Remember Who You Are: Breathing as a Spirit Being by Ian Clayton

https://www.youtube.com/watch?v=IsVmIHo9MOA

Identity, Memory, and Human Origin

Ian Clayton begins with an emotional reflection on human identity, asserting that humanity has forgotten its true nature and purpose. He describes people as "amazingly wonderfully made" yet living with a form of spiritual amnesia. According to the speaker, human beings have become immersed in a corrupted physical environment and consequently have forgotten their original design, role, mandate, and capacities. He recounts personal experiences of seeking divine understanding, praying, *"Lord, help me remember. I want to remember who I was."* He describes visionary experiences in which he perceived himself existing before earthly life, interpreting these experiences as evidence that all knowledge of one's identity already exists within the individual and simply needs to be remembered.

Key Statements

- "We have no idea who we are."
- "Everything we need to know is already in us."
- "We've just got amnesia."
- "We've forgotten our function, our role, our position, our mandate."

Scripture Mentioned or Implied

- **Psalm 139:13–16**
- **Jeremiah 1:5**
- **Epheslan s 1:4**
- **Romans 8:29**

Spirit, Soul, and the Nature of Humanity

A significant theme concerns anthropology—the relationship between spirit, soul, and body. Ian ejects language suggesting that humans merely possess a spirit, arguing instead that human beings fundamentally are spirit beings who possess souls and inhabit physical bodies. He critiques previous church teachings he once embraced, recounting praying for years, *"Father, I command my spirit to stand,"* before concluding that such language was inconsistent because, in his view, the individual already is the spirit being addressed. He presents the soul as a mediating reality between spirit and body and proposes that the soul originates through the spirit's interaction with physical existence.

Key Statements

- "I'm the spirit being that has a soul that lives in the physical body."
- "I don't have a spirit."
- "You're not your body."
- "The first creative act we ever did as a spirit being was to breathe our soul into existence."

Scripture Cited or Implied

- **1 Thessalonians s 5:23**
- **Hebrews 4:12**
- **Genesis 2:7**
- **Ecclesiastes 12:7**

Breath as a Creative and Spiritual Function

The central teaching of the message focuses on breath. Ian proposes that humanity has forgotten how to breathe as spiritual beings, having delegated breathing entirely to biological function. Breath is portrayed as carrying intention, identity, faith, desire, and creative potential. According to the speaker, breathing has significance beyond physiology and serves as an expression of spiritual reality.

He teaches that words cannot exist without breath and therefore speech participates in creation. Breath is described as carrying a person's inner life, motives, hopes, and spiritual blueprint. Ian suggests that breath functions as a means of communication between spiritual and physical realities.

Key Statements

- "We've forgotten how to breathe."
- "Breath carries your intent, your faith, your desire, your hope."
- "The heart's desires come out in your breath."
- "Your words are so important."
- "Breath unlocks another realm."

Scripture Cited

- **Genesis 1:3**
- **Genesis 2:7**
- **John 20:22**
- **Acts 2:2**
- **Romans 8:26**
- **1 Corinthians s 14:14**

Scripture Implied

- **Proverbs 18:21**
- **Matthew 12:34–37**
- **John 6:63**

Reality, Creation, and Light

Ian repeatedly contrasts the visible world with spiritual realities, asserting that the physical world is not ultimate reality. He characterizes material existence as an energetic framework or holographic expression arising from deeper realities associated with divine light. Creation is understood as emerging from speech, observation, and intentionality.

Ian interprets **Genesis 1** through the lens of light, proposing that God, who is light, breathed out light and observed it, resulting in material manifestation. He identifies this creative light with Christ.

Key Statements

- "This is not real."
- "Everything is framed by His Word."
- "Yahweh who was light breathed out light."
- "That light is Christ."

Scripture Cited

- **Genesis 1:3–4**
- **Hebrews 11:3**
- **Colossians s 1:16–17**
- **John 1:1–5**

Breath, Speech, and Human Relationships

Another major topic concerns the relational dimensions of breath. Ian suggests that breath communicates more than spoken language and carries emotional, spiritual, and personal information. He emphasizes authenticity, stating that individuals can often perceive another person's true intentions regardless of outward behavior.

He argues that words and breath possess formative influence, asking listeners to consider how differently people might speak if they could visibly perceive the effects of their speech.

