

WORKBOOK

A dark blue silhouette of a person in a yoga pose, specifically a variation of Bhujangasana (Cobra Pose), with arms extended upwards and hands near the head. The silhouette is centered within a dark blue rectangular area that serves as a background for the title and subtitle.

BREATHING EXERCISE

Module 2-Emotional

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BREATHING EXERCISE

Before starting the breathing exercise, you need to identify areas in your life that are not flowing:

1. What parts of my life were not flowing effortlessly?
2. What emotions was I experiencing and how did it make me feel?
3. Were there symptoms or discomfort in my body that I could identify in this state?
4. Could I connect this to events that unraveled in my childhood?

In quantum physics, there is no such thing as time and space. According to many physicists, we can go back in time and alter any story, give it a new meaning, and thus, send new information (new feelings) to our body (cells) like happy, empowered feelings, whenever we think about that part of our timeline.

According to Dr. Candice Pert, we can give the emotions and feelings that are stored at a molecular level a whole new meaning through the act of breathing. That is what you are going to discover. What you must understand is that our deeply suppressed emotional imprints unconsciously distract us from being present and fulfilling our dreams. These suppressed emotions cause confusion in our mental state and cause physical discomforts such as illness symptoms and diseases.

Being present in breath is almost like giving new oxygen to your cells. So, let's get started.

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PREPARATION 1.

Acknowledge and write down what area(s) in your life would you describe as an “uphill battle”?

(Money / Relationships / Career / Health / Social / Parenting / Spiritual / etc)

2. Describe this battle as ONE TRIGGER emotion.(Refer to Your Emotion & Feelings Workbook)

3. Describe how this trigger emotion makes you feel? Refer to your workbook and write down the feelings that you ONLY associate with what you wrote in Step 1.

4. Review your timeline between the ages of 0- 21 and associate when you activated this habit. It is important to get a memory of time, location, who was with you, what was said, etc.

5. Identify the areas of your body in you feel discomfort or if you have symptoms or ailments constantly showing up this is a clue that there is a block. So just check in with yourself and ask your body to show you where the block is.

Before you start, do not:

- drink alcohol
- take recreation drugs
- eat toxic food
- force this process or feelings, just be present

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- do this to please or blame a person
- resist what comes up for you in thought or feeling
- submit to the EGO

What You Will Need :

- Water (before you start and after you finish only)
- Set 3 x 5-minute intervals
- Comfortable clothes
- Tissues
- Blanket (only if you are cold)
- Journal

Recommendation

It is recommended that you do this exercise at least once per day for 15 minutes for a period of 3-7 days. Then take a break for 1-3 days before you move on to other emotional blocks you want to clear. Consistency is a critical ingredient to fully benefit from this process.

How To Do The Breathing @ Every 5 Minute Interval

Start breathing either in and out of your nose or in and out of your mouth. Please DO NOT breath in through your nose and out of your mouth. This is not correct. (The preference is in and out of the nose).

Breathe in and out WITHOUT pausing, no matter what. You must keep your breathing rhythmically connected throughout this breathing practice. The reason for this is to remain connected to the life force

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energy around you – such as the rhythm of nature, music, heartbeat.

Connect with your breathing naturally. You breathe in and out without pausing and breathe loud enough so you can hear yourself. When you breathe in, it requires more effort than breathing out.

However, remember the breathing must be a natural flow and not forced, otherwise it will become tedious and exhausting. It is important to remain as physically still as possible throughout the 15-minute session.

By remaining still, you are not activating the brain to send a message to the unconscious mind to get your body ready for battle. By being still you are sending a clear signal to the brain that everything is okay and the fight/flight mode is turned off.

Here is the magic. Instead of your body reacting and getting ready to go to battle and deliver the habit you have called your “normal” for all these years, you are now giving it a whole new meaning. You are not resisting, you have become ONE with it and you are fully embracing it.

The ego will want you to move, scratch, itch, etc... to interrupt your connection to the life force energy. Try to be conscious of this and not buy into the distraction. This is so important, otherwise, you will activate the brain. Continue breathing until your timer goes off. DO NOT MOVE. LETS START

Step 1: Get ready

Once you have identified the area in your life you want to focus and identified the location on your body where the emotional trigger

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and feelings reside, find a quiet place to sit upright.

*Note: you can sit on a chair, back upright and feet flat on the floor or on the floor, legs crossed and back upright.

Your hands should be placed on your body where you are experiencing ailments or symptoms or in the area you choose.

Remember, If you don't feel a sensation on any part of your body, place your left hand over your heart chakra and your right hand about three fingers below your belly bottom.

