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## 5 Minute – Activation

### Who is it for?

The 5-Minute Breathwork Break is a quick and accessible energy activation experience, perfect for busy individuals who want to start their day with a boost of natural energy or find a moment of centering amidst their hectic schedules. It's the ideal entry point to experience the power of 9D Breathwork.

The 5-Minute Breathwork Break is designed for busy individuals seeking a convenient and efficient way to activate natural energy and restore balance. Whether you're on the go, starting your day, or in need of a moment to reconnect with your center, this breathwork experience offers a powerful tool to achieve these goals. Through a brief yet impactful session, you can tap into the revitalizing power of conscious breathing, invigorating your body, mind, and spirit. This practice is accessible to anyone, providing a rejuvenating break from the demands of daily life and offering a gateway to inner calm and renewed vitality. Embrace the opportunity to incorporate this quick and effective breathwork session into your routine, empowering yourself with an instant boost of natural energy and inner alignment.

### Common Outcomes:

- Experience an instant boost of natural energy, revitalizing your mind and body in just five minutes.
- Enhance mental clarity and focus, allowing you to approach tasks with renewed concentration and productivity.
- Feel a sense of calm and relaxation as you take a moment to center yourself and release tension.
- Improve overall well-being by promoting deep breathing and oxygenation, supporting physical and mental health.
- Cultivate mindfulness and presence, creating a foundation for a more balanced and mindful approach to daily life.

Duration: 7:40

## 5 Minute – Relaxation

### Who is it for?

The 5-Minute Breathwork Break is an oasis of relaxation designed for busy individuals seeking a tranquil escape from the chaos of daily life.

Indulge in the Ultimate Relaxation and Reset with the 5-Minute Breathwork Break. Designed specifically for busy individuals seeking solace and harmony, this effortless experience allows you to quiet your mind and restore balance in no time. Whether you're rushing through your day, starting anew, or craving a moment of reconnection, this breathwork session is your ticket to revitalization. Through this powerful practice, harness the transformative benefits of conscious breathing, revitalizing your body, mind, and spirit. Accessible to all, this rejuvenating break offers a gateway to inner calm and renewed vitality, providing a much-needed respite from life's demands. Embrace this opportunity to incorporate a quick and effective breathwork session into your routine, empowering yourself with instant tranquility and harmonious alignment.

### Common Outcomes:

- Deep relaxation and stress reduction: Melts stress, promotes calmness, and induces deep relaxation for the body and mind.
- Increased sense of calm and inner peace: Cultivates inner serenity, tranquility, and a profound sense of peace.
- Improved focus and mental clarity: Enhances concentration, sharpens focus, and brings mental clarity to daily tasks.
- A quiet and relaxed mind: Clears mental chatter, fostering a calm state of mind.
- The ultimate state change: Transforms your mood, leaving you refreshed and rejuvenated.

Duration: 6:06

## 12 Min Activation- Getting Great

### Who is it for?

The Getting Great Activation experience is designed for busy individuals seeking an energizing boost and inspiration to elevate their performance and make a meaningful impact in the world. It's a catalyst for transitioning from a good state to a great one, igniting motivation and empowering you to create positive change.

Experience the transformative power of the Getting Great Activation, an excerpt from a motivational speech by Tom Bileayu, skillfully curated and produced by Brian Kelly. This unique breathwork journey leverages the profound potential of intentional breathing to awaken a deep sense of inspiration and motivation within you. This immersive experience taps into the innate power of your breath, allowing you to embody the essence of Tom Bileayu's motivational message and activate your true potential. With each intentional breath, you will feel a surge of energy and determination, ready to make a significant impact in your life and the world around you. Prepare to be uplifted, as this dynamic collaboration between Tom Bileayu's powerful words and Brian Kelly's expertise in breathwork creates a transformative fusion that inspires action and propels you towards your goals. Embrace this opportunity to unleash your greatness and step into a future filled with purpose and achievement.

### Common Outcomes:

- Ignite a deep sense of inspiration and motivation to take action towards your goals and dreams.
- Experience a surge of energy and vitality, propelling you forward with renewed enthusiasm.
- Awaken your true potential and tap into the greatness that lies within you.
- Feel empowered to make a significant impact in your life and the world around you.
- Cultivate a mindset of excellence and a drive to continuously strive for greatness.

