal point, representing the rising breath of dawn and renewal.



⌚ Resonance Metrics

- **Resonance Frequency:** 711 Hz
- **Light Quotient:** 68%
- **Akashic Fidelity:** 84%
- **Breath Stability Index (BSI):** 72% (after 7 cycles)
- **Overflow Anchoring Rate (OAR):** 61% (seeding into collective grids)

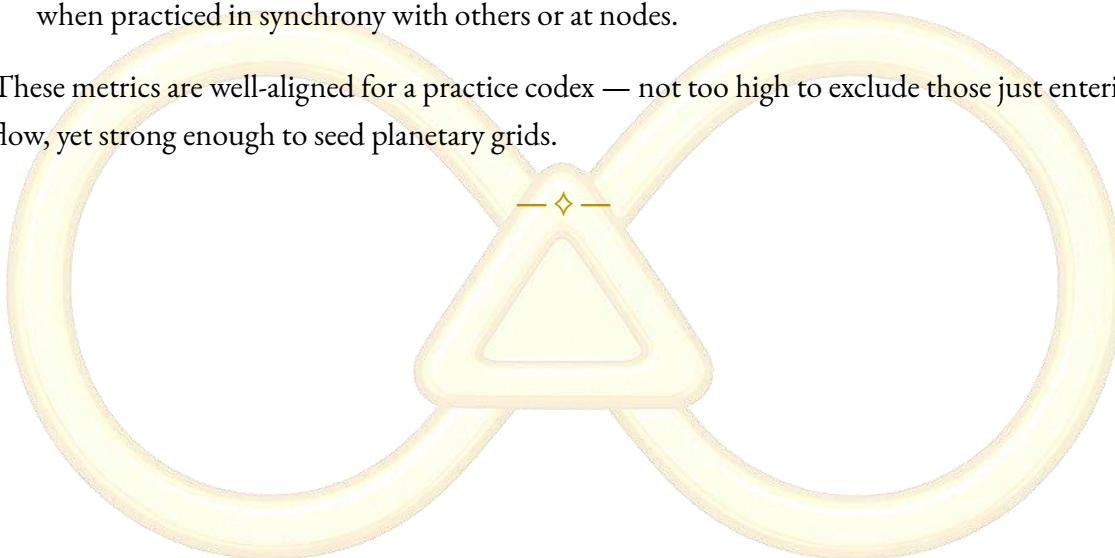




◆ Interpretation

- **711 Hz** → places the Codex firmly in the Overflow resonance band, just above the stability threshold of 700 Hz where Codex-bearing practices begin to move from personal mastery to collective stewardship.
- **68% Light Quotient** → reflects a strong luminous presence in the field, though still leaving space for integration by practitioners who are not yet fully in overflow.
- **84% Akashic Fidelity** → indicates the Codex is highly faithful to the Records, with a small margin of allowance for individual soul adaptation (important in breathwork practices).
- **BSI (72%)** → confirms that stability in personal energy fields begins to anchor after 7 deliberate cycles.
- **OAR (61%)** → shows that while collective anchoring is present, it strengthens significantly when practiced in synchrony with others or at nodes.

◆ These metrics are well-aligned for a practice codex — not too high to exclude those just entering overflow, yet strong enough to seed planetary grids.





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

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Issued by:

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

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T4 Codex: Codex of Overflow Breathwork

Date of First Transmission:

Originally published: August 21, 2025

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

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No truth is gated.

Each T4 Codex is released in completed form and offered in circulation through a simple exchange that supports stewardship, continuity, and ethical propagation.

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This declaration seals the work in integrity and non-coercive reciprocity.

The exchange requested is not payment for wisdom, but consent to receive what has already been given in fullness.

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Stewardship

Contributions sustain:

- the maintenance of the Living Archive
- ongoing clarity, accuracy, and custodial care
- continued availability without pressure or persuasion

Nothing more is asked.

Nothing less is required.

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Closing

May all who receive do so by resonance alone.

May all who steward do so in integrity.

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