Actually, this is my preferred position when doing this exercise. You will know if your hands are in the right position because your body will respond with either a warm flush on your face, tingling in your hands, or a feeling in somewhere in your body that feels right. DO NOT FORCE A FEELING.

If there is no response from your body, that is ok. Once your hands are in position and you are clear on what you want to surrender, you need to set an intention. Set an intention before you start breathing. Say out loud or to yourself, "I forgive myself. I release and surrender this issue. I allow (name of trigger emotion) to express itself and I fully let go".

Step 2: Breathing At 5-Minute Intervals (First Interval)

Your 5-minute timer for the first interval has now started. Step into your past timeline (that you described in Part 4) and fully allow the trigger emotion and associated feelings to come to life in that scene

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you are seeing before you. In other words, you are reliving a past scene and you are feeling the emotion it brings up as well as the associated feelings. DO NOT RESIST. GO THERE!

Step 3: Breathing At 5-Minute Intervals (Second Interval)

Breathe for the entire 5 minutes in preparation to fully surrender the past. Say or read these words (Note***these are instructions you are giving your subconscious mind, superconscious mind, God, source, etc...)
"I INVOKE THE PAIN OF MY CHILDHOOD. I INVOKE THE PAIN OF MY CHILDHOOD. I INVOKE THE PAIN OF MY CHILDHOOD."

See yourself as the child standing before you (associated to your timeline) and say:

"FOREVER YOU ARE LOVED. FOREVER YOU ARE DEEPLY PROTECTED AND WANTED YOU ARE THE MOST BEAUTIFUL THING IN THIS WORLD. I SURRENDER THE PAIN, I SURRENDER THE PAIN, I SURRENDER THE PAIN, I INVOKE THE PAIN IN MY LIFE, I INVOKE THE PAIN IN MY LIFE, I INVOKE THE PAIN IN MY LIFE, I SET YOU FREE, I SET YOU FREE, I AM SETTING YOU FREE YOU NO LONGER HOLD THE CHAINS IN MY HEART, SOUL OR MY SPIRIT I AM FREE I AM FREE I AM THE POWER, I HAVE THE CHOICE I CHOOSE THE LIBERATION OF MY LIFE AND MY SOUL TO BE NOW I WILL CONQUER EVERY CHALLENGE IN MY LIFE I WILL CLIMB EVERY MOUNTAIN AND WILL BE UNSTOPPABLE I AM HEALED I AM HEALING EVERYDAY"

Step 4: Breathing At 5-Minute Intervals (Third Interval)

Working with the same scene in your past timeline, I want you to take control of the experience. You are now going to re-create the scene in

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that timeline in such a way that it becomes a positive outcome for you. Relive it so you get the outcome you desire. You are NOT going to do any harm to any other person in that scene. This is about you and you only.

At the end of the 5 minutes, say: "IT IS DONE AND IT IS COMPLETE. IT IS DONE AND IT IS COMPLETE. I SURRENDER THE PAIN IN MY LIFE TO THE UNIVERSE WHAT WAS ONCE BAD AND PAINFUL IS NOW CHANGED TO GOOD, LIGHT AND HEALING. SO BE IT.

What to expect after the breathing exercise

- You may feel a level of discomfort in your body. Please do not resist this, allow it to take its course. Your higher self and body know exactly what is required to accomplish the integration.
- Please be patient. The child in you (the cells) has been ignored for many years and it will take time for the child to respond, which is why consistency is critical.
- Drink at least 2 liters of water throughout the day to flush toxins from your body. Your body will release toxicity during this process. Water flushes this out.
- People may start behaving differently around you.
- Symptoms you may be experiencing may become heightened. This is because as our attention increasingly re-enters our physical body, our awareness of our bodily condition increases.

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- Old injuries may resurface.
- You may have moments or days where you feel distracted or confused.
- You may feel you no longer care about a situation or specific circumstances.
- You may find you are speaking your truth rather than keeping it inside.
- Your financial situation may shift, especially if you judge your self-worth by financial indicators.
- Your family and friends may feel that you are selfish.
- You may feel tired and sleepy.
- You may feel like you cannot sleep. You may experience weird dreams.
- You may become easily irritated for no reason.
- You may feel like you don't want to be around people. People from our past may contact you or you may cross paths with them.
- You may feel nostalgic. Your children may change behavior for no apparent reason.
- You may feel sad or like crying for no reason.
- Old emotions or feelings may resurface. Your eating habits may change.
- You may have weird cravings. You may feel