Duration: 12:08

# Signature Letting Go Journey

## Who is it for?

This offering is specifically designed to support individuals who are grappling with the challenge of letting go, whether it be difficult events from the past, feelings of resentment, or judgments towards themselves or others. It provides a nurturing space for those seeking to activate deeper meaning and purpose in their lives, offering an opportunity to rediscover and reconnect with their authentic selves.

Embark on a transformative 9D Breathwork journey, designed to support you in the art of letting go. This immersive experience liberates you from the grip of the past, shedding physical and psychological burdens that cause discomfort. Through forgiveness, self-love, acceptance, and resilience, key themes intertwine, propelling personal transformation. You release the weight of past traumas, experiencing emotional stability, tranquility, and restoring balance. This transformative journey is a stepping stone to ongoing growth and healing, empowering the evolution of your true self. Embrace profound liberation, enriching your life with purpose and possibility.

## Common Outcomes:

- Liberation from the past: Experience profound freedom as you release the grip of the past, letting go of burdens that have held you back.
- Release of physical and psychological discomfort: Shed the weight of physical and psychological burdens, leading to a sense of lightness and relief.
- Cultivation of forgiveness, self-love, and acceptance: Foster a compassionate and nurturing relationship with yourself and others, embracing forgiveness and acceptance as transformative forces.
- Resilience and emotional stability: Develop inner strength and resilience, allowing you to navigate life's challenges with greater ease and emotional stability.
- Tranquility and restored balance: Experience a deep sense of tranquility and inner equilibrium, restoring harmony in your life and relationships.
- Empowered self-transformation: Embrace personal growth and empowerment as you let go and evolve, opening yourself up to new possibilities and a more fulfilling life journey.

Duration: 1:18:30

## 5 Primary Trauma Imprints

### Who is it for?

This journey is for anyone seeking to break free from intergenerational trauma, the root cause of all human suffering. Cut the cords of these struggles and cease the cycle of passing down traumas to future generations.

Welcome to the transformative realm of the 9D Breathwork Journey for Releasing & Healing the 5 Primary Trauma Imprints—an immersive exploration dedicated to resolving the imprints of our childhood experiences. Delve deep into the healing process as we address the profound wounds of premature separation from love, rejection, abandonment, shaming, and lack of presence. These imprints, carried from our formative years, silently shape our adult lives, revealing themselves through various challenges, including victim mentality, trust and intimacy issues, co-dependency, relationship struggles, emotional dysregulation, anxiety, depression, and more.

By releasing these deeply rooted imprints, you liberate yourself from the burdens of past hurt and suffering. Prepare to embark on an extraordinary journey that untethers you from energetic bondage, paving the way for a mental health reboot of both body and mind. Expect to emerge from this experience with a profound sense of liberation, newfound clarity, and an empowered state of being. As the imprints dissolve, you embark on a transformative path toward healing, allowing you to embrace life with renewed vitality and inner strength.

### Common Outcomes:

- Liberation from past hurt and suffering: Experience a profound sense of liberation as you release the burdens of childhood imprints, freeing yourself from the shackles of past trauma.
- Newfound clarity and understanding: Gain a deep sense of clarity and understanding as you navigate the healing process, allowing you to make sense of your experiences and find meaning in your journey.
- Empowered state of being: Rediscover your inner strength and empowerment as you dissolve the imprints that have held you back, fostering a renewed sense of confidence and self-belief.
- Enhanced emotional well-being: Experience an improvement in emotional regulation and a greater sense of emotional balance, allowing you to navigate life's challenges with resilience and grace.
- Transformation and healing: Embark on a transformative path of healing as you address the wounds of childhood, paving the way for profound personal growth, self-discovery, and self-acceptance.
- Embracing vitality and inner harmony: Embrace life with renewed vitality and a deeper sense of inner harmony, reconnecting with your authentic self and aligning with a state of wholeness and integration.

Duration: 1:06:21

# Healing Ancestral Lines

## Who is it for?

This journey is for anyone seeking to break free from intergenerational trauma, the root cause of human suffering. Cut the cords of these struggles and cease the cycle of passing down traumas to future generations. Liberate yourself and pave the way for a more empowered and resilient future.

Break free from intergenerational trauma, the root cause of human suffering. This transformative journey is for those seeking to sever the chains of these struggles and halt the cycle of trauma. Unresolved intergenerational trauma manifests as chronic anxiety, depression, relationship challenges, and disconnection. Experience profound healing and resilience as you release these burdens. Rewrite your narrative, restore harmony within, and create a legacy of empowerment. Liberate yourself from the cycles of suffering and pave the way for a brighter future.

