

# God's Law of Pure Air

*And God called the firmament Heaven. Genesis 1:8*

## Creation

“And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament: and it was so. And God called the firmament Heaven. And the evening and the morning were the second day.”

*Genesis 1:6-8*

“...and fowl that may fly above the earth in the open firmament of heaven.”

“...And every fowl of the air...”

*Genesis 1:20, 2:19*

“The air (at creation) was pure and healthful, and the earth seemed like a noble palace.”

*Spiritual Gifts Vol. 3, 44*

## Air for Life

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.”

*Genesis 2: 7*

“All the while my breath is in me, and the spirit of God is in my nostrils;” Job 27: 3

“Thou sendest forth thy spirit, they are created: and thou renewest the face of the earth.”

*Psalms 104: 30*

“Thus saith God the Lord, he that created the heavens, and stretched them out; he that spread forth the earth, and that which cometh out of it; he that giveth breath unto the people upon it, and spirit to them that walk therein:”

*Isaiah 42: 5*

## Lack of Air – Death

“Thou hidest thy face, they are troubled: thou takest away their breath, they die, and return to their dust.”

*Psalms 104: 29, 30*

“His breath goeth forth, he returneth to his earth; in that very day his thoughts perish.”

*Psalms 146: 4*

“Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it.”

*Ecclesiastes 12: 7*

## Life of Jesus in the open air

“During His ministry Jesus lived to a great degree an outdoor life. His journeys from place to place were made on foot, and much of His teaching was given in the open air.

*Ministry of Healing, 52*

### **What is air?**

80 % Nitrogen

20% Oxygen

1.5% Water

0.5% Carbon dioxide

### **What is Pure Air?**

Oxygen is the most important part of air for our bodies. The life-giving oxygen molecule is negatively charged or negatively ionized in high quality fresh air.

#### How is an oxygen molecule negatively charged and used in the body?

- Things in nature produce electrons.
- Oxygen attracts electrons and then becomes an electron-rich particle.
- This charged negative ion enters the lungs.
- Enzyme systems in body cells harvest electrons.
- The body runs on electrons.

#### Where do we get good quality, negatively ionized air?

From natural outdoor environments such as:

- From evergreen trees,
- From beach surf,
- After a thunderstorm,
- By a waterfall,
- From air vitalized by sunshine,
- From green leafy plants giving off O<sub>2</sub> and H<sub>2</sub>O and taking in the CO<sub>2</sub>.

#### The benefits of pure, negatively ionized air

- More energy
- Lowered body temperature
- Lowered resting heart rate
- Improved function of the lung's protective cilia
- Decreased severity of stomach ulcers
- An improved sense of well-being
- Tranquilization and relaxation
- Improved learning
- Increased rate and quality of growth in plants and animals
- Decreased survival of bacteria and viruses in the air

## **What is Poor Air?**

It is not electron rich

### Where is it most likely to be found?

- Re-circulated air in buildings
- Tobacco smoke – causing damage to the lungs, resulting in emphysema. The tar can paralyze cilia hair, leaving impurities in airways. The blood vessels constrict, depriving the body of oxygen. There is an increased risk of cancer, cataracts, angina, arteriosclerosis, osteoporosis, chronic bronchitis, high blood pressure, and impotence.
- City smog, chemicals, car exhaust, and natural gas causing sinuses to become irritated or inflamed.
- Air filled with dust, dust mites, mold, animal dander and pollen and toxic building materials
- Hot desert winds

### What are some of the effects of poor air on our health?

- Respiratory congestion
- Hoarseness and dry throat
- Fatigue
- Migraine headaches
- Dizziness
- Nausea
- Vomiting
- Diarrhea
- Eye problems
- Irritability
- Increased anxiety
- Suspicion

## **What are habits that decrease oxygen to my body?**

1. Poor posture
2. Shallow breathing
3. Sedentary lifestyle and lack of exercise
4. Poor health - infections, making breathing more difficult; allergies; certain foods such as milk can cause allergies and mucus buildup.
5. Indoor life with windows shut

### **What happens when I don't get enough oxygen in my body?**

- The lungs are inefficient.
- The heart is depressed.
- Digestion is slowed down – the body's ability to break down food is impaired; it is also more difficult for the nourishment from the food to get to the cells because the blood is loaded with CO<sub>2</sub>.
- The blood moves sluggishly.
- The blood becomes impure – toxic and poisonous carbon dioxide is retained thus suffocating the cells.
- The liver is overburdened.
- The skin becomes pale with a sickly hue.
- The brain becomes clouded, thoughts confused, spirits gloomy – the brain requires 3x more oxygen than the rest of the body; the metabolic rate of the brain is 7.5 times greater than the average body tissue.
- The body systems are depressed.
- There is an increased susceptibility to disease.

