

Echo Breath

- Find a comfortable seat
- Select a word or phrase such as “peace,” “love,” “let go,” to softly whisper on your exhales
- Take a deep breath in and out inviting relaxation into the whole body
- Inhale focusing on the breath entering the body
- Exhale and softly whisper your word as you breathe out
- Continue for 5 breaths, repeating your word
- Feeling a release of peace and calm that flows in and out with the breath

(((Finding comfort in sound and rhythm to help focus your attention)))

A Practice of Patience *The Role of the Observer*



- Find a comfortable seat
- Take a deep breath in and out – clearing the mind, refreshing the body
- Bring your attention to your breath – without controlling it, simply become aware of each inhale and exhale
- Begin to notice the thoughts that are present right now in your mind, as your attention remains focused on your breath
- Be the observer of thoughts – without creating a story or judgment, allowing them to just be
- Become aware of yourself as the observer quietly watching these thoughts move in and out of Awareness, without giving them your attention and remaining focused on the breath

Becoming the observer of thoughts and emotions is a vital step in changing your behavioral patterns and emotional reactions

Integrating the Lessons of Emotion



Emotions are generated in response to memories and old wounds that can be triggered by events in your life. When an emotional memory presents itself you can.....

 **STOP and TAKE A BREATH and PRACTICE** 



Bring to mind an event of your past that may still be causing you suffering today
Bring your attention to the part of your body that feels the emotional trigger of that past event – it could be your back, your neck, your head, your heart, it could be your elbow

Visualize yourself pulling the memory and emotional imprint of that event out of your body and placing it in the palm of your hand



Looking at the memory in your hand, you can see all of the people involved, all of the details of the encounter, the words and actions that transpired, and of course the emotions that were created by you as a way of making sense of the situation

As you look upon this event, ask yourself:

- Is the emotional trauma from this event a reoccurring feeling for me?
- Are these emotions projections of other people emotions that I have taken on?
- Do I have something to learn from this experience?

If so, identify the lesson you have learned from this event

(keep in mind that you may not recognize it at first)

Possible lessons could be: *Don't take things personally - Let go of any expectation or outcome
- Be mindful with your words - Practice flexibility*



Looking again at the image of the memory in your hand – with your other hand, pull out the lesson and leave the rest of the memory in your hand

Place the lesson in your heart with the intention of integrating this lesson with love and gratitude and as you do, say to yourself –

I let go of any emotional baggage that has been holding me back

Take a deep breath in and out integrating this lesson throughout your entire being



As for the emotions and details of the event, blow them



into your eternal flame of will and watch as they dissolve into the frequency of love

 It is important to understand how unresolved trauma may be affecting you. Seeking the help of a professional can make it easier to break these patterns, which are often unconscious and automatic. The content on the Beyond Belief website and in this program cannot be considered as individual therapy or counseling and is not to be taken as medical or mental health advice.