## Common Outcomes:

- Liberation from ancestral trauma: Experience a profound sense of liberation as you release the burdens of ancestral trauma that have influenced your life and the lives of generations before you.
- Healing of intergenerational wounds: Find healing and resolution for intergenerational wounds, allowing for a transformative shift in your relationship with yourself, your family, and future generations.
- Increased emotional well-being: Experience a noticeable improvement in your emotional well-being as you address and release deep-rooted ancestral traumas, leading to greater emotional stability and resilience.
- Restoration of inner harmony: Reconnect with a sense of inner harmony and balance as you release the energetic imprints of ancestral trauma, creating a foundation for personal growth and holistic well-being.
- Break the cycle of inherited patterns: Break free from the patterns and cycles of inherited trauma, creating an opportunity to forge a new path and prevent the transference of unresolved trauma to future generations.
- Empowerment and self-discovery: Embrace a journey of empowerment and self-discovery, allowing you to reclaim your true essence and potential that may have been overshadowed by ancestral traumas. Gain insights and clarity, fostering personal growth and transformation.

Duration: 1:07:30



# Integration & Regeneration

## Who is it for?

This offering is designed to support breathers who have recently completed a full-length 9D somatic journey and need assistance in processing and integrating any challenging after-effects. Our program provides guidance and resources to navigate the post-journey terrain, helping you make sense of your experiences and facilitating a smooth integration process.

Experience the transformative power of the 9D Breathwork Journey for Integration & Regeneration—a truly unparalleled breathwork experience. This session offers returning students an opportunity to reconnect with a deep sense of relaxation, grounding, and wholeness. It goes beyond traditional somatic practices, engaging the vagus nerve and activating the parasympathetic "rest and digest" side of the nervous system. Through a blend of hypnotherapy, subliminal messages, visualization, and deliberate breathing techniques, this down-regulation journey guides students to a state of profound calm and tranquility. Each breath becomes a massage for the soul, fostering integration and rejuvenation. Prepare to embark on a remarkable voyage of self-discovery and healing, as you rediscover harmony within your mind and body.

## Common Outcomes:

- Experience a profound sense of wholeness and integration.
- Gain heightened clarity and enhanced focus in your daily life.
- Cultivate feelings of ease, balance, and inner harmony.
- Discover a newfound sense of grace and connectedness with yourself and others.
- Enhance your overall well-being and inner resilience.
- Unlock deep insights and transformational shifts, leading to personal growth and empowerment.

Duration: 48:20

# Down-Regulation & Regeneration

## Who is it for?

Designed for individuals new to breathwork, with contraindicating health conditions, or an overactive nervous system, this offering provides essential support in processing and integrating any potential challenges.

Embark on a gentle and transformative 9D Breathwork Journey for Down-Regulation & Regeneration. Designed for new students, this breathwork experience fosters relaxation, grounding, and wholeness. Engaging the vagus nerve and activating the parasympathetic "rest and digest" response, it guides you into profound calm. Through hypnotherapy, subliminal messages, visualization, and deliberate breathing, discover the power of breath for rejuvenation and integration. Explore harmony within your mind and body. Nurture yourself, grow, and transform.

## Common Outcomes:

- Deep relaxation and grounding: Experience a profound sense of relaxation, allowing you to release stress and find a grounded state of being.
- Enhanced well-being and wholeness: Reconnect with your inner self and experience a sense of wholeness, bringing balance and harmony to your mind, body, and spirit.
- Activation of the parasympathetic nervous system: Engage the body's natural relaxation response, promoting calmness, tranquility, and restorative healing.
- Integration of mind and body: Explore the power of breathwork to integrate your thoughts, emotions, and physical sensations, fostering a sense of unity and coherence.
- Rejuvenation and renewal: Tap into the transformative potential of deliberate breathing techniques, rejuvenating your energy and revitalizing your entire being.
- Self-discovery and personal growth: Journey within to discover new insights, access inner wisdom, and experience personal growth as you navigate the path of integration and regeneration.

Duration: 47:20

# Abundance

## Who is it for?

This offering is meticulously crafted to assist individuals who are confronting obstacles related to financial abundance, whether it be long-held beliefs about scarcity, feelings of undeservingness, or judgments about money and wealth. It provides a fertile ground for those desiring to usher in greater prosperity and abundance in their lives, offering a chance to unearth and engage with their inherent ability to attract wealth. Through this breathwork experience, participants can dissolve money blocks and form a more empowering, positive relationship with their financial selves.

