Sara Levine *BS”D* 917-309-4942 TransformingLife.us transforminglife@gmail.com

BREATHING LIFE!

To ***Strive & Thrive*** any time or while having any type of passive treatment, such as massage.

Breathe into the lower chest, abdomen and **back** focusing on the following:

1. Breathe **in** apology for whatever you have going on into every cell of your body, especially any areas of concern, as well as into your energetic “self”. Breathe **out** whatever colors come out. Continue until **no more colors leave**.
2. Breathe **in** forgiveness for whatever you have going on into every cell of your body, especially any areas of concern, as well as into your energetic “self”. Breathe **out** whatever colors come out. Continue until **no more colors leave**.
3. Breathe **in** acceptance for whatever you have going on into every cell of your body, especially any areas of concern, as well as into your energetic “self”. Breathe **out** whatever colors come out. Continue until **no more colors leave**.
4. Breathe **in** empathy and compassion into every cell of your body, especially any areas of concern, as well as into your energetic “self”. Breathe **out** whatever colors come out. Continue until **no more colors leave**.
5. Breathe **in** appreciation into every cell of your body, especially any areas of concern, as well as into your energetic “self”. Breathe **out** whatever colors come out. Continue until **no more colors leave**.
6. Breathe **in** gratitude into every cell of your body, especially any areas of concern, as well as into your energetic “self”. Breathe **out** whatever colors come out. Continue until **no more colors leave**
7. Breathe **in** joy into every cell of your body, especially any areas of concern, as well as into your energetic “self”. Breathe **out** whatever colors come out. Continue until **no more colors leave**.
8. Breathe **in** love into every cell of your body, especially any areas of concern, as well as into your energetic “self”. Breathe **out** whatever colors come out. Continue until **no more colors leave**.
9. Breathe **in** LIFE into every cell of your body, especially any areas of concern, as well as into your energetic “self”. Breathe **out** whatever colors come out. Continue until **no more colors leave**.
10. CELEBRATE!

***NOTE****: If you notice any “resistance” to any of the above, hug yourself and cross your ankles in the most comfortable crossing position, then breathe normally until the resistance goes away and resume from where you were. You might also tap on the indent at the base of the skull just above the beginning of your neck in the back.* ***Please be sure to “thank yourself” for helping you!***

**Breathing Life Level II**

With each step, as you exhale, instead of breathing out colors, **breathe** **out** anything that comes up as a block to what you are breathing in. Send it to a beautiful basket, chest, etc. When it is full or whenever you desire, send it to G-d and see it come back empty.

**Breathing Life Level III**

With each step, as you exhale, **send out the quality** (apology, forgiveness, etc.) **to your entire “world”** throughout time and space. Fill it up with the quality until it is overflowing. “Lock” it in.

**Breathing Life Level IV**

With each step, as you exhale, **send out the quality** (apology, forgiveness, etc.) **to mankind and the entire world** throughout time and space. Fill it up with the quality until it is overflowing. “Lock” it in.

 *6/7/13*