Key Statements

- "Imagine if you could see everything you spoke."
- "You can feel the heart even though the face is smiling."
- "What comes out of your mouth reflects who you are."
- "Spiritually what is invisible has the capacity to become visible."

Scripture Implied

- **Matthew 15:18**
- **Luke 6:45**
- **James 3:1–12**

The Holy Spirit and Divine Breath

Ian examines the New Testament theme of breath, particularly **John 20:22**, where Jesus breathes on His disciples and says, *"Receive the Holy Spirit."* He interprets this event as demonstrating the empowering function of divine breath. Breath is viewed as an instrument of impartation, agreement, and participation in heavenly realities.

He also emphasizes the Holy Spirit's indwelling presence within believers and describes believers as becoming "gates of heaven" through divine habitation.

Key Statements

- "He breathed on them and said, 'Receive the Holy Spirit.'"
- "You become a gate of heaven."
- "All of this happens in breath."
- "The Holy Spirit dwells in our physical body."

Scripture Cited

- **John 20:22**
- **Acts 2:2–4**
- **1 Corinthians s 6:19**
- **Matthew 18:19–20**

Scripture Implied

- **Genesis 2:7**
- **Ezekiel 37:1–14**

Agreement, Prayer, and Tongues

Prayer receives considerable emphasis as a means of relearning spiritual breathing. Ian distinguishes between praying in tongues, praying by the Spirit, and praying with the Spirit. He interprets **1 Corinthians 14:14** as evidence that the human spirit actively participates in prayer.

Praying in tongues is presented as a means of spiritual alignment, healing, strengthening faith, and agreeing with divine intention. Breath during prayer is portrayed as participating in interaction between the believer and the Holy Spirit.

Key Statements

- "My spirit prays."
- "Praying according to the Spirit is very important."
- "Agreement is vital."
- "When we pray, another realm comes out of our mouth."

Scripture Cited

- **Romans 8:26**
- **1 Corinthianss 14:2**
- **1 Corinthians 14:14**
- **Jude 20**

Testimonies and Manifestation

Ian recounts personal experiences intended to illustrate the concepts he teaches. One testimony involves observing apparent accelerated plant growth in his garden. Another describes seeing his wife in symbolic heavenly imagery following a near-death experience. These experiences are presented as examples of perceiving realities beyond ordinary physical observation.

Ian attributes such phenomena to understanding the creative potential associated with spiritual identity and breath.

Key Statements

- "We don't know who we are."
- "I want people to know how to do it themselves."
- "The signs become irrelevant because we become the sign."
- "Creation is waiting for us to breathe on it."

Scripture Referenced

- **Romans 8:19**
- **Mark 16:17–18**
- **John 14:12**

Woman, Restoration, and First Estate

Ian also discusses the term *woman*, arguing that it represents humanity restored to original purpose and identity. He notes Jesus' use of the term *woman* in both **John 2** and **John 19**, interpreting these references symbolically in relation to restoration and original design.

Key Statements

- "Woman is the estate of a being in first estate."
- "Woman represents a fully manifested image."
- "We were designed as spirit beings first."

Scripture Cited

- **Genesis 2:23**
- **John 2:4**
- **John 19:26**

Closing Practice: Learning to Breathe

The session concludes with a practical breathing exercise intended to help participants consciously engage with breathing as spiritual beings. Ian guides listeners through slow inhalation, breath retention, exhalation, and praying in tongues, encouraging daily practice. He suggests that such exercises cultivate faith, awareness, and participation in spiritual realities.

Final Statements

- "If you did this for five minutes a day, your life would not be the same."
- "There is always a work that goes on with anything we do with our Father."
- "Righteousness comes free; everything else is a labor."
- "One day when I breathe, I will see what is coming out of my mouth and it will materialize itself in the physical."

Dominant Themes

Theme	Summary
Identity	Humanity has forgotten its original nature and purpose
Breath	Breath is presented as spiritual, creative, and relational
Spirit–Soul–Body	Humans are described primarily as spirit beings inhabiting bodies
Creation	Speech and breath are associated with manifestation
Prayer	Prayer and tongues are portrayed as spiritual breathing
Holy Spirit	Breath is connected with divine indwelling and empowerment
Restoration	Humanity is called to recover awareness of its original design
Manifestation	Spiritual realities are described as influencing physical reality

This summary seeks to present the speaker's ideas, claims, testimonies, and scriptural references accurately and descriptively, without affirming or critiquing their theological validity.