Engage in a potent 9D Breathwork expedition, tailor-made to empower you in the art of releasing financial limitations. This immersive experience frees you from the constraints of old money narratives, shedding economic and mental hurdles that impede prosperity. Through abundance, self-belief, acceptance, and resilience, key themes coalesce, fostering financial metamorphosis. You dissolve the shackles of past money beliefs, experiencing financial freedom, peace, and restored equilibrium. This transformative journey is a stepping stone towards perpetual abundance and prosperity, enabling the growth of your affluent self. Embrace profound financial liberation, enriching your life with wealth and unlimited possibilities.

## Common Outcomes:

- Liberation from financial constraints: Experience profound economic freedom as you release the grip of old money narratives, letting go of limitations that have held you back.
- Release of economic and mindset hurdles: Shed the weight of economic and mindset obstacles, leading to a sense of lightness and financial relief.
- Cultivation of abundance, self-belief, and acceptance: Foster an abundant and self-assured relationship with yourself and money, embracing prosperity and acceptance as transformative forces.
- Financial resilience and stability: Develop inner economic strength and resilience, enabling you to navigate life's financial challenges with greater ease and stability.
- Peace and restored balance: Experience a deep sense of peace and inner equilibrium, restoring harmony in your financial life and wealth creation.
- Empowered financial transformation: Embrace personal growth and economic empowerment as you dissolve money blocks, opening yourself up to endless possibilities and a more fulfilling financial journey.

Duration: 1:18:56

## Full Reset

### Who is it for?

This experience is ideally suited for those who feel worn out and fatigued by life's pressures, ready to commit to the process of revitalizing their existence for a new beginning. It serves as a refuge for those grappling with the burdens of past events, negative feelings, self-criticism, or judgment toward others. Offering a pathway to unearth deeper significance and direction in life, it extends a chance to rediscover and rekindle connection with their true self.

Buckle your seatbelts and get ready for the Full System Reset, a somatic breathwork experience purpose-built to aid you in the mastery of release. This all-encompassing experience frees you from the clutches of the past, discarding both physical and psychological loads that foster unease. Interweaving the central themes of acceptance, gratitude, self-belief, and courage it fosters a powerful personal rebirth. You'll cast off the heaviness of old programming, creating space for emotional resilience, inner peace, and renewed equilibrium. This revitalizing journey acts as a cornerstone for sustained growth and recovery, fortifying the emergence of your genuine self. Welcome deep-seated freedom, augmenting your existence with renewed intent and boundless potential.

### Common Outcomes:

- **Break from Exhaustion:** Encounter profound liberation as you unchain yourself from the weariness of the past, releasing the burdens that have been slowing you down.
- **Discharge of Physical and Emotional Strains:** Peel away both physical and emotional encumbrances, giving rise to a sense of buoyancy and solace.
- **Nurture of Forgiveness, Self-Compassion, and Acceptance:** Cultivate a kind and nurturing rapport with yourself and others, harnessing forgiveness and acceptance as catalysts of transformation.
- **Resilience and Emotional Equanimity:** Foster inner fortitude and resilience, equipping you to sail through life's waves with increased ease and emotional balance.
- **Peace and Reinstated Equilibrium:** Delve into a profound sense of serenity and inner stability, reinstating harmony in your personal sphere and relationships.
- **Energized Self-Rejuvenation:** Embrace individual growth and empowerment as you release and rejuvenate, paving the way for new opportunities and a more gratifying life journey.

Duration: 1:07:13

# Stress and Anxiety

## Who is it for?

This experience is perfectly tailored for those struggling with stress and anxiety. It's an optimal first-time journey for individuals with contraindications or for those looking to integrate after a more intensive somatic journey. This offers a gentle escape from anxiety, introducing tranquility and balance. By partaking, participants can ease into the realm of breathwork, fostering a restful connection with their inner calm.

Strap in and prepare for the Stress Relief Sojourn, a targeted breathwork experience meticulously crafted to guide you towards serene tranquility. This journey navigates you through the rough waters of anxiety, liberating you from the tight grip of day-to-day tensions. Incorporating deep belly breathing, coherent breathing, box breathing, and the 4:2:6 method, it blends a harmonious rhythm of relaxation techniques. And for a hint of invigoration, the infinity breathing technique provides a subtle activation, allowing you to gently explore the sensation of energizing your system. Centered around the themes of calm, centeredness, clarity, and serenity, this expedition fosters a profound personal retreat. You'll shed the weight of accumulated stress, making way for mental clarity, peaceful repose, and rejuvenated balance. This soothing voyage serves as a foundation for continued mental wellness and resilience, bolstering the revelation of your calmest self. Embrace the embrace of quietude, enhancing your life with a renewed sense of peace and boundless tranquility.

