

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

A spiritual acronym  
that clears your mind,  
removing the emotional fog  
and restoring clarity.

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This B.R.E.A.T.H.E. acronym was developed after I had a particularly emotional day. I felt extremely overwhelmed and the sensations created a feeling of panic. There was an inciting factor [I.F.], which I have come to be aware of, as it has appeared throughout the years. Now that I am mindful of it, I am able to preemptively neutralize the emotional tsunami with my b.r.e.a.t.h.e. acronym. I also recognized that in periods of intense emotions, we completely lose our clarity and focus, which causes us to jump to some irrational conclusions and make some unhealthy decisions and choices.

When you learn how to breathe effectively (slowly and deeply, focusing on the movement of air into your body) and add these affirmations, you can not only regain your equilibrium, but you can also tap into the power within you. If you believe, you must learn to trust. TRUST that God is always in control and can make all things right. God has promised to meet our every need, and God always keeps His promises. This does not mean that there will not be discomfort; however, when you learn to be still and trust God through reciting these affirmations, you will give yourself time to calm down and allow God to work with you and through you. The discomfort of our emotions and feelings is TRANSIENT.

Stress is a part of life, and so is breathing. We have at our disposal an amazing gift that we often take for granted. Breathing, it is an absolute necessity for life, which in the moment of panic [intense emotions] can also help us to regain our composure and calm. How appropriate, a breath of air clears out the cobwebs, the fog, and brings clarity [you can see the situation clearly and realize there is no need].

BE STILL, TRUST & B.R.E.A.T.H.E.

This can be practiced daily as a breathing meditation.

The benefits of this acronym increase with practice.

Of course, use it when it's most needed – periods of stress and intense negative emotions/feelings/thoughts.

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# BE

**B:** **Be still** and believe that “I AM” is always present.

**Be still** and believe in God’s plans to prosper you.

**Be still** and believe in your worth (you are extremely valuable) as a child of The King.

# RELAXED

**R:** **Relaxed** in the knowledge that God has got your back.

**Relaxed** in God's promises to comfort, guide, protect you, and meet your every need.

**Relaxed** in the arms of the comforter He sent, Who dwells in you at all times (The Holy Spirit).

# ENGAGED

**E:** **Engaged** in the process of your personal growth by examining the story (BETH) that you have been telling yourself for an awfully long time.

**Engaged** in exploring your limiting beliefs, destructive emotions, toxic thoughts, unhealthy habits and understand that they were created in fear and reinforced by lies.

**Engaged** in educating yourself through the word and learning the truth of God's amazing love.



# ACCEPT

**A: Accept** the gifts of God's grace, mercy, and daily blessings.

**Accept** with gratitude and show appreciation for the sacrifice He made for your salvation.

**Accept** His forgiveness and allow Him to work in your life.

# TRUST

**T: Trust** in God's will and purpose for your life.

**Trust** that God will give you the power and strength to make decisions from a place of clarity and compassion.

**Trust** that God will NEVER give you more than you can bear.

# HONOR

**H: Honor** your King by choosing actions that please Him.

**Honor** Him by thinking, speaking, and acting in humility, empathy, love, and with patience (HELP).

**Honor** him by accepting fully His love and let Him heal your broken heart, emotional wounds, and pain.

# EMPOWERED

**E: Empowered** by the strength and power of God's love, you can step boldly and confidently out of your fog. The fog that was designed by the enemy to keep you enslaved to your flesh.

**Empowered**, you confidently choose to behave in positive and healthier ways, and you greet the world daily full of joy, peace, and contentment (abundant living).