



Practitioner of Manifestation

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Harness the Laws of Attraction One Breath at a Time

Sadly, most Law of Attraction practitioners remain largely unaware of the power their very breath contains.

Breathing is entwined with so many aspects of our being, from mental to physical... from sports, to meditation, to martial arts... It is also tied in strongly with our emotional and spiritual states.

Working with your breath is the Golden Ticket to a more successful life, and a healthier attitude.

If you are having troubles in visualizing or focusing in your meditative practice, harnessing your breath will help.

The residue of all your memories and emotions are inside your body. We store them physically within our soft tissue, mainly muscles, but also joints and bones.

This is especially true of negative experiences and reactions. As those poisonous energies solidify in our tissues, they cause pain and stiffness (dis-ease).

Past pains and current fears all reside within. They lay in your flesh and cartilage and stiffen your body.

Much of the stress that we experience is not just from the moments of our present... But is added to by the moments of the past stored in our bodies.

What does this all have to do with breathing? You can utilize your breath to adjust your feelings and increase your well-being.

If you find yourself anxious, irritated, edgy, or apprehensive- Stop and take several long, deep (slow is the Key) breaths.

Slow, deep breathing...

- ✓ Relaxes you,
- ✓ cleanses your energy,

- ✓ Increases lung capacity,
- ✓ Releases toxins and harmful internal energies.

Be directly aware of your breath, and focus your consciousness on your inhaled and exhaled; giving your mental attention to the breath centers your mind and emotions.

Your breathing (inhalations and exhalations) become the focal point of your being - as it should be.

The negativity in mind, body, and spirit becomes negated... Whereby you instill and radiate calm, via the evenness of your breath; therefore always be (consciously) aware of your breathing.

If you notice that you are inhaling too quickly or shallowly (usually due to some type of anxiety or fear)... Stop and **emphasize** deep, thoughtful breathing.

Through breathing with attentiveness you cultivate your own peaceful energy. Breathing in this way is a mild form of meditation.

The heart of meditation is breathing. The focus you become skilled at in your breathing habits is the identical focus you need for meditation and visualization.

Breathing is the most basic aspect of your being: Master your breath, and you are one Giant Step toward mastering **all** aspects of yourself.

Bonus Benefit: Even, controlled deep-breathing facilitates and expedites healing (by releasing the aches and pains in your body, and transforming them into a more relaxed state- often times greatly alleviating pain).

Through the routine of *habitual deep-breathing*... We reconnect our emotional self to our material body.

Gradually, the stored stresses and stiffnesses in your physical body will start to release.

They will be replaced with flowing (warmth), instead of blockage, as you properly breathe more and more often.

You are setting in motion a transformation of your being from one of stress and storage of negativity (worry, fear, lack) to one of flow and positive rhythm.

The more you harness your breath; the greater the renovation of your being:

- ✓ Your emotional life will even out,
- ✓ Your physical flexibility will improve,
- ✓ You will be strengthening your immune system.

Now, understand, your being's renovation takes some time (as virtually all healing does)- Be patient.

All that stowed crap and gunk will be released by the change of breathing.

Sure, there will still be some pain at first... But you will feel that gradually melt away to be replaced by accelerated well-being.

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