## Common Outcomes:

- **Relief from Overwhelm:** Experience a profound calmness as you distance yourself from the pressures of daily life, alleviating the stressors that have kept you on edge.
- **Release of Mental Tensions:** Dissolve both mental and physical anxieties, ushering in a wave of relief and restful ease.
- **Cultivation of Calm, Clarity, and Serenity:** Develop a peaceful and clear relationship with yourself and your surroundings, utilizing moments of tranquility as stepping stones towards a serene existence.
- **Stability and Mental Poise:** Nurture an inner composure and mental steadiness, preparing you to navigate life's challenges with clarity and balance.
- **Tranquility and Restored Balance:** Immerse yourself in a deep sense of peace and well-being, establishing equilibrium in both mind and spirit.
- **Revitalized Sense of Peace:** Welcome a renewed sense of inner calm and relaxation, setting the stage for a life filled with ease and harmonious existence.

Duration: 1:07:13

# Letting Go and Moving On

## Who is it for?

The "Letting Go & Moving On" breathwork journey is specially crafted for those who feel anchored in place, who are yearning to release their grip on the past and step boldly onto a fresh, unburdened path. Ideal for anyone who's ready to shed the weight of old struggles and embrace the calm after the storm, this immersive session provides the clarity needed to move forward with grace. If you're poised to cut ties with what no longer serves you and welcome a dawn of serene beginnings, this journey awaits.

Embark on the "Letting Go & Moving On" 9D Somatic breathwork journey. An experience meticulously designed to liberate you from the confines of self-imposed prison of stagnation and stuckness. Untangle the past and shed the burdens that have stalled your progress, paving the way for a future filled with promise and new beginnings. Essential themes of release, renewal, and progression weave through the journey, propelling a transformative shift in the narrative of your life. Navigate this path to recondition neural pathways, cultivating a perspective that views letting go not as a loss but as the key to unlocking personal evolution. This voyage is not just an exercise in breathwork but a guiding light towards your most unencumbered self. Engage with this practice and set forth on a life marked by freedom and forward momentum.

## Common Outcomes:

- **Renewal of Personal Narrative:** Engage with new insights that reframe being 'stuck' as a precursor to change, setting the stage for growth and personal evolution.
- **Transformation of Attachment to the Past:** Shift from holding on to letting go, infusing your mindset with fresh perspectives that encourage forward momentum.
- **Cultivation of Emotional Release:** Harness the power of breath to dissolve lingering traumas and attachments, empowering you to embrace the present with openness and vitality.
- **Enhancement of Personal Progression:** Employ advanced NLP and hypnotic induction frameworks to foster a proactive approach to life's crossroads, viewing change as an opportunity rather than an obstacle.
- **Expansion of Life's Horizons:** Release the old, expand your limits, and step into a landscape of life that celebrates new possibilities and adventures.
- **Elevation of Self-Empowerment:** Spark a deeper sense of autonomy and strength, fueling your journey with intentional actions and self-directed growth.

Duration: 1:22:22

# Awakening

## Who is it for?

The Awakening journey is for anyone ready to break free from societal conditioning and the narratives imposed by media, governments, and outside influences. If you feel confined, small, or limited by these fictions, this journey is your pathway to awakening. Rediscover your empowered, sovereign, and free self beyond the dream spell.

Fasten your seatbelt as you transcend the dream spell, revealing the unfiltered truth of your existence—empowered, sovereign, and free. Peel back layers, shedding fictions that kept you feeling small. This breathwork haven releases burdens of the past, bidding farewell to negativity, self-criticism, and judgments, allowing reconnection with your authentic self. Inspired by themes of acceptance, gratitude, self-belief, and courage, The Awakening sparks a potent personal rebirth, creating space for emotional resilience, inner peace, and restored balance. This revitalizing expedition fortifies sustained growth, guiding you toward a life illuminated by authenticity, self-discovery, and the empowering truth of your sovereignty.