### **Summary of respiratory system**

- Nose –This is the air filtration system which cools, warms and humidifies the air we breathe.
- Bronchial Tubes –These are lined with cilia and mucus. The mucus collects dust particles, bacteria and other air pollutants which the cilia then remove from the airways.
- Diaphragm – This is a sheet of strong muscle fibers that separate the thoracic cavity from the abdominal cavity and stretches from the sternum across the ribs to the backbone. Breathing begins in the brain. The brain signals the phrenic nerves to contract the diaphragm expanding, flattening and drawing it down, creating a negative pressure in the thoracic cavity to pull air in. This causes everything below the diaphragm to push out (stomach will be seen moving out). When the diaphragm relaxes, it rises, forcing the air out. This contracting and relaxing of the diaphragm also gives a little massage to internal organs increasing the circulation and organ function. In deep breathing, both the chest and abdominal areas will be expanding.

### **What are habits to increase oxygen in my body?**

1. Correct posture sitting, standing and walking allow the lungs the greatest freedom possible. To have correct posture, one may need strengthening exercises for the abdominal and back muscles and stretching exercises for the pectoral muscles.
2. Deep breathing using the diaphragm and abdominal muscles to ensure full lung expansion.
3. Exercises to increase regular deep breathing:
  - Diaphragm exercises
  - Deep breathing exercises
  - Aerobic exercise – brisk walking, biking, and swimming are some of the best ways to increase lung capacity and oxygen intake.

4. A healthy body free from infections that cause the respiratory system to become clogged.
5. Being out in the fresh air or opening the windows wide and letting the fresh air in!

**Benefits from a good supply of oxygen from pure air**

- Cleanses/ purifies/ detoxifies the blood – O<sub>2</sub> is exchanged for CO<sub>2</sub>, vitalizing the blood and giving it a bright color.
- Causes the blood to circulate healthfully
- Soothes the nerves
- Stimulates the appetite
- Improves digestion and increases energy production – the body can properly break down and utilize/metabolize food only with plenty of O<sub>2</sub>.
- Calms the mind giving it composure and serenity
- Induces sound sweet sleep
- Increases strength and health of body – Heart, lungs, liver and kidneys perform better; muscles, tendons and joints function more smoothly; skin is firmer, complexion clearer.

“Fresh air will prove far more beneficial to sick persons than medicine, and far more essential to them than their food.”

*Counsels on Health, 55*

“Many are suffering from disease because they refuse to receive into their rooms at night the pure night air. The free, pure air of heaven is one of the richest blessings we can enjoy!”

(Fresh air at night is so beneficial, but not a draft coming in on one directly. If this is the case, open a window in an adjoining room and leave the bedroom door open.)

*Counsels on Health, 60*

“In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright color, and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep.

*Ministry of Healing, 272*

“Air, air, the precious boon of heaven, which all may have, will bless you with its invigorating influence, if you will not refuse it entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves. Air must be in constant circulation to be kept pure. The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound and sweet sleep.

*Testimonies for the Church Vol. 1, 702*

## **Spiritual Air**

### **The Holy Spirit**

“Then said Jesus to them again, Peace be unto you: as my Father hath sent me, even so send I you. And when he had said this, he breathed on them and saith unto them, Receive ye the Holy Ghost:”  
*John 20: 21, 22*

*Ezekiel 37: 1-10*

*John 3: 5-8*

### **The Word**

“By the word of the Lord were the heavens made; and all the host of them by the breath of his mouth.”  
*Psalms 33: 6*

### **Prayer**

“Let every thing that hath breath praise the Lord. Praise ye the Lord.” *Psalms 150: 6*

“Pray without ceasing.” *I Thessalonians 5: 17*

“Prayer is the breath of the soul.” *Messages to Young People, 249*

“Let every breath be a prayer.” *Ministry of Healing, 511*

### **Reference Material used:**

The Bible

Ellen G. White

*Super Power Breathing*, Patricia Bragg

*Sunlight*, Zane Kime