



## **B.R.E.A.T.H.E.**

**BELIEVE** in your worth  
**RELAX** in the knowledge  
that God has your back  
**EXAMINE** your b.e.ts  
(beliefs, emotions,  
thoughts)  
**ACCEPT** the truth and  
reality  
**TRUST** God to give you  
strength to make a  
decision from a place of  
clarity & compassion  
**HONOR** your values with  
healthy actions  
**EMPOWERED** by His love,  
you are set free from your  
momentary emotional fog  
& confusion

### **B.R.E.A.T.H.E.**

Find a place that is comfortable and where you can relax; if not, use a bathroom stall at work; or a corner in the office. If none of the above is possible just practice where you are; **however, safety first.**

Always set the intention to be OPEN (heart and mind) to the opportunity for growth and love. SIT COMFORTABLY.

- You can close your eyes if that does not endanger you in anyway.
- Take a few breaths, do not try to adjust or deepen your breathing, simply notice your breaths.
- Become aware of the air coming into your nostrils. Notice the sensation.
- Feel your chest and belly expanding.
- Notice without the need to do anything.
- As you breathe out, let go of stress, let go of tension
- Notice where you are **holding on** (aka: tense) in your body
- As you breathe in repeat the phrase associated with the letter
- As you breathe out, release/let go of the previously held negative b.e.t. (belief, emotion, thought)
- Notice the location of your shoulders, gently remind yourself to let go
- Breathe at a pace that is comfortable for you: a good tempo is a square breath  
**BREATHE OUT** 1-1000, 2-1000 **HOLD** 1-1000, 2-1000 **BREATHE IN** 1-1000, 2-1000 **HOLD** 1-1000, 2-1000 (repeat until you spell the word b.r.e.a.t.h.e.; or choose the letters you like and focus on those words). Practice until you feel calmer or you gain enough clarity to make decisions from a place of love/compassion.

ALWAYS THANK YOUR BODY for giving you the opportunity to learn and love.