## Common Outcomes:

- **Liberation from Societal Conditioning:** Experience profound liberation as you break free from the constraints of societal conditioning and dispel the illusions that have kept you feeling small and limited.
- **Shedding Illusions and Rediscovery:** Peel away the illusions propagated by media, governments, and schools, giving rise to a newfound sense of clarity and authenticity.
- **Empowerment and Sovereignty:** Cultivate a relationship with your true self, harnessing empowerment, and sovereignty as catalysts for transformation, leading to a more authentic and fulfilling life.
- **Release of Past Burdens:** Unchain yourself from the burdens of past events, negative feelings, self-criticism, and judgment towards others, fostering inner fortitude and resilience for the journey ahead.
- **Inner Peace and Harmony:** Delve into a profound sense of inner peace and harmony, reinstating equilibrium within yourself and in your relationships with others.
- **Rejuvenation and Boundless Potential:** Embrace individual growth and rejuvenation, paving the way for new opportunities and a more gratifying life journey as you awaken to your boundless potential.

Duration: 1:09:13

# The Origin

## Who is it for?

The Origin is designed for anyone feeling disconnected from their true essence, eager to let go of bodily tension and blockages. It offers a path to rediscover and return to one's center, to the authentic self, back to the very beginning of one's personal journey. This session is a sanctuary for those seeking to reestablish harmony and reconnect with their innermost being, inviting a profound reawakening to the core of who they are.

Embark on The Origin, a breathwork journey underscored by a powerful musical tapestry of melodic vocals, chants, and tones, each meticulously designed to delve into your soul's depths. This symphony of sound and breath creates a sanctuary for introspection and connection to your essence, facilitating a profound release of tension and blockages. Throughout the session, you're guided towards elevated levels of self-compassion, acceptance, and renewal, revealing the authentic self within. It's a transformative experience, where the potency of music and breath intertwines to foster emotional clarity, tranquility, and a rebirth into your truest potential.

## Common Outcomes:

- **Return to Self:** Immerse in the freedom of returning to your essence, releasing the ties to past experiences that have obscured your true self.
- **Easing of Tension and Blockages:** Lighten your being by releasing both physical tightness and mental barriers, cultivating a state of ease and well-being.
- **Deepening of Self-Compassion:** Cultivate a profound sense of self-love, forgiveness, and acceptance, transforming your relationship with yourself and enhancing connections with others.
- **Strengthening of Inner Resilience:** Build resilience and emotional steadiness, equipping you to face life's fluctuations with a grounded sense of calm.
- **Harmony and Equilibrium:** Rediscover inner peace and balance, harmonizing your internal landscape to reflect serenity and stability in your external world.
- **Pathway to Transformation:** Empower yourself to embrace change and personal evolution, unlocking new paths and enriching your life's journey with purpose and authenticity.

Duration: 53:13



# Reconnecting with your Inner Child

## Who is it for?

This experience is perfectly tailored for anyone that is struggling with deeply connecting with themselves because of the residue from the traumatized child within that we abandoned along the way to be able to deal and cope with life's struggles which led us to becoming fragmented and showing up in life and in our relationships by dissociation, avoidance, anxious attachment and so much more.

This journey is optimal for anyone that is looking to reconnect the fragmented parts of themselves by rewriting the narrative of their self-abandonment so they can rebirth themselves in their adulthood as an integrated whole. This journey is not for the faint of heart as it will gently encourage you to look at the parts of yourself that you may have abandoned and left in the basement of your shadows along the way. By partaking in this journey, participants will come out the other side feeling a sense of deep connection with themselves, a renewed perspective on their self-image and life and a deeper love for themselves.

## Common Outcomes:

- Breathing and reconnecting with fragmented parts of your younger self for liberation and a deepened sense of self-awareness.
- You will be exploring your edge through the breath and fully surrendering to connecting with your inner child through powerful visualization.
- Confront and heal past emotional pain and unlock personal growth through embracing your childhood wounds and reconnecting with those fragmented parts of yourself that you may have abandoned.
- You will be healing your inner child wounds with self-compassion and love.
- Observing and creating a gentle connection with your child self with empathy and compassion and creating safety for your younger self.
- Practice empathy and offer reassurance to your hurt or disconnected inner child to reconnect with those fragments of yourself on a deep personal level.
- You will be able to guide your inner child to a safe healing place where you can tend to your inner child's needs to make them feel safe and nurtured.
- You will also welcome your inner child back into your present moment, showing them your safe and loving environment, and prioritizing their needs above others.

Duration